Our 2018 Summer Program offers several different age-appropriate, therapeutically based camps and workshops for children, adolescents and families.

Camps and workshops are presented and lead by qualified, experienced therapists who regularly work with children, adolescents and families learn and implement more effective coping, executive functioning, social and interpersonal skills as well as academic strategies for those who have executive functioning deficits or have been diagnosed with ADHD. Participants will engage in creative activities that allow for practical implementation of skills that are needed in every day life.

**Writing Research Papers**
In this workshop, students will learn how to efficiently organize and plan research ideas to complete a well written research papers within a specific deadline while using mindmapping software.

**Ages:** Junior-Senior in High School  
**Cost:** $100  
**Date/Time:** June 8 (Friday) 3 – 4:30 pm  
**Capacity:** 8  
**Facilitator:** Althea Stephens, PsyD.

**Strengthening Families**
The Strengthening Families Program is a 11-session, evidence-based program that uses interactive activities that teach parenting skills, children's social skills as well as family life skills that are specifically designed to strengthen families and help make them more resilient against substance abuse and mental health related stress. Parents and children actively participate both together and separately during the weekly sessions over an 11-week period. Handouts for parents and for children are provided at every session to help with implementation of learned skills.

**Ages:** Families  
**Cost:** $625/family  
**Date/Time:** 11- week program, every Tuesday from 6 – 8 pm, starting June 12 - August 14  
**Capacity:** 8  
**Facilitators:** Suzanne Senn, M.A., LPC and Elissa Mattar, M.Ed., LPC

**Being a Teen-Managing Your Emotions**
Adolescents will gain the ability to identify emotions, manage mood swings, control outbursts and interact with others effectively. This camp will be comprised of four components:

- **Mindfulness:** enables teens to be more self-aware and have more control over their feelings and actions
- **Emotional Regulation:** learn about emotions to better manage them and increase positive emotional experiences
- **Distress Tolerance:** assist getting through crisis situations without making the situation more difficult or falling back on unhealthy coping skills
- **Interpersonal Effectiveness:** develop healthy relationships with others and strengthen communication skills

**Ages:** Going into 7th - 9th grade  
**Cost:** $350  
**Date/Time:** June 18 – 20 (Monday – Thursday) 1 – 3 pm  
**Capacity:** 8  
**Facilitators:** Suzanne Senn, M.A., LPC and Lindsay McCarthy, M.S., LCDC-Intern, LMFTA
**Ages:** Going into 10th - 12th grade  
**Cost:** $350  
**Date/Time:** June 25 - 28 (Monday - Thursday) 1 – 3 pm  
**Capacity:** 8  
**Facilitators:** Suzanne Senn, M.A., LPC and Lindsay McCarthy, M.S., LCDC-Intern, LMFFA

**You Go, Girl!**
Now more than ever, young girls are feeling more pressured to look or act a certain way. Social media is becoming a bigger influence on preteens/teenagers and it is having a negative effect on their self-esteem. Self-esteem is the core to how we act and react, make decisions, and choose our path through life. Although self-esteem develops in childhood, we have an opportunity to improve self-image in the preteen and teenage years. This makes building self-esteem a fundamental life skill. This summer program will focus on building overall confidence and self-esteem while raising awareness about factors that can impact self-esteem. Participants will also learn skills about how to be happy with who they are and be the best version of themselves that they can be.

**Ages:** Girls going into 5th or 6th grade  
**Cost:** $240  
**Date/Time:** June 19 - 21 (Tuesday - Thursday) 10 am - Noon  
**Capacity:** 8  
**Facilitator:** Christi Jones, M.Ed., LPC-I

**Ages:** Girls going into 7th or 8th grade  
**Cost:** $240  
**Date/Time:** June 26 – 28 (Tuesday – Thursday) 10 am - Noon  
**Capacity:** 8  
**Facilitator:** Christi Jones, M.Ed., LPC-I

**Mindfulness for Children**
Mindfulness is the act of maintaining a moment-by-moment awareness of our thoughts, emotions, bodily sensations, and surrounding environment. Research shows strong support for the benefits of mindfulness training for kids, including reductions in anxiety/stress, better management of negative emotions, increased ability to maintain focus and control impulses, and improved social skills. This summer camp will provide an introduction to the benefits of mindfulness and include exposure to a variety of mindfulness exercises and techniques. These exercises will specifically be geared towards increasing children's ability to focus and sustain attention, manage negative emotions (i.e., anger, frustration, anxiety) and improve relationships by engaging in prosocial behaviors.

**Ages:** 7-9  
**Cost:** $350  
**Date/Time:** Every Thursday from July 5 – July 26, 2018, 9:30 – 11 am  
**Capacity:** 8  
**Facilitators:** Melissa Mignogna, Ph.D.

**Emotion Commotion**
Sometimes we can’t control our anger or frustration. Sometimes we feel so stressed we could scream. For children, controlling our temper or anger isn’t as easy as adults expect. This camp will teach children/adolescents how to become more aware of their emotions by understanding what stresses them and why and then learn fun and easy ways to diffuse the negative emotions.

**Ages:** 7-12  
**Cost:** $250  
**Date/Time:** July 11-14, 2018 (Monday - Thursday) 1 – 3 pm  
**Capacity:** 8  
**Facilitator:** Marcia Baker, Ph.D. Health Psychologist, LPC-I

**Ages:** 13 -17  
**Cost:** $250  
**Date/Time:** July 11-13 (Monday - Thursday) 3 – 5 pm  
**Capacity:** 8  
**Facilitator:** Marcia Baker, Ph.D. Health Psychologist, LPC-I
**Adventure Social Skills Camp**
Art, drama and music therapy will be used to facilitate participants as they engage in age appropriate, creative group activities designed to develop effective executive and interpersonal skills. Activities will focus on building self-esteem, confidence, social and friendship skills, as well as improving attention and listening skills. Behavior therapy strategies with positive reinforcement will be used to help participants improve their impulse control, emotional regulation, and focus. At the end of each session, the therapist will process with the group about what happened that session and whether goals were achieved and how to implement into their real life.

**Ages:** 4 - 6  
**Cost:** $275  
**Date/Time:** July 23 – 26 (Monday-Thursday), 9 am - Noon  
**Capacity:** 6  
**Facilitator:** Victoria García, LPC Practicum

**Ages:** 8 - 11  
**Cost:** $300  
**Date/Time:** July 9 – 12 (Monday - Thursday), 9 am - Noon  
**Capacity:** 8  
**Facilitator:** Christi Jones, M.Ed., LPC-I

**Ages:** 12 - 14  
**Cost:** $300  
**Date/Time:** July 16 – 19 (Monday - Thursday), 9 am - Noon  
**Capacity:** 8  
**Facilitator:** Althea Stephens, PsyD.

**College Essay Application Writing**
This is a writing “boot camp” to help your child identify the key components that college’s look for in a college essay, such as: audience, purpose and authenticity. The workshop will help participants write an essay for their college application, which will be reviewed by the workshop facilitator after the essay is complete.

**Ages:** Junior-Senior in High School  
**Cost:** $100  
**Date/Time:** July 25 (Wednesday), 3 - 4:30 pm  
**Capacity:** 8  
**Facilitator:** Jennifer Brickhouse, M.Ed., Educational Diagnostician

**Transitioning from High School to College**
This 3-hour workshop will give students who have executive functioning skills and interpersonal skills deficits or have been diagnosed with ADHD or high functioning Autism spectrum (Asperger’s) who are going into college strategies to help the transition go smoother. Topics that will be covered include:

- Juggling college demands  
- Navigating your college campus  
- Using technology to efficiently plan, research and organize research papers and projects and get them in on time.  
- Sophisticated study methods for writing exams  
- Balancing recreation and academics

**Ages:** Senior in High School  
**Cost:** $300  
**Date/Time:** August 7, 2018 (Tuesday) 1 – 4 pm  
**Capacity:** 8  
**Facilitators:** Althea Stephens, PsyD, Elissa Mattar, M.Ed., LPC and Christi Jones, M.Ed., LPC-I
The Woodlands Behavioral Health & Wellness Center
Summer Program Registration Form

To register for program, complete this form and submit to cs@addwoodlands.com or by mailing to 2700 Research Forest Dr. #130, The Woodlands, Texas 77381. Full payment is due with form and can be paid by credit card (authorization attached to registration) or by check. Cancellations within 2 weeks of start of the camp will not receive refund.

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<th>Full Name of Child</th>
<th>DOB</th>
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<th>Parent/Guardian(s)</th>
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<th>Email Address (please give us one that you use regularly)</th>
<th>School/grade going into Fall 2018</th>
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- **Writing Research Papers**
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  - **Date/Time:** June 8, 2018 (Friday) 3 – 4:30 pm

- **Strengthening Families**
  - **Ages:** Families
  - **Cost:** $625
  - **Date/Time:** 11-week program, every Tuesday from 6 – 8 pm, starting June 12, 2018 - August 14, 2018

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  - **Ages:** Going into 7th – 9th grade
  - **Cost:** $350
  - **Date/Time:** June 18 – 20, 2018 (Monday – Thursday) 1 – 3 pm

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  - **Ages:** Going into 10th – 12th grade
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- **Transitioning from High School to College**
  - **Ages:** Senior in High School
  - **Cost:** $300
  - **Date/Time:** August 7, 2018 (Tuesday) 1 – 4 pm
Please complete and return to:

The Woodlands Behavioral Health and Wellness Center
2700 Research Forest Dr. #130
The Woodlands, TX 77384

Name of Client: _____________________________ DOB: ____________

Parent(s)/Guardian(s) [if applicable]: __________________________________________

AMOUNT PAID: ______________

☐ Check  Payment can be made out to TWBHW

If you are making payment by check, please write check number here: ____________

Please remember to write the identified patient's name on the check memo line.

☐ Credit/Debit Card

Name on Credit Card ___________________________ Billing Address: ____________________________

City & State: ___________________________ Zip Code: ____________________________

Type:  Visa  ☐ MasterCard  ☐ American Express  ☐ Discover  ☐

Acct. Number ____________________________

Expiration Date ___________ CVV/Security Code ____________________________

(mm/yy) (3 digits back/4 digits front AmEx)

By signing below, I hereby authorize The Woodlands Behavioral Health and Wellness Center/ ADD Wellness Group, LLC, to charge my account for the amount due/indicated above.

________________________________________
Signature of Credit Card Holder

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Date