

FLEXIBILITY

CONFIDENCE

MOTIVATION



DREAM OF COURAGE

Join US ON JANUARY 19TH FOR OUR
HALF-DAY BRAVERY BOOT CAMP



CONNECT WITH
OTHERS!

LEARN AND
REINFORCE
SKILLS

HAVE
FUN!

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INFO AT A GLANCE



JANUARY 19TH

BOYS PROGRAM: 10 AM TO 12:30 PM

GIRLS PROGRAM: 1:30 PM TO 4 PM

TEANECK, NJ

WHO IS THIS FOR?

YOUTH (AGES 7-13) WHO APPRECIATE FUN AND GROWTH..
THOSE WITH OR WITHOUT A SPECIFIC MENTAL HEALTH
DIAGNOSIS ARE WELCOME.

HOW MUCH STAFF IS THERE?

LOTS, BECAUSE WE
ARE DETERMINED TO
MAXIMIZE
INDIVIDUAL GAINS
FOR EACH CHILD.
OUR TRAINED
COUNSELORS ARE
MOSTLY
PSYCHOLOGY
DOCTORAL
STUDENTS.

WHAT IS THIS EVENT? IS IT THERAPY?

THIS UNIQUE EVENT IS NOT THERAPY BUT IS ROOTED IN
COGNITIVE BEHAVIORAL THERAPY PRINCIPLES.

OUR WARM, GROWTH-ORIENTED COMMUNITY AND THOUGHTFUL
FUN, YET GOAL-ORIENTED ACTIVITIES AIM TO HELP EACH CHILD:

- STRENGTHEN SKILLS TO APPROACH "HARD THINGS"
- SET SELF-DETERMINED GOALS
- CULTIVATE THE MOTIVATION AND CONFIDENCE TO MEET
THOSE CHALLENGES

SOUNDS GREAT, BUT THEN WHAT?

WE AIM FOR THE GAINS TO STICK AND TAKE INTENTIONAL
STEPS TO CREATE ACCOUNTABILITY AND FACILITATE THIS.

WHAT'S THE COST?

THIS EVENT COSTS
\$200 PER CHILD
WITH INSURANCE
OPTIONS
AVAILABLE.

ARE PARENTS INVITED?

THIS IS A KIDS ONLY EVENT.
AN OPTIONAL PARENT
MEETING WILL BE OFFERED
AS WELL .

IS IT FUN?

YES! THIS EVENT HAS A
CAMP-LIKE FEEL AND IS
JAM PACKED WITH
EXCITING ACTIVITIES!