

Camp Footholds

Summer 2018



Footholds Therapy Center is happy to offer a wide variety of summer programs for all ages. Footholds camps are structured around programming and geared towards children with special needs (Autism, FASD, etc) and other emotional and psychological challenges (Anxiety/Depression). Our camps focus on empowering children and youth by building social skills and self-esteem all while meeting new friends and having fun!

Wacky World of Senses and Science: August 13th to 24th

Come join us for two weeks of wacky science and sensory-based activities. Experience hands-on experiments daily as well as exploring our senses through a variety of sensory experiences in the kitchen, gross motor room, and outdoors!

\$650.00 (7–10 years 9am–12pm & 12–18 years 12:30–3:30pm)

Nature Buddies: July 3rd to 13th

Nature Buddies introduces learners to the fun of nature and utilizes the learning materials that are readily available in our surroundings. Learners will explore nature through crafts, learning activities, whole body movement, and social thinking development.

\$550.00 (4–7 years 9am–12pm)

Artworks: August 7th to 17th

This group targets learners age 4 to 7 who could benefit from developing their fine motor abilities. Artworks is about increasing fine motor skills through the creation of art. It is open-ended where children aren't trying to make something exactly like an example product. This process allows children to explore and create freely and learners can repeat the same project many times, resulting in different creations. Process art reduces the stress associated with trying to make a project exactly like someone else's. Process art also allows for true creativity to develop.

Parents will enjoy receiving art that their child is able to do independently.

\$650.00 (4–7 years 9am–12pm)

Teen Life: July 16th to 27th

This camp promotes mindfulness through our relationship with nature. Teens will be empowered to further develop their confidence, communication, and social skills in a supportive environment. Campers will participate in a variety of hands-on activities to help them reconnect with the planet, including organic gardening, vegetarian cooking, and outings to Nanaimo parks.

\$550.00 (11–15 years 10am–2pm)

Minecraft Camp: July 3rd to 13th

Are you a builder, crafter, farmer or miner? This camp provides your Minecrafters with a safe and friendly environment where all skill levels are welcome and will come together to game and interact with others who have similar interests. Camp activities will include lessons from expert Minecrafters, as well as outdoor team-building and social skills exercises.

A Minecraft account is required (<https://minecraft.net/en/>).

Please contact us if you are unable to obtain an account.

\$490.00 (6–11 years 9am–12pm; 12–18 years 12:30–3:30)

250.585.4411

www.footholds.ca

*Camps can be covered by MCFD Autism Funding. *See our website for detailed camp information.