



SHERMAN LAKE YMCA

Good morning, Sherman Lakers!

We hope everyone is staying warm this January! Every month until Camp begins, you will receive an email from me to help you prepare for Camp! All the camp information can be a little overwhelming, so we hope to break it down a little bit each month. These emails will contain small sections of the Camp Guidebook (the full document can be found in your account under "Forms & Documents!"), along with other community and caregiver resources that we think you'll find interesting and beneficial!

Camp Guidebook Highlight **Life Skills & Missing Home**

Camp is often one of the first places a child may experience independence. Here are some suggestions we have to help your child while they're at Camp!

- Have them practice things by themselves that you may help with at home, such as putting on bug spray and sunscreen, changing, and showering.
- Campers will experience a large range of emotions while at Camp, which may include some negative emotions like being anxious or unhappy or even bored. Help your child learn how to name their feelings and work through them in a positive way.
- Speaking up is such an important skill for people, and it starts as a child! When your child whispers something to you - to tell someone else - encourage them to share it directly. So many concerns we hear after a child goes home can be easily and happily fixed in the moment, if only we had known!
- Have them practice spending time away from you and home! For more tips on missing home, we suggest [this article](#)!
- Visit Camp! Being able to visualize where they're going to be can be very helpful for children and reduce anxiety. [Use this link](#) to see information about Sherman Lake Y events and Tour Days!

Caregiver Resource

Lucero

[Lucero](#) is an awesome support tool for caregivers to connect with their kids about their emotions, through a game-based wellness app. You can find this app on both iPhone and Android devices! Below is some more information about this resource that we've come to love at Sherman Lake YMCA!

- It is youth-driven and therapist-backed. Teen advisors have been instrumental in the development of every aspect of the app, from design to content approval. Lucero is unique in that all of its curriculum and activities have been written by licensed mental health professionals (LPC, LCSW).
- Since its launch in 2022, 65% of users report mood improvement while using the Spark feature of the app.

- Through self-discovery activities, it teaches coping skills, communication skills, provides support for outbursts, prevents meltdowns and shutdowns, and is a great way to get the mental health conversation started in your home!
- The app is for ages 9 and up, although the majority of users are teens.
- We have partnered with Lucero to ensure our Camp families have access to this awesome mental health resource FOR FREE! Use this group code when registering - 66493641. You can email support@lucerospeaks.com with any questions or feedback! Join us on this self-care journey!

Community Spotlight

Join the Y!

Of course, we have to start this by shining a light on the benefits of joining a healthy community! At the Y, you'll find an environment with a sense of belonging, encouragement, and support. It's like summer camp, but all year and for the whole family! And lucky you, the joiner fee at [Sherman Lake YMCA](#) is only \$99 until February 15th!

And good news, even if you're not close to the Sherman Lake Y, we're part of the nationwide membership, so you can still visit us if you're a member at ANY YMCA! [Find your closest Y, and join today.](#) You won't regret it.

**As with Camp, the Y believes no one should be turned away due to finances. If you need financial assistance, talk to your local YMCA front desk today!*

Thanks for reading and being a part of our Sherman Lake Y family! Make sure to like us on [Instagram](#) and [Facebook](#) to stay connected until my next email.

Best,
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