

School Success Without the Stress Workshop

With Dr. Danielle Mizell

Worried about returning to school in the fall? This group is for students who may be anxious, perfectionistic, and/or school-avoidant. Campers will learn how to cope with school stress in an interactive and fun environment by practicing problem-solving, assertiveness, time management, sleep hygiene, and relaxation.

July 20-23 and July 27-30

8-12 YEAR OLDS MON-WED 10AM-12PM; THURS (PARENTS ONLY) 11AM-12PM
13-16 YEAR OLDS MON-WED 10AM-12PM; THURS (PARENTS ONLY) 11AM-12PM
REGULAR RATE: \$300

5409 MARYLAND WAY #202, BRENTWOOD, TN 37027

Call for more information at (615) 373-9955