

# Mindful Me SB Summer Camp

Heighten Self-Esteem and Social Confidence (ages 9-12)



Join us this summer for a one-of-a-kind camp at the beautifully refurbished Carrillo Recreation Center. Build lifelong friendships and self-esteem to empower healthy life choices and social confidence. Each day camp leaders and peers facilitate in helping you discover your passions and inner talents. Your creative mind is inspired through reflective journal writing, arts and crafts, and engaging group discussions. We are excited for you to experience this enriching week to find your very own artistic expressions.

### Specific activities include:

- Sewing friendship quilts
- Decorating journals
- Gaining insight through photography
- Creating personality collages
- Designing vision boards and nature mobiles
- Cooking healthy snacks
- Decorating pots
- Planting seeds and much, much more

Campers should bring a water bottle and some healthy snacks.

### Camp Facilitators:

Karin Durflinger MA, Psychology

Kelly Fleming BA, English

**Information:** 284-6762

**Location:** Carrillo Recreation Center, 100 E. Carrillo St.

**Schedule:** M-F 9:00 am - Noon

Dates	Activity Code
6/18-6/22	16694
6-25-6/29	16695
7/9-7/13	16696
7/16-7/20	16697
7/23-7/27	16698
7/30-8/3	16699

**Price:** \$185/\$170 (non-resident / City resident price)

register online

