



WEEKLONG CAMP FOR CHILDREN TO WORK HARD & PLAY HARDER



TEANECK, NJ

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

Top 5 reasons Riding the Wave Camp is unique!

1

Our consecutive day schedule provides continuity for high quality CBT and exposure-based treatment.

2

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

3

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

4

Individualized, creative exposure therapy & social communication exercises simulated to produce desired treatment outcomes in a time-paced fashion.

5

Parent training and detailed feedback included help parents, teachers, and therapists support each child's progress.



JUNE 22ND TO JUNE 26TH

ADDITIONAL PROGRAMS MAY RUN

WE ❤️ OUR CAMPERS!

Children ages 6-12 experiencing:

- Selective Mutism
- Generalized Anxiety
- Separation Anxiety
- Social Anxiety & Communication Disorders
- OCD
- Specific Phobias
- Perfectionism

have thrived in our CBT-based program, where campers practice brave and effective communication, flexible decisions, build confidence, and form meaningful peer connections in our supportive and fun environment.

INDIVIDUAL AND GROUP ANXIETY/OCD TREATMENT & SOCIAL COMMUNICATION SERVICES ALSO OFFERED.



RIDINGTHEWAVECENTER.COM
CALL/TEXT 973 842 7280

3RD YEAR