

## **How do I know I know if this is right for my child?**

This one-week camp is designed exclusively for children and adolescents navigating anxiety and OCD challenges.

Our unique program seamlessly blends summer camp fun with evidence-based interventions, allowing campers to bravely face fears and break free from the cycle of anxiety. Watch as your child not only embraces new friendships with peers who understand and share similar experiences but also gains valuable tools to conquer anxiety and OCD.

## **What can we expect day-to-day?**

Each day will focus on a fun theme that will encourage campers to confront fears and build resilience. Caregivers will receive daily progress updates and helpful strategies for supporting treatment goals at home. The program utilizes cognitive behavior therapy with exposure therapy.

**This summer, empower their journey by becoming Courageous Campers!**

**Visit [riseocdandanxiety.com](https://riseocdandanxiety.com) for more information and registration or call 504-977-2229.**