

RISE-UP

A Relationship-Skills Day Camp for Middle Schoolers



Children's Program is excited to announce an outdoor therapeutic day camp designed to help incoming 6th-8th graders make the next jump in their relationship skills. Strong empathy skills predict self-awareness, emotional control, perspective taking, kindness toward others, values development, and problem-solving skills. Each day, activities and group discussions center around one of the **RISE UP** principles -- **Respectful, Informed and Inclusive, Self-Aware, Empathic, UPstanders**. Camp activities are fun, thought-provoking, and supportive. This is an appropriate group for youth who tend to err by under-empathizing (e.g., bullying, teasing, spreading rumors) as well as for youth who err by over-empathizing (e.g., caregiving at the expense of their own mental health). Our goal is to help them find the "sweet spot" of both self-care and other-care. We also aim to have a diverse group membership so that we have opportunities to practice the skills of perspective-taking, respect, and inclusion with one another.

Dates: June 28th – July 2nd Half Day (9 AM to 12 PM). No aftercare provided outside of camp hours.

Location:

German International School, 3900 SW Murray Blvd, Beaverton, OR 97005

All camp activities will be outdoors on campus with access to bathrooms and shelter as needed.

Camp facilitators:

Ally Burr-Harris, Ph.D. Clinical Psychologist

Zaheeda (Zee) Virani, Psy.D. Clinical Psychologist

Mariko Clark, MA LPC, Professional Counselor

Stephen Beard, Psy.D., Psychology Resident

Cost: \$400.00 (not insurance billable)

This camp will fill up quickly, so reserve a spot soon. For more information and a specialized registration packet, please email Mariko at mclark@childrensprogram.com.