

Breakthrough Connections

{Breakthrough Counseling, LLC}{July 2018}{Edition 2, Volume 7}

WELCOME!!

Welcome to Breakthrough Connections Summer Edition!!

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Ask Miss. J



Chapter 7 of 12...new month, new fresh start, new breakthroughs, new goals, new opportunities, & new blessings awaits you...

July Awareness:

National Minority Mental Health Awareness Month
Juvenile Arthritis Awareness Month
UV Safety Month
7/11-17/18: National Therapeutic Recreation Week
7/4: Independence Day
7/17: Bladder Cancer Awareness Day
7/30: World Day Against Trafficking in Persons

Summer Camp Guide:



Summertime is finally here!! For you parents out there that are looking for a cool summer camp for your kids. Here are some summer camps you can enroll your kids, tween, and teens in:

1. Kids on Campus at Schoolcraft College:

- This program offers fun and educational day camps for pre-schoolers (ages 3 – 5) through high school seniors. Campers can choose from activities including science, math, career exploration, computers, art, writing and more. Camps run all day for one week, allowing campers to get involved in several different camps. KOC also offers half-day Academic Skill classes that run for two weeks and allow students to practice or refresh classroom skills in math, English, study skills and more.
- Camp Dates: July 9th – August 10th
- For more information: Contact Schoolcraft College (18600 Haggerty Rd. Livonia, Michigan 48152) or call 734-462-4400

2. Grace Adventures:

- During a week at Grace Adventures, located in West Michigan, they'll spend 7,200 minutes with positive role models, building new friends and self-esteem, and learning how to be a healthy young person who can be successful in the world. They won't spend a single minute in front of the TV, computer, phone, or video games. By getting away from all the things that distract and compete for kids' time, Grace Adventures becomes a temporary community in which they can play and grow. They'll have a safe environment to experience activities that they might not have ever tried before.
- Ages 7-17
- Contact Information:
 - i. Grace Adventures: 2100 N Ridge Rd, Silver Lake, MI 49436 (231)873-3662

3. Michigan State University's Spartan Youth Programs:

- Spartan Youth Programs displays a wide range of exciting opportunities for youth to improve their knowledge in specific subject areas. With well

over 200 different programs covering topics in agriculture, art, business, computers, engineering, math, music, science, sports, study abroad, and writing, MSU is sure to have a program for every student. Pre-college programs are an excellent way for students to explore potential majors or careers while being introduced to the college environment. Programs are offered during the summer and during the school year. Several programs offer high school students the opportunity to earn college credit. Many programs offer students the opportunity to stay on the MSU campus during the program. Financial Aid is available for some programs.

- Ages: Pre-Kindergarten to High School
- For more information: visit <http://spartanyouth.msu.edu/AboutSYP.aspx> to register for a specific program.

Summer Fun for Adults:

By: Nykia E. Johnson, MA, LLPC (2018)

Summer fun isn't just for kids, teens, and college students! As grown-up you work so hard, and it's time for you to have some fun in the sun. Here's 16 things to do this summer:

1. Go to an outdoor concert
2. Plan a mini vacation
3. Take a road trip
4. Go on a picnic
5. Experience a new place in your town/city
6. Go on a hike
7. Have a wine night on the beach
8. Have a beach/pool party
9. Go for a bike ride (slow row)
10. Reconnect with an old friend
11. Go to a theme park or carnival
12. See a play
13. Go fishing
14. Learn a new hobby
15. Go to a water park
16. Learn a new language

Business Bits & Local Events:

- ❖ Breakthrough Counseling, LLC is accepting NEW clients:
 - We specialize in:
 - Self-esteem, Anxiety Disorders, Stress Management, Depressive Disorders, Grief & Loss, Preteens/Teens Issues, Women's Issues, & symptoms related to Poly-cystic Ovary Syndrome (PCOS)





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Breakthrough Counseling, LLC is in partnership with:



Ask Miss. J:

By: Miss. J

Dear Miss J,

Hello Miss J, how old do you think is too old to watch cartoons?

~MJ

Dear MJ,

You're never too old to watch cartoons!!

Miss. J