

# Hero Camps & Strong Family Workshops



## *Enjoy a day of educational fun!*

Hero Camps are designed to allow youth to build relationships with other military children while improving skills in resiliency, communication, leadership, self expression and team building skills.

Strong Family Workshops engage parents in hands on activities, share experiences as a part of an adult group, create resourceful toolkits and gain valuable insight and parenting tips from their peers and presenters.



## WHICH CAMP IS RIGHT FOR MY FAMILY?

**April 26, 2014**  
**Ages 6-17**

### **FIELDSTONE FARM** **Chagrin Falls**

Youth will learn the basic care of equine, discover how to read their emotions and in turn how to express themselves.

Cost: \$10/youth. Parents FREE!

[www.regonline.com/HCHorsingAround](http://www.regonline.com/HCHorsingAround)



**May 17, 2014**  
**Ages 5-12**

### **PLAYHOUSE SQUARE** **Cleveland**

Has your child ever wanted to engage their inner performer? Join other kids for a day of self expression through dance, drama, improv teambuilding and play.

Cost: \$25/youth. Parents FREE!

[www.regonline.com/HCClev](http://www.regonline.com/HCClev)

**July 24, 2014**  
**Ages 6-12**

### **WOODY HAYES** **ATHLETIC CENTER,** **Columbus**

Interact with OSU student athletes and learn valuable leadership and teamwork skills.

Cost: \$20/youth. Parents FREE!

[www.regonline.com/HCSports](http://www.regonline.com/HCSports)

## **Parent programming**

This year's parent workshops will be focusing on your "whole brain." Using some of today's most credible research, we will explore how to engage youth holistically and create **flexible, stable, adaptive, and energetic** children! You will also discover how critical the role of play is to the future success of your youth or teen.

*Hope to see you and your family this summer!*

- **April 26, 2014**  
Fieldstone Farm, Chagrin Falls
- **May 17, 2014**  
Playhouse Square, Cleveland
- **July 24, 2014**  
Woody Hayes Athletic Center, Columbus

