



Girls Empowered* Kids Empowered * Boys Empowered
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Empowered with ADHD

Kids will have **intense fun** being physically active while learning social skills, friendship skills, being empowered, building confidence and bully-proofing themselves. This camp is specifically designed for the challenges and opportunities that kids with ADHD face. Games, Olympic challenge courses, role playing, educational activities, fitness activities and going on nature hikes will all be part of the fun of teaching how to take advantage of one's strengths and learn to manage one's weaknesses

| Class # | Day | Dates Time | Age | |
|---------|-----|------------|-------|------------|
| 9225 | M-F | July 18-22 | 9-4pm | Boys 7-11 |
| 9226 | M-F | Aug 1-5 | 9-4pm | Boys 11-14 |

The camp will be held in two locations. Rochester Area Recreation Center and the Rochester Municipal Park. The camp will start Monday at 9:00 at RARA location. On Friday, at 3:00 the camp will end at the RARA location with a Parent Demonstration A schedule of drop off and pick up locations will be emailed two weeks before camp starts. The schedule will include days to bring a bike and helmet. A questionnaire about your child will be emailed upon registration to help us better serve your child during camp. Optional services: Evaluation and coaching session before or after camp to work on specific skill needs.

Location: RARA, Room D 108 East Second St., Rochester 48307 or Rochester Municipal Park (Parking is behind City Hall, 400 Sixth Street, Rochester)
To register: RA RA 248-656-8308 Fee: \$350

Master instructors include:

Drew Yanke, M.A. TLLP, is a graduate of Wayne State University, Marriage and Family Psychology program. He is a licensed Psychotherapist working with children and families. His focus is on boyhood issues, which include ADHD, dealing with bullying, building confidence and emotional management. He is a Boys Empowered instructor and also has extensive experience working with men and men of divorce.

Kevin Roberts, M.A. has been coaching kids and running study groups for over 12 years with ADHD and other learning challenges. Kevin is a former teacher at Roeper, an Academic turnaround specialist, and curriculum developer and board member of EmpowerADD, an 8-week life skills training program for young adults with ADHD. Kevin's talents include being fluent in several foreign languages and bringing fun to the challenges of life! He is also the author of *Cyber Junkie: Avoid the Gaming and Internet Trap*.

*There is a Jr. Counselor program available with training! Email kimber@boysempowered.com or kimber@girlsempowered.com for info!