

SET UP THE
YEAR FOR
SUCCESS!

MEET NEW
PEOPLE!



LEARN AND
REINFORCE
SKILLS

HAVE
FUN!



BEGINNINGS

BEAT BACK-TO-SCHOOL WORRIES AT OUR
FULL DAY BRAVERY BOOT CAMP



CHECKLIST

- ☐ Backpack
- ☐ School Supplies
- ☐ Lice check
- ☐ Confidence
- ☐ Flexibility
- ☐ Motivation to face challenges



ALL PROGRAMS:

10 AM - 4 PM

TEANECK, NJ

AGES 7 - 15
DIVIDED BY AGE

DEVORA SCHER, PSY.D.
NY & NJ LICENSED PSYCHOLOGIST
ANXIETY/OCD SPECIALIST

TO LEARN MORE AND JOIN,
PLEASE EMAIL:
ADMIN@RIDINGTHEWAVECENTER.COM

BOYS ONLY
AUGUST 21

GIRLS ONLY
AUGUST 24

OPEN TO ALL
AUGUST 25

INFO AT A GLANCE



FOR MORE DETAILED FAQs, PLEASE VISIT OUR WEBSITE AT
RIDINGTHEWAVECENTER.COM/ONE-DAY-EXPERIENCE

CLICK
HERE!

WHO IS THIS FOR?

YOUTH (AGES 7-15) 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 FOR THE SCHOOL YEAR
- CULTIVATE THE MOTIVATION AND CONFIDENCE TO MEET
THOSE CHALLENGES

CAN MY CHILD JOIN VIRTUALLY?

THIS IS AN IN-
PERSON EVENT
ONLY!

SOUNDS GREAT, BUT THEN WHAT?

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

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!

WHAT'S THE COST?

THIS EVENT COSTS \$185
PER CHILD WITH
INSURANCE OPTIONS
AVAILABLE.
PLEASE SEE THE
COMPLETE FAQs FOR
MORE INFO.