

# STRESS BUSTERS CAMP!

For special needs kids/adolescents

Help Break the Cycle of Stress!



Kids experience unique stressors everyday and it's not always easy to help them through it. Stress Busters Camp focuses on teaching children and adolescents with special challenges how to relax through a combination of breathing, massage, calming, and stretching techniques to reduce anxiety and tension.

Kids help themselves feel better while increasing self-regulation and self-awareness. Ultimately these techniques can enhance coping skills that influence many aspects of kid life, including family and peer interactions.

## What is Stress Busters?

Stress Busters Camps provide an enjoyable setting in which kids can learn valuable group relaxation techniques and practice their skills. These techniques are particularly valuable for children/adolescents dealing with social challenges, anxiety disorder, depression, learning differences or "disabilities," mild physical challenges, or attention issues, including ADD and ADHD. Kids will attend in age-appropriate groups determined by the therapist. Parents will receive handouts outlining the course details, so that support carries over into the home and school environments.



## More Information & Registration

Please get in touch with any questions or to register! Visit us online at [www.smincher.com](http://www.smincher.com), email [smincher@carr.org](mailto:smincher@carr.org), or call 410-374-0606.

## Time & Place

Our 5-week sessions will run on Tuesday evenings (7pm - 7:45 pm) or Sunday late morning (11am - 11:45am), depending on your child's age group. There is a minimum of 5 participants in each age group for class to proceed.

We will meet at the SPEECH PATHways clinic, located at 532 Baltimore Blvd., Suite 301, in Westminster, MD. Visit [www.speechpathways.net](http://www.speechpathways.net) for directions.

## About Sherri Mincher

Sherri Mincher, LMT, NCTMB has been a State of Maryland Licensed Massage Therapist and a Nationally Certified Therapeutic Massage and Bodywork Practitioner since 1995. Sherri has an Associates Degree in General Studies (1991) as well as a successful private massage practice in Westminster, Maryland. As part of her community outreach, she co-facilitates a monthly "Moms and More" group, offering support for families with special needs children. Sherri has a gift for working with special needs children and is a respected and in-demand independent massage therapist for the geriatric community. Since 1996 she has served the Alzheimer's unit at Long View Nursing home. She is also certified in adult and child CPR.