



WEEKLONG CAMP FOR CHILDREN TO WORK HARD & PLAY HARDER

Our jam-packed, **unique CBT-based** programs help youth **courageously** approach **anxiety/OCD** in our **warm, supportive, and fun** setting.



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.



JUNE 22ND TO JUNE 26TH

ADDITIONAL PROGRAMS MAY RUN

CONFIDENCE

FLEXIBILITY

MOTIVATION

BASED ON INTEREST. CAMP PROGRAMS MAY ACCOMMODATE OTHER AGES OR PRESENTATIONS.



RIDINGTHEWAVECENTER.COM
CALL-TEXT 973 842 7280

3RD YEAR