



Westside Psychological Services
AT ROBERTS WESLEYAN UNIVERSITY

**Have fun, find support, and learn how to
reduce anxiety and fear.**

July 8-12, 2024: 9:00am-12:00pm

Entering 3-5th grade in the fall: Coping Cat
Entering 6th-8th grade in the fall: The C.A.T. Project
Entering 9th-12th grade in the fall: The C.A.T. Project

Coping Cat and the C.A.T. Project are evidenced-based cognitive behavior therapy programs designed to help normalize the experience of anxiety for youth while developing skills to effectively address anxious thoughts, feelings, and behaviors. Group members will participate in numerous activities that may include art activities, group discussions, games, and experiential exercises to understand what anxiety is and how it develops, learn how to challenge fear based self-talk, and change anxious thinking (C.A.T.).

The camps are staffed by students in the Doctor of Psychology (PsyD) program at Roberts Wesleyan University under the supervision of licensed psychologists at Westside Psychological Services. To ensure that this group is appropriate for each youth, screening is required.

Cost: \$199.00.

Register here: [Roberts.edu/wpscamp](https://roberts.edu/wpscamp)

Space is limited, so register today!

