



**WEST METRO**  
LEARNING CONNECTIONS, INC.

Developing Social Understanding & Skills Since 2001  
Centers in Edina & Excelsior

## 2014 Camp Connections

By Kelsey VanBenschoten, Director of Therapeutic Recreation

West Metro Learning Connections provides therapeutic camp activities for children age 4 through 16 years of age during the summer term. These camp sessions provide important opportunities for fun and learning in a safe environment with highly trained ASD Support Specialists.

Camp Connections runs on Monday through Thursday from June 9<sup>th</sup> through August 21<sup>st</sup> in five, 2-week themed blocks.

*Fun in the Sun ~ June 9<sup>th</sup>-June 19<sup>th</sup>*

- Learn fun ways to be active and get some sun! Outings and activities in this block focus on exploring summer and getting to know the camp routine. Activities include parachute games, obstacle courses, geocaching, and making a camp T-shirt!

*Creative Minds ~ June 23<sup>rd</sup>-July 10<sup>th</sup> (no camp the week of July 4<sup>th</sup>)*

- Come discover history, explorers, and inventions! Outings and activities in this block teach campers about past and current explorers and encourage creativity. Activities include the MN History Museum, the Bakken museum, exploring flying machines, and learning about Lewis & Clark.

*Sporting Sports ~ July 14<sup>th</sup>-July 24<sup>th</sup>*

- Get ready to make a basket, score a touchdown, and play ball! Outings and activities in this block focus on exploring various sports and practicing healthy competition and sportsmanship. Activities include relay races, mock Olympic sports, touring athletic facilities, and learning about fitness and

healthy habits.

*Our Wonderful World ~ July 28<sup>th</sup>-August 7<sup>th</sup>*

- Discover what our community and the world around us has to offer. Outings and activities in this block focus on education and appreciation of culture both locally and globally, and also teach about giving back to the community. Activities include a tour of the Excelsior Fire Station, celebrating Chinese New Year, the Carver County Fair, having a Cinco de Mayo party, and exploring the Swiss Alps.

*Animal Kingdom ~ August 11<sup>th</sup>-August 21<sup>st</sup>*

- So many animals, so little time! Outings and activities in this block focus on animal facts and conservation, as well as teach animal safety. Activities include an Animal Humane Society tour, creating your own animal, discovering animal habitats, SEA Life Aquarium, and drawing dinosaurs.

Camp Connections utilizes the same structure, sensory integration, and routine as WMLC social skills programming, but with a main focus on therapeutic recreation and guided practice. During a day at camp clients can build and maintain friendships while improving social skills through crafts, group games, and various camp outings around the metro with facilitation and support from staff.

The dynamic group setting offers an opportunity to generalize burgeoning skills in varied interactions and settings. When coupled with a WMLC Social Skills Class, camp can act as a bridge to connect lesson material with naturally occurring social situations. Campers are challenged to communicate their feelings and desires to their peers, compromise, recall facts about peers, and problem solve during disagreements. Consistent and caring staff are readily available in these moments to support campers to explore new activities, read unwritten social rules, mend social mistakes, and create true friendships. It is a fantastic way to have fun and grow this summer!

[Click for  
More Information](#)

*Helping Kids Fit In and Shine!*



*Please see below for more information regarding Camp Connections summer registration.*

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## SOCIAL SKILLS THERAPY

HELPING KIDS FIT IN & SHINE

**Spots are filling up fast... Register today to save your spot!**

WMLC offers a continuum of social skills courses for preschool-age children through young adults. In addition to **social skills groups** we offer **job coaching, tutoring**, and a wide-range of fun **therapeutic recreation** activities throughout the summer.

**Academic tutoring** is a great opportunity to help bridge gaps in learning in addition to preventing summer learning loss. Our skilled tutors understand the learning process and how to address children's learning styles and learning difficulties. \$60/hr.

**Summer Social Skills Term begins on Monday, June 16 and runs through Friday, August 15.**

### **EDINA Center**

Summer Registration Form  
(Edina)

Summer Day Camp & Friday  
Excellent Adventure  
Calendar (Edina)

### **EXCELSIOR Center**

Summer Registration Form  
(Excelsior)

Summer Day Camp & Friday  
Excellent Adventure  
Calendar (Excelsior)

### **EDINA & EXCELSIOR Center**

Summer 2014 Catalog

Click [here](#) to view the Summer Term Calendar

**Bold Connections**  
(High School)

A social group supported by WMLC transition staff. Come hang out with old friends, make friends, and have a good time.

**Where:**  
WMLC Edina  
5215 Edina Industrial Blvd.  
Suite 400  
Edina, MN 55439

\$70\* each  
\*Plus admission fee and/or optional spending money

Monthly—Thursdays	
5:00—7:00 pm	
June 26	Yogurt Lab \$5
July 17	In-Center Games \$0
August 7	Centennial Lakes \$8

Register online at [www.wmlc.biz](http://www.wmlc.biz) or call 952-474-0227



***This event is open to ages 16 and up.***

WMLC's Bold Connections are a great way for teens age 16 and older to get together, kick back, and have a great time! These get togethers are designed to introduce teens to new friends and strengthen current relationships through age-typical activities with facilitation from highly experienced staff as needed. Bold Connections are held at WMLC Edina and may include an outing. Minimum enrollment is three participants. All are welcome, but advance registration is required.

[Click Here to Register](#)

**Kool Connections**  
(Middle School)

A dynamic in-center social skills experience!  
Come hang out with old friends, make new friends and have fun!

Games, projects, and FUN with an educational focus!

\$105\* each  
\*Plus admission fee and/or optional spending money

**WMLC Edina**  
Thursdays  
1:00-4:00pm  
5215 Edina Industrial Blvd.  
Suite 400  
Edina, MN 55439

**WMLC Excelsior**  
Tuesdays & Wednesdays  
9:00 am - 12:00 pm  
355 2nd Street  
Excelsior, MN 55331

Register online at [www.wmlc.biz](http://www.wmlc.biz) or call 952-474-0227



*This event is open to age 11 through 15 years old*

WMLC's Kool Connections are a perfect opportunity for clients to engage peers with similar interests in a natural environment. Clients will participate in a variety of fun activities such as claymation, music, photography and cartooning. Social interactions and communication among peers are facilitated by highly experienced WMLC staff. Minimum enrollment is three participants. All are welcome, but advance registration is required.

[Click Here to Register](#)



## Friday Excellent Adventures

*Fridays from 10:00am to 4:00pm*

*Drop-off & Pick-up will be offered at both Edina and Excelsior locations*

*This event is open to ages 8 and up*

Friday, June 13th - Valleyfair

Friday, June 20th - Bunker Beach Wave Pool

Friday, June 27th - Horseback Riding and Dairy Queen

Friday, July 11th - Day at Lake Calhoun

Friday, July 18th - Cascade Bay Water Park

Friday, July 25th - Minnesota Zoo

Friday, August 1st - St. Louis Park Aquatic Center

Friday, August 8th - Nickelodeon Universe

Friday, August 15th - Science Museum (Dinosaurs Exhibit & Omni Show)

Friday, August 22nd - Minnesota State Fair

All of our Excellent Adventures have been carefully researched and planned so clients not only have a great time, but also learn and practice social interaction and communication skills in a supported, but natural setting. Minimum enrollment is three participants. All are welcome, but advance registration is required.

**Cost:** \$180 + cost of activity/admission fees

**Items to Bring:** Sack lunch and sunscreen

[View the Flyer](#)

[Click Here to Register](#)



## Monthly WMLC Sleepover

*Drop-off: Friday, June 20, 2014 at 5:00pm*

*Pickup: Saturday, June 21, 2014 at 10:00am*

*This event is open to ages 8 and up*

Join us for a sleepover at **WMLC Excelsior**! Sleepovers are a great opportunity to enjoy some free time, build new relationships, and work on friendship skills in a natural, yet supported, environment. Dinner is usually served for the whole group around 6:30. After dinner, there is time for board games, video games, or a movie before lights out. In the morning, staff prepare breakfast and there is some more social time with friends after we pack up our things!

**Outing Goals:** Cooperative play skills and sportsmanlike conduct, verbal support to peers, reciprocal conversations relevant to activities, independence and responsibility.

**Sleepover Cost:** \$175

**Items to Bring:** Sleeping Bag, Pillow, and any other necessities you may need

**Optional Items to Bring:** Games (electronic games are okay)

[View the Flyer](#)

[Click Here to Register](#)

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The flyer features a light blue background with a sun and clouds at the top. The title "WMLC Family Picnic" is written in large, green, bubbly letters. Below the title, the text reads: "We invite you to join us for an evening of food, friends and fun at Lake Susan Park on Thursday, August 14, 2014 from 4:30 to 7:00!". A bulleted list follows: "→ Register for 2014-2015 Social Skills Groups", "→ Register for Sleepovers and Friday Open Socials", and "→ Enter for a chance to win great prizes". At the bottom, there is a cartoon illustration of four people (two adults and two children) sitting on a picnic blanket and eating. Below the illustration, the contact information is provided: "RSVP to Nicole 952-322-7922 or register at www.wmlc.biz nringgenberg@wmlc.biz 903 Lake Drive East, Chanhassen".

**WMLC Family Picnic**

We invite you to join us for an evening of food, friends and fun at Lake Susan Park on Thursday, August 14, 2014 from 4:30 to 7:00!

- Register for 2014-2015 Social Skills Groups
- Register for Sleepovers and Friday Open Socials
- Enter for a chance to win great prizes

RSVP to Nicole 952-322-7922 or register at [www.wmlc.biz](http://www.wmlc.biz)  
nringgenberg@wmlc.biz 903 Lake Drive East, Chanhassen

[Click Here to Register](#)

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## Sensory Strategy

This month's sensory strategy explains the use of a fun sensory tool called a body sock or sensory sock. Many of our WMLC clients love using our body socks. Body socks offer deep pressure input which provides calming sensory input. This fun tool can also be added to a sensory diet to help increase social awareness through balance and resistance and has been found helpful in reducing self-stimulating behaviors. It is recommended that the body sock be as close as possible or slightly shorter than one's height. This tool can be easily made or purchased from a variety of websites.



## App of the Month



QuickCues is an app designed for teens and young adults to help in social situations. QuickCues has five different modules available for purchase, they are listed below.

Five QuickCues modules are available:



### Communication

Provides help with conversations at school or work, listening, and talking on the telephone. It also gives tips on reading body language and finding shared interests with others (\$4.99).

**The QuickCues app includes the Communications module; all other modules can be purchased through the in-app purchase function.**



### Life Skills

Promotes good habits to stay organized at school, maintain personal hygiene, and stay healthy through diet and exercise. This module helps break down routines, tasks, and assignments to provide the structure users need to be and feel successful (\$4.99).



### Socialization

Helps users create and maintain good relationships. This module suggests appropriate behaviors, such as taking turns, learning about the interests of others, and giving compliments. It also helps users put structure and limits on their own interests and activities (\$4.99).



### Coping

Provides users with strategies for good mental health. This module helps with emotional awareness and relaxation (\$4.99).



### On The Job

**NEW!!!** Helps users navigate the complex world of employment. It includes scripts for nurturing appropriate office conversation, addressing conflict, and successful interaction in team membership (\$4.99).

[Click for  
More Information](#)



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**facebook**

**DURING THE MONTHS  
OF MAY AND JUNE FOR  
YOUR CHANCE TO  
WIN  
A \$10 CARIBOU CARD**

**“Liking us” on Facebook will allow you to  
receive current WMLC news, event  
updates, photos and posts!**

[www.facebook.com/wmlc.biz](http://www.facebook.com/wmlc.biz)



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Centers in Edina & Excelsior*



[www.wmlc.biz](http://www.wmlc.biz)



Facebook Website

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Better Business Bureau

Our mailing address is:  
[info@wmlc.biz](mailto:info@wmlc.biz) [www.wmlc.biz](http://www.wmlc.biz)

Edina Location:  
5215 Edina Industrial Blvd., Suite 400  
Edina, MN 55439  
952-322-7922

Excelsior Location:  
355 Second Street  
Excelsior, MN 55331  
952-474-0227



BBB  
Rating: A+

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