



# Spring Break Program TO ENHANCE SOCIAL SKILLS

## For children and teens ages 6 to 17

The spring break programs are designed to build emotional intelligence in children and teens. 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)

## Spring Break Program

**Focus and fun: March 11 through March 22**

This program runs Monday through Friday from 12:45 pm to 4:45 pm. 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

## HELP KEEP KIDS ON TRACK DURING SPRING BREAK.

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



**West Oaks  
Hospital**

### Katy Outpatient

(Children, Teens and Adults)

2900 Commercial Center Blvd,  
Suite 102

Katy, TX 77494

281-647-0020

Find us on 

