

## MORE OFFERINGS

### ● **Your Body Rocks! A Mother Daughter Workshop**

**Lauren King, PsyD**

**GIRLS 9 - 14 YEARS OLD AND THEIR MOMS**

June 8, 2018; 10:00am - 11:30am

\$25

Join Dr. Lauren King for a fun and infomative workshop on building body positivity. Mothers and daughters will work toward developing their own definitions of beauty. Through media education and interactive activities, participants will experience bonding and fun!

### ● **Music City Peds Summer Jam Sessions 2018!**

**Caitlin Rissler, NP**

- 3PM FRIDAY, JUNE 1ST
- 11AM FRIDAY, JUNE 8TH
- 3PM FRIDAY, JUNE 15TH
- 11AM FRIDAY, JUNE 22ND
- 3PM FRIDAY, JUNE 29TH

FREE

This is a free program for children of all ages with intellectual or developmental disabilities, including autism spectrum disorders and genetic syndromes. The goal is to offer a fun opportunity for kids to dance, sing, and jam out with a volunteer musician in our studio on the above dates: (times vary) . Please register by calling our office so that we know to expect you (more details provided at registration).

### ● **Aspire Group**

**Caitlin Rissler, NP**

June 5th, 7th, 12th, 14th, 19th, 21st, 26th, 28th; 4:00pm - 5:00pm

\$500

This is a group for high school girls (including rising freshmen or recent graduates) who have high functioning autism or Asperger's. The purpose of this group is to offer education, support, and skill development, to empower and facilitate friendships.

### ● **COPE Boot Camp**

**Caitlin Rissler, NP**

June 6th, 13th, 20th, 27th; 4:00pm - 5:00pm

\$250

This is an accelerated program for 8-12yo that focuses on addressing sadness, worries, stress, and negative self-esteem through development of effective coping tools in a fun and engaging way.

[WWW.SOUTHEASTPSYCHNASHVILLE.COM](http://WWW.SOUTHEASTPSYCHNASHVILLE.COM)  
[WWW.MUSICCITYPEDS.COM](http://WWW.MUSICCITYPEDS.COM)

# SUMMER CAMPS

SUMMER OF  
2018



**SOUTHEAST PSYCH**  
NASHVILLE

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TO REGISTER CALL: 615.373.9955 OR EMAIL: [EVERHAAGEN@SOUTHEASTPSYCH.COM](mailto:EVERHAAGEN@SOUTHEASTPSYCH.COM)



COME AND JOIN OUR  
**SUMMER  
CAMPS**

- **Building Blocks-Caitlin Rissler, NP**

AGES 5 - 7 YEARS OLD

June 11 - 15, 2018

9:00am - 12:00pm

\$650

This is a camp for children who struggle with behavioral or social delays, sensory or communication problems, ADHD, or Autism. Participants will work on following directions, recognizing group expectations, cooperating, initiating actions, starting tasks, maintaining social interactions, and transitioning.

- **Conquer: An ADHD Camp-Caitlin Rissler, NP**

AGES 8 - 12 YEARS OLD

June 25 - 29, 2018

9:00am - 12:00pm

\$550

Kids will learn more about ADHD and gain self-awareness during their time at Conquer. Participants will work on respecting limits, regulating their emotions, bettering their self-esteem, and advocating for themselves. Campers will learn how to effectively plan, problem-solve, and mobilize self-control.

- **Friendship Camp-James Goodlad, PhD**

AGES 9 - 12 YEARS OLD

June 4 - 8, 2018

9:00am - 12:00pm

\$550

This is a week-long, half-day camp for rising 3rd through 5th grade students to help improve their socio-emotional and friendship skills through fun and cooperative activities. Students will be able to learn and practice important social skills like handling anger, taking turns, good sportsmanship, and dealing with teasing or bullying.

- **Connect:An ADHD Camp-Caitlin Rissler, NP**

AGES 12-14 YEARS OLD

June 4 - 8, 2018

1:00pm - 4:00pm

\$550

This is a camp for rising 7th - rising 9th graders with ADHD specifically wishing to improve their social-emotional skills. Participants will identify their strengths, struggles, and personal goals. Campers will learn how to improve their communication skills and make stronger friendships.

- **School Success Without the Stress-Danielle Mizell, PsyD**

JULY 30 - AUGUST 2 (AGES 8-12)

AUGUST 6 - 9 (TEENS)

10:00am - 12:00pm

\$300

This camp is for students who are anxious, perfectionistic, and/or school-avoidant. Campers will learn to cope with school stress in an interactive and fun way by practicing problem-solving, assertiveness, time management, sleep hygiene, and relaxation.

- **Aspire: Autism Spectrum Camp-Caitlin Rissler, NP**

5TH - 8TH GRADERS

June 18 - 22, 2018

1:00pm - 4:00pm

\$700

This is a camp for rising 5th-8th graders on the autism spectrum or who have similar social skill deficits. The purpose of the group is to learn and practice social skills and effective communication skills. Campers will learn how to start a conversation, greet others, continue a conversation and reciprocate interest. They will work on interpreting non-verbal cues, being flexible to others' ideas, and making and keeping friends.

- **Super Siblings-Lauren King PsyD**

AGES 10 - 14 YEAR OLDS

June 18 - 20, 2018

1:00pm - 4:00pm

\$450

This is a camp for siblings of children on the autism spectrum. Campers will be able to normalize their experience with others, learn how to respond to peers about their sibling, gain coping skills, realize their own unique characteristics and strengths, understand what's good about having a sibling on the spectrum, and learn how to voice their needs.