

CALL (860)510-5047 FOR MORE INFO & REGISTER AT [WWW.OSYFS.ORG](http://WWW.OSYFS.ORG).  
SPACE LIMITED TO 8 CAMPERS. LOOK FOR ADDITIONAL SESSIONS

**BROUGHT TO YOU BY THE CREATORS OF  
ZEN TIME WEDNESDAY AND CHILL CLUB**

# **CHILL CAMP SUMMER 2020**

**WEDNESDAY JULY 15TH-FRIDAY JULY 17TH**

**9:00-11:30**

**@ OLD SAYBROOK YOUTH AND FAMILY  
SERVICES**

## **CAMPERS WILL HAVE FUN AND LEARN**

- EMOTION REGULATION TECHNIQUES
- REDIRECTION AND MINDFULNESS STRATEGIES
- APPROACHES TO INCREASING SELF CARE
- CENTERING SKILL THROUGH CREATIVE OUTLETS

**CAMPERS ENTERING GRADES 4th-6th  
SOCIAL DISTANCING AND FACE PROTECTION UTILIZED  
TWO COUNSELORS TO EIGHT CAMPERS**

**CAMPER FEE \$75**

**CAMPERS WILL HAVE SOMETHING THEY HAVE CREATED TO TAKE HOME DAILY**



Old Saybrook Youth and Family Services  
322 Main Street, Old Saybrook  
860-395-3190 / [www.osyfs.org](http://www.osyfs.org)