

Qualia Counselling Services Presents: Kids Summer Wellness Day Camps

When: Starting July 5th, 2021, daily from 9am - 3pm

Where: 40 Cao Lane, Ohsweken

SPOTS STILL AVAILABLE FOR CERTAIN CAMPS!

ALL COVID-19 Regulations are followed

Free with a valid certification of status

CONTACT US NOW TO REGISTER



SuperFly with Sue - Ages 6 to 9 (August 3rd, 2021 – August 6th, 2021) *limited spots available

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 with Cassandra- Ages 8 to 11 (August 16th, 2021 – August 20th, 2021)

Stress Busters with Joelle – Ages 8-11 (August 30th, 2021 – September 3rd, 2021)

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 with Joelle– Ages 8-11 (July 5th, 2021 – July 9th, 2021)

Girl Power Ages 11 to 14 (August 3rd, 2021 – August 6th, 2021)

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 with Joel- Ages 8 to 11 (July 12th, 2021 – July 16th, 2021)

Boy Power with Joel -Ages 11 to 14 (August 23rd, 2021 – August 27th, 2021)

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