

**MIND OUT LLC**

in conjunction with VPA

# Summer Programs

The Summer Programs focus on building interpersonal relationship skills & Self-Esteem as well as teach coping skills to manage anxiety, depression, mood swings, and emotions. The Programs will deliver the skills using a variety of experiential methods since each person learns in their own way. Take one or a few workshops this summer to get ready for the fall.

## **DBT AND COPING SKILLS SUMMER PROGRAM**

*Are you or your loved one struggling with mood swings or emotional distress? Some of the most loving and special people feel things more strongly, which can be difficult to manage. With the right tools and effective strategies, people can learn new ways to regulate their mood and accumulate more positive experiences!*

### **ADULT WORKSHOP**

8:30am-10am Monday-Thursday

### **KIDS (3RD-5TH GRADE)**

10:30am-12:00pm Monday-Thursday

### **KIDS (6TH-8TH GRADE)**

12:30pm-2:00pm Monday-Thursday

### **TEENS (9TH-12TH GRADE)**

5:30pm-7pm Monday-Thursday

**WEEK 1** June 25th-June 28th (Monday-Thursday)

**WEEK 2** July 16th-July 19th (Monday-Thursday)

**WEEK 3** August 21th-August 24th (Tuesday-Friday)

Children and teen DBT workshops will include parent support meeting on Wednesday 5:30pm-7pm with Melissa Vogt. This meeting will introduce families to the skills being taught and ways to help children implement skills at home.

Contact Kadie Yannone  
at [kyannone@yahoo.com](mailto:kyannone@yahoo.com) if interested.

## **ART AND YOGA (AGES 8-12)**

*Incorporating yoga games and movement for increased relaxation, focus and energy modulation with sensory and visual art to encourage emotional stability and strength exploration. Children will create a collection of fun artistic reminders of skills learned that can be used at home or carried with them. Art supplies will be provided.*

10am-12pm Monday-Friday

**WEEK 1** July 9-13

**WEEK 2** July 30-August 3

## **ART AND YOGA (AGES 13-18)**

*Incorporating yoga movement, breathing and art for increased bodily awareness and stress management. Art involves instruction using multi-media (collage, pressed tin, drawing, stamping etc.) and finishes with completion of a hand-made book.*

Monday-Friday 10am-12pm

**WEEK 1** July 23-27

**WEEK 2** August 6-10

Contact Wendy Billings-Litke  
at [wbillingslitke@yahoo.com](mailto:wbillingslitke@yahoo.com) if interested.

Cost: \$250 per week

Summer programs at 266 Main Street Suite 33a, Medfield

FOR MORE INFORMATION VISIT [VPA-PSYCHOLOGIST.COM](http://VPA-PSYCHOLOGIST.COM)