Summer Program
TO ENHANCE SOCIAL SKILLS

For adolescents ages 13 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

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 713-774-0606.

The Excel Center
West Oaks Hospital
Outpatient Behavioral Health Services
Katy • Hornwood

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