



# Summer Program TO ENHANCE SOCIAL SKILLS

## For children and adolescents ages 6 to 17

The summer programs at The Excel Center are designed to build emotional intelligence in children and adolescents. Our programs assist them with learning coping skills and creative solutions when facing challenging social situations such as bullying and peer pressure.

Topics will include but are not limited to:

- Building confidence
- Addressing bullying
- Effectively expressing emotions
- Confronting peer pressure
- Goal setting
- Consequences of substance use (ages 13-17)

## Excel Summer Program

**Focus and fun: May 29 through August 11**

This 20 hour-a-week program runs Monday through Friday from 12:45 pm to 4:45 pm weekly. Snacks will be provided during the day.

- Creative arts
- Yoga and Zumba
- Nature awareness
- Horticulture activities
- Creative Painting
- Motivational speakers
- Music and pet therapy
- Surprise activities

***No-cost assessments available. Most insurance accepted. To register and for more information, call 281-647-0020***

 **The Excel Center**  
*West Oaks Hospital*

Outpatient Behavioral Health Services

**The Excel Center of Katy**  
(Children, Adolescents  
and Adults)

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