

# Enrichment Program Information

**Ages:** Going into 5th-8th Grade

**Dates:** Monday-Friday  
July 31 to August 4, 2017

**Two Sessions:**  
9:00 AM-12:00 PM or  
12:30PM- 3:30PM

**Location:** YWCA,  
23 W. Chestnut Street,  
Hanover PA

**Cost:** \$200/participant  
(Includes Program T-Shirt  
*if registered by July 14th*)

**Attire:** Comfortable clothing  
and sneakers.



[CUSTOMER NAME]  
[STREET ADDRESS]  
[CITY, STATE, ZIP]



COGNITIVE HEALTH SOLUTIONS, LLC  
100 WEST EISENHOWER DRIVE, SUITE A  
HANOVER, PA 17331

## Be Resilient! Enrichment Program



Tel: 717-632-8400 Fax: 717-632-9300

 Cognitive Health Solutions™

# Enrichment Program Registration Form

Name: \_\_\_\_\_

DOB: \_\_\_\_\_ Age: \_\_\_\_\_

School: \_\_\_\_\_

Grade: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_

Preferred Phone (Circle H/C) \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Contact Number: \_\_\_\_\_

Allergies (including food): \_\_\_\_\_  
\_\_\_\_\_

Special Accommodations: \_\_\_\_\_  
\_\_\_\_\_

Time Requested (Please circle one):

9:00 AM-12:00 PM      12:30 PM- 3:30 PM

\*Time request is first come, first serve.  
Space is limited.

Shirt Size (Please circle one):

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## Day 1: Nurturing Islands of Competence

Group activity - Create a Country

Positive Pride - Snack (ice cream)

Small group - Planting

Group activity - Garbage Art

## Day 2: The Challenges With Empathy

Group activity - Minute to Win it

Healthy eating - Body Beautiful

Small group - The Cost of Sarcasm

Group activity - The Way We Were

## Day 3: Responsibility, Compassion, and Social Conscience

Group activity - Cup Stack

Creative Cookies - Snack (sugar cookie)

Small group - Doing Donations

Group activity - To You, But From Who?

## Day 4: Make Decisions and Solve Problems

Group activity - Bubble Brigade

Candy Reach - snack

Small group - Me On the TV

Group activity - Secret Word

## Day 5: Promote self-discipline and self-worth

Group activity - Hidden Heart

Blender of Anger - snack

Small group - Leisure Brochure

Group activity - The Unfair Game

# Be Resilient!

This enrichment program is designed to help children deal more effectively with the stress and pressure of social media and school, to cope with everyday challenges, to bounce back from disappointment and adversity, to develop clear and realistic goals, to solve problems, and to treat oneself and others with respect.

Our program will provide participants with the tools needed to become successful adults.

