

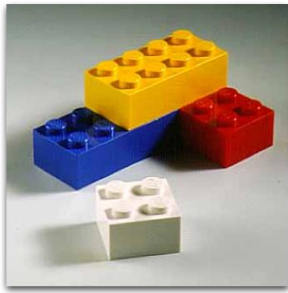


KIDS EMPOWERED

Programs for EMPOWERING KIDS with ADHD/ADD

The objectives of the Dragon Academy program are:

- *Create a program where kids feel they belong & are connected
- *Skill building *FUN
- *Positive support and coaching *One-on-One Counseling



LEGO TOOL BOX

Girls & Boys
7-11 yrs old
Leaders in Training
12 -15 yrs old
Before & Aftercare

Each day will have a themed lesson using Lego games & activities to learn & practice social skills & emotional management.

Dealing with Frustrations: kids will learn how to calm themselves to manage their emotions.

Problem Solving: kids will learn how to identify the problem and learn ways to solve problems with siblings, classmates, & friends.

Teambuilding: kids will learn social skills of being on a team, working in groups and how to be a good at winning and losing.

Friendship: kids will learn the do's and don'ts of friendship, how to make friends and deal with unfriendly friends.

Confidence: kids will learn how to build their self-esteem and confidence.

Each day will include lego activities to teach the lessons, games, role playing, & swimming.

Dates: July 31-Aug 4 Girls & Boys 3rd-5th
Time: 9:00am-3:00pm \$325.00
Leader in Training: 12-15yrs
Location: Berkshire MS, Birmingham, MI

Sign up for both camps. \$50 off (\$600 for both camps) \$50 deposit for each camp to reserve your spot. Full payment by June 15.



GIRLS & BOYS
7-11 yrs old

Leaders in Training
Girls & Boys
12-15 yrs old

**THE EMPOWERED
KID'S TOOL BOX FOR
THE KING OF THE
PLAYGROUND**
Before & Aftercare

Focus: Develop playground social skills to manage unfriendly situations with kids who are always picking the team, making negative comments or excluding. Build social skills that help kids be connected by knowing how to manage playground sticky situations and how to join groups.

The playground is where most adversity and sticky situations happen. Some boys tell others boys they run faster, throw further, and are better at this or that. Some boys pick the team and tell other boys they can't play or they are on the loser team. Some girls tell other girls they can't play or to go away because they are having a private conversation.

This camp will help kids build their toolbox of confidence, assertiveness, and strategies of typical situations that happen at recess. Kids will learn how to problem solve to be inclusive, deal with rule changers, and be a good winner and loser. Kids will learn words, tone of voice and how their body language should look. We will play games (everything from tag to foursquare) and role play situations that happen at recess. Kids will learn frustration management techniques and coping skills to help them be calm in sticky situations so they can "act", not "react". Daily pool time for full day.

Aug 7-11 Girls and Boys 3rd-5th grade \$325
Leader in Training: Middle School and High School kids
Location: Berkshire MS, Birmingham, MI
Register: www.kidsempowered.com

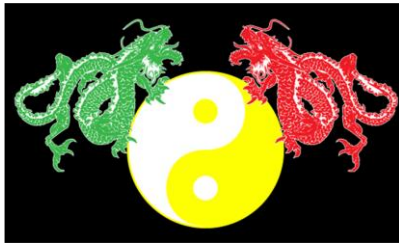


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The Dragon Academy Summer Program

The Dragon Academy is a summer camp program that mentors kids with ADHD to train their dragons (barriers to success); master their emotions, confront academic challenges, and attain skills to deal with unfriendly classmates and bullying. Kids will discover their strengths and use them to meet life's challenges.

Paraprofessional support is not offered for this program. This camp is geared for individual students who have the ability and are capable of performing independently "but we are highly experienced in dealing with ADHDers!"

Space is limited. This camp is designed to focus on ADHD issues and is not designed for other mental health issues.

Please email info@kidsempowered.com for an application. Questions about the camp or other program please call Drew Yanke 248-840-2699 or the Kids Empowered Coaching and



**Around Town
Small Group ADHD Boy's Camp
11-14 yrs old
July 10-14
Aug 14-18**

Boys will have fun exploring Birmingham while working on social skills. They will do everyday activities that will include lessons on how to problem solve, resolve conflict, manage your frustrations, know how to stop an action when someone is being annoyed by it, & the social skills involved in friendship.

Activities will include: -nature hikes-games in Booth Park
-going to the movies one afternoon --Team Building
-lunch at Greek Islands one day --two visits to Dairy Mat

This camp will include a one-on-one session with Drew Yanke and the camper and parent to review the successes and strategies for working on social skills areas that need additional work. This session can be scheduled at a time that works for you.

\$350. Includes Camp & one-on-one session Meet at Kids Empowered office, Birmingham, MI *lunch, movie, and Dairy Mat are additional and based on each individual's order \$100 deposit to hold spot.



**SAVE THE DATE
Saturday, August 19, 2017**

ADHD Dragon Academy Back to School Bootcamp FOR PARENTS AND KIDS

The Dragon Academy is run by: Drew Yanke, M.A. LLP, Adjunct Professor, Psychology Dept., Wayne State University, is a Psychotherapist working with children and families. His focus is on boyhood issues, which include ADHD, dealing with bullying, building confidence and emotional management. He is a Boys Empowered instructor and adjunct Professor, Psychology Dept, Wayne State. <http://drewyanke.webs.com/> 248-840-2699