

LEVEL UP WELLNESS GROUP PRESENTS:

BACK TO SCHOOL CAMP

Ready Set School



Back to school jitters? Learn to manage anxiety, social stress, emotional regulation, and more! Snacks, games and fun provided!

AUGUST 12-15, 2024 FROM 9AM - 12PM

At the Chantal Berube Youth Centre: Ages 10-12 TOTAL COST: \$373

For more info visit: www.luwg.ca or call 780-886-4345

Ready Set School



YOUR CHILD WILL

- learn how to make a friend, be a friend, and keep a friend
- address social anxiety and back-to-school anxiety
- develop social skills to engage with peers and build self-confidence
- engage in play to develop cooperative skills with others
- utilize physical activity as a fun coping tool, and to build interpersonal skills
- use art as a form of expression, creativity, and in support of mental health
- do fun activities themed around mental health

**REGISTRATION OPEN NOW!
HURRY - LIMITED SPOTS ARE AVAILABLE**

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