



## **Camp Empower**

**Camp Empower is a Lifeline Children's Services' day camp. At camp, you and your child will experience social-emotional learning and cognitive development by using practical hands-on tools and techniques together. Campers rotate through nurture, sensory, and brain game groups that help connect the dots between 21-century science, adversity, and achievement.**

### **What are Nurture Groups?**

Nurture Groups are more about experience than education. They are designed to teach through experience, rather than by way of instruction or lecture. Each activity is designed to help a caregiver and child to connect and nurture the relationship.

### **What can I expect to learn through Nurture Groups?**

Nurture Groups promote attachment and bonding. You will be introduced to new activities that encourage that connection. You will practice exercises one-on-one with your child. You will learn Trust-Based Relational Intervention® (TBRI®) connecting strategies, as well as TBRI catch phrases and scripts that will help you in the future. You and your child will also work on self-regulating behaviors.

### **What are Sensory Groups?**

Sensory Groups are designed to create a sensory-rich environment that helps children understand their body and how it processes the world around them.

### **What can I expect to learn through Sensory Groups?**

Sensory-rich activities will help children self-regulate, express emotions, and become more self-aware by using their senses.

### **What are Brain Game Groups?**

Brain Games Groups are about learning to play cognitive games that promote working memory and visual/auditory processing growth.

### **What can I expect to learn through Brain Game Groups?**

Through Brain Game Groups you'll learn games together that strengthen cognitive executive functioning skills, which in turn impacts one's ability to think and process information.

- *Throughout Camp Empower, campers are evaluated within each group. At the end of the week, staff will meet with parents to discuss the evaluation and answer any questions.*
- *A Camp Empower staff member will follow up with families after camp to offer additional services to the family if needed. Resources include: educational screenings, tutoring, school guidance, and/or counseling services.*