



Weeklong Camp for Children To WORK HARD & PLAY HARDER

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NY & NJ Licensed Psychologist
Anxiety/OCD Specialist



TEANECK, NJ

Top 5
reasons
Riding the
Wave Camp
is unique!

1

Our consecutive day schedule provides continuity for high quality cognitive behavioral therapy!

2

We creatively simulate fun exposure activities to yield desired treatment outcomes in a time-paced fashion.

3

Our camp offers powerful social support, helping meaningful friendships to develop!

4

Our 1:1 camper-counselor ratio allows us to closely attend to each child, promoting strengths and addressing problem behaviors in natural settings.

5

We're in-network with most Aetna plans!



WE ♥ OUR CAMPER!

Children 7-12 years old experiencing generalized anxiety, social anxiety, perfectionism, selective mutism, and OCD have enjoyed and benefitted from our cognitive behavioral therapy program.

Youth without specific mental health concerns also have joined us and benefitted as well.



JUNE 22ND
TO
JUNE 26TH



OUT OF NETWORK COST:

For families not covered by Aetna insurance, the April 30th early bird cost is \$2,500. Superbills provided.

Includes diagnostic assessment, 25+ hrs/therapy, parent feedback & consult sessions with teachers/providers.



CALL/TEXT: 973 842 7280
ADMIN@RIDINGTHEWAVECENTER.COM

With warmth, play, and support, campers learn to
courageously approach their anxieties and
better tolerate emotional discomfort.

3rd Year