

Champion 
State of Mind

Mental Health Solutions Focused on You

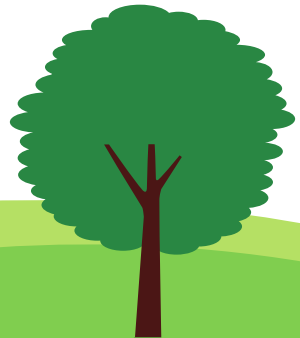
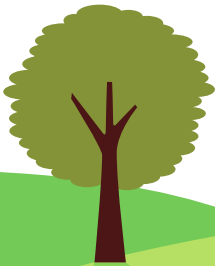
Sponsored By:

**Sioux
Rivers** 
Regional Mental Health & Disabilities Services



LIL CHAMP
Day Camp

**A NEW SUMMER DAY-CAMP PROGRAM THAT
PROMOTES MENTAL HEALTH AND WELLNESS
SUPPORT FOR CHILDREN**



COMING TO A TOWN NEAR YOU IN 2022!

Estherville	June 6th - 9th	Sutherland	July 11th - 14th
Spirit Lake	June 13th - 16th	Rock Rapids	July 18th - 21st
Sioux Center	June 20th - 23rd	Le Mars	August 1st - 4th

As a 4-day summer day camp program (one week in each location), Lil Champ Day Camp will focus its efforts on providing young children a safe, comfortable, and welcoming environment within their local community to come together to learn exciting skills and knowledge related to mental health and wellness. *This camp will be at no cost to campers to attend!* Various topics surrounding mental health and wellness will be taught through the use of music, play, arts & crafts, discussion, and teamwork.

Camper Ages

Children ages 6 to 11 years old are welcome to register. 20 children per week/camp will be accepted.

Food & Snacks

All campers will be provided free lunch and snacks throughout the day.

Time

Lil Champ Day Camp will run from 9 am till 3 pm each day.

Ages 6 to 8 years old will attend in the morning from 9 am till 12 pm. Ages 9 to 11 years old will attend from 9 am till 3 pm.



TO REGISTER

Please Visit

<https://championmind.org>