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It's Me, Mario! Let's Go!

Join us at TVP Behavioral Health as we transport into the world of Nintendo with Mario, Luigi, Peach, Yoshi and the gang while also learning some great mental health and wellness skills! We are excited to present our next Mental Health Workshop/ Summer Camp!

Schedule:

Elementary Aged Children: 8:20am- 12PM

Middle School/ Junior High Aged Children: 12:45pm- 4:20pm

Arrive, Check-in

Bibliotherapy (book to introduce topic)

Sharing circle, Learning section 1, & Activity 1

Snack/ bathroom break

Physical Activity

Mindfulness Moment

Sharing circle, Learning section 2, & Activity 2

Journal/ individual process time

Wrap up, review, provide tools for home

Cost:

TVP Patient: \$250 (siblings receive \$15 discount if also TVP patient)

TVSD student: \$260

Community at large: \$275

Sign up requires payment in full

Refunds will only be given if participant's spot is able to be filled by waitlist.

What's new this year?

- **LOCATION!!** We are thrilled that we will be using Tanque Verde Elementary School gym as our home base this year. More space to spread out, less time overheating in midday Arizona summer sun.
- **More Staff!** We are pleased to announce the addition of bachelor and master level social work students to help us accommodate more kiddos and better small group attention.
- **Price increase:** Sorry, this one isn't fun but inflation hits us all, including costs of supplies, etc. This also allows us to rent out a larger space so that your kiddos will be more comfortable.
- **Optional Adult Session:** On Saturday June 10th 9am-12pm we will have an adult parent/guardian review session at TVP conference room. We will go over all the tools and techniques we have been teaching your kiddos as well as answer any questions you may have.
- **Handouts go digital!** While your kiddo will still get handouts in the camp, all adult communication and handouts will be provided in a nightly email. This email will also include hyperlinks to videos especially made for this camp showing various techniques and examples.

What to know:

- Each day we will explore a different Mario world and mental health concept.

Themes, Skills, and Tools Learned:

Monday- Super Mario, mindfulness and depression

Tuesday- Mario Kart, anxiety, sitting with difficult emotions, and the value of coping skills, connections & asking for what you need

Wednesday- Mario Party and how to make and keep true friends while staying true to self

Thursday- Super Mario Smash Bros and how to manage bullies, frenemies, and social media/gaming
Friday- Dr. Mario and personalized mental health plans with concrete strategies and practice of mental health skills

- Is this therapy? Art camp? Psychoeducation?
 - o Each day we will do a sharing circles to check in with current emotions, talk about how the topic shows up in our real life, and have individual processing time. Throughout the day we will learn skills, tools, and techniques. This should not be seen as a replacement for therapy, but we will have some group therapy type moments. We will DEFINITELY be doing art, physical activities, dancing, and maybe even some karaoke, so come prepared to have FUN.
- What should I wear?
 - o Comfortable clothing to run around in and athletic shoes. Bring a sweater if your kiddo gets chilly inside.
 - o PLEASE BRING A LABELED WATER BOTTLE AND SNACK EACH DAY!
- Who's running this show?
 - o Crystal McCown, LCSW and Lakilia Ahmed will be providing all programming. They are our therapists and part of our Mental Health Team here at TVP. Please see their bios under staff on our website.

Ready to Register? Hop online at www.tanqueverdepeds.com to sign up today!

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