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Welcome to the Family Madrigal!

Join us here at TVP as we celebrate what makes each member of the Madrigal family unique and special while also learning some great mental health and wellness skills! We are excited to present our first Mental Health Workshop in a Summer Camp format.

<u>Schedule: Elementary Aged Children</u>	<u>Schedule: Middle School/ Junior High Aged Children</u>
8:20am: Arrive, Check-in	12:20pm: Arrive, Check-in
8:30: Formal group check-in (1 st day lay out rules etc.)	12:30: Formal group check-in (1 st day lay out rules etc.)
9-9:30: Learning section 1	1-1:30: Learning section 1
9:30-10: Activity 1	1:30-2: Activity 1
10-10:15: Snack/ bathroom break	2-2:15: Snack/ bathroom break
10:15-10:30: Learning section 2	2:15-2:30: Learning section 2
10:30-11: Physical activity	2:30-3: Physical activity
11-11:30: Activity 2	3-3:30: Activity 2
11:30-12: Wrap up, review, provide tools for home	3:30-4: Wrap up, review, provide tools for home

Cost: \$200 per child. Wanna bring a friend? We will be opening this up to non TVP patients on April 1st! Cost for non TVP patients is \$250 per child.

Each day we will explore a different character and mental health concept.

Themes, Skills, and Tools Learned:

- Monday- Dolores: Mindfulness, and calming techniques
- Tuesday- Louisa: How to deal with stress, pressure and anxiety
- Wednesday- Isabella: Dealing with perfectionism, expectations from self and others, and encouraging healthy self-esteem
- Thursday- Bruno: The secrets we keep from others, how to talk about hard things, and creating healthy boundaries
- Friday- Mirabel: Your gift and what you bring to the world

Is this therapy? Art camp? Psychoeducation?

Each morning we will do a sharing circle check in of emotions. Throughout the day we will learn skills, tools, and techniques. We may do a bit of therapeutic processing as we work through the different modules, but this should not be seen as a replacement for therapy. We will DEFINITELY be doing art, physical activities, dancing, and maybe even some karaoke, so come prepared to have FUN.

What should I wear?

- Some activities will take place outside, so wear weather appropriate clothing that you don't mind if it gets a little messy. If we have a water activity, we will let you know the day before to bring a towel.
- PLEASE BRING A LABELED WATER BOTTLE EACH DAY! One snack will be provided.

Who's running this show?

Abuela. Just kidding. Crystal McCown, LCSW will be providing all programming. She is one of our therapists and part of our Mental Health Team here at TVP. Please see her bio under doctors and staff on our website.

More questions? Email Crystal at cmccown@tanqueverdepedes.com or call the Front Desk to learn more.