

Qualia Counselling Services Presents: Kids Summer Wellness Day Camps
When: Starting July 5th, 2021, daily from 9am - 3pm
Where: 40 Cao Lane, Ohsweken
ALL COVID-19 Regulations are followed
Free with a valid certification of status



Happy Holistic Kids - Ages 5 to 7

Embrace the Good Mind through holistic teachings on themes of self-confidence, a calm body, courage & gratitude. Sharing circles, nature based projects, mindfulness meditations and sand tray self-expression will be used to help kids connect with their happy holistic selves.

Masterminds - Ages 6 to 9

Bring balance into your child's life! Through play, games, outdoor activities and crafts/projects kids will learn about their mind, body, spirit & emotions and ways to feel balanced and healthy. Mindfulness, basic yoga techniques, sharing circles and play based cognitive therapy techniques will be used to teach about inner connections, becoming more aware of our thoughts and intents and ways to respond to our inner selves with compassion, love and balance.

SuperFly - Ages 6 to 9

Designed for kids who are very/hyper active, this camp's main focus is to have a successful camp experience filled with team games and socializing. The main themes taught are to Freeze (rather than act impulsively), Focus (rather than following distracted thoughts) & Fly (learning to use our energy at the right time and pace).

Stress Busters - Ages 8 to 11

Get ready to tame your stress dragon! For kids who are prone to being nervous, this camp teaches ways to notice, challenge and tame your stress energy in creative, fun and nature based ways. Perfect for right before a new academic year 🐉

Girl Power - Ages 8 to 11 & Ages 11 to 14

Knowing yourself and having self-confidence is the super power learned this week. Noticing the gifts we have that are uniquely ours, developing self-compassion & gratitude for ourselves and learning to relax and be assertive are themes focused on, in creative and nature based ways.

Boy Power- Ages 8 to 11 & Ages 11 to 14

Get ready to join a team of boys in learning to defeat our inner bully through a variety of active, nature based games and creative activities. This week is designed to foster confidence, assertiveness, teamwork, and to introduce tools to effectively combat bullying. Are you up for the challenge? Let's work together to win the game!

To Register: Phone: 519-445-1929, Text: 226-792-8433 or Email: sixnations@qualiacounselling.com