



Dear Parents and Guardians,

Enclosed you will find the necessary information and registration forms to register your child for the CuidArte Summer Camp. Our two-week session will begin on Monday **August 21st** and will end on **August 31st**.

Our agency, Allies in Caring is dedicated to serving Latino children develop positive social and emotion learning skills to cope with their life's challenges. Latino children face barriers due to immigration and acculturation stressors, in addition to poverty, discrimination, etc. Faced with stress from school and daily tasks, kids can often be negatively impacted. Without having developed positive coping skills kids have a hard time dealing with stress and trauma in their lives. To help kids overcome the barriers they face, Allies in Caring developed a mindfulness program called this CuidArte, meaning: "The art of selfcare". The summer camp is a 2-week program with 8 sessions that aims to teach your child how to deal with stress more positively.

Each day a variety of skills are introduced such as self-observation, awareness, decision making, mindful communication, acceptance, problem solving, anger and depression management. Art is an important component of our program, it helps kids to relate to the present moment, and just be, without expectations, without judgments, in addition to that the act of creating can be very relaxing and calming for children who need to find a way to cope with traumatic experiences. Through art students can be empowered and creatively learn and identify ways they can express themselves.

Our aim is to provide a safe and fun environment for your child this summer. We have many fun games, activities and crafts prepared each day! Throughout the week, we will have fun themes for the day that your child can participate in! Camp activities include: arts and crafts, games and activities, yoga and mindfulness, reflections and discussions, and outdoor learning.

The CuidArte Summer Camp runs Monday to Thursday, August 21st to August 31st from 9:30 am to 12:30 pm. The camp is FREE, but we are requesting \$30.00 donation for craft materials.

Over the course of two weeks your child will be able to learn and develop social, emotional, and mental coping and self-regulating skills. It is very important for you as parents or guardians to be involved and supportive of your child's growth and development as he or she practices these skills.

Sincerely,

Ivette Guillermo-McGahee

Founder & Executive Director

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