



# Self Reliance Program

*Now Offering Summer Courses!*

## LOCATION:

Camp Fire Training & Resource Center  
4312 Rucker Avenue, Everett 98203

## WISE KIDS NUTRITION & HEALTH COURSE (youth entering 3<sup>rd</sup> - 5<sup>th</sup> grade)

This course is all about healthy living and making good choices for our body. It focuses on Energy Balance – Energy In (food & drinks) & Energy Out (physical activity). Other topics are My Plate, Calories, Food Labels, Heart and Body, Being Active and the Importance of Sleep. Youth will learn through activities and games how to live healthier.

**COST:** \$55 per youth

\*Includes a snack and materials for each day.

**DATES:** **Session 1:** Monday July 10<sup>th</sup>, 2023 - Thursday July 13<sup>th</sup> 1:00PM to 4:00PM

OR

**Session 2:** Monday July 24<sup>th</sup>, 2023 - Thursday July 27<sup>th</sup> 1:00PM to 4:00PM

## DIFFERENT & THE SAME COURSE (youth entering 1<sup>st</sup> - 3<sup>rd</sup> grade)

In this course, youth will learn about how to address the complex issues of human relationships and identify bias so they can prevent it. Youth learn through discussions, activities, and games how to share their feelings and deal with issues in a positive and productive manner.

**COST:** \$55 per youth

\*Includes a snack and materials for each day.

**DATE:** Monday August 7<sup>th</sup>, 2023 - Thursday August 10<sup>th</sup> 1:00PM to 4:00PM

For more details, contact: Annette Lind, Self-Reliance Coordinator at: [alind@campfiresnoco.org](mailto:alind@campfiresnoco.org) or 425-258-5437.