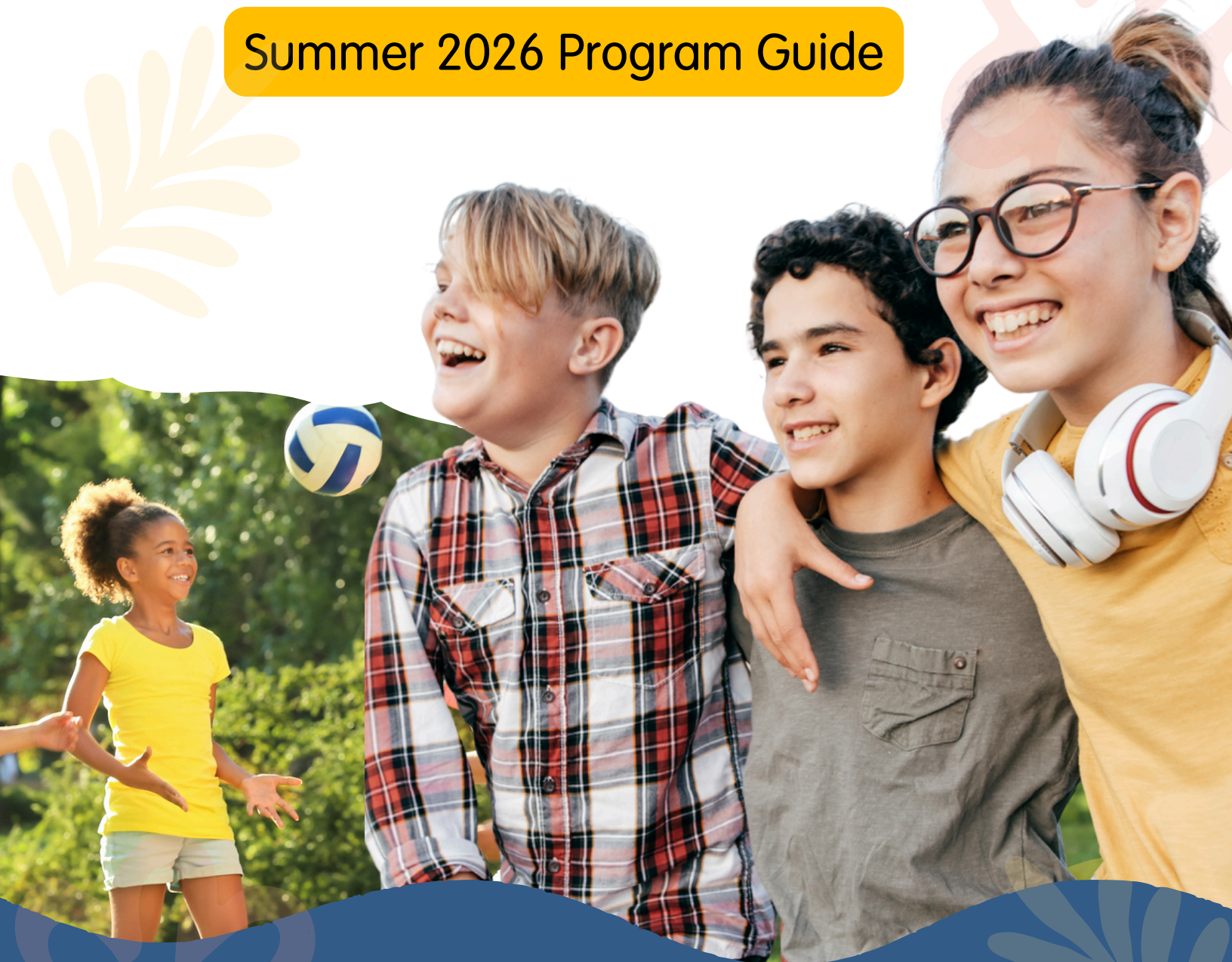




## SUMMER PROGRAMS

**Building skills, confidence, and connections  
through evidence-based care**

### Summer 2026 Program Guide



**BOSTON CHILD STUDY CENTER**

[www.bostonchildstudycenter.com](http://www.bostonchildstudycenter.com)



## WHO ARE WE?

At BCSC, we blend research, clinical expertise, and creativity to help children, teens, and families thrive. Our summer programs make traditional camp activities accessible for youth who benefit from extra support with emotions, behavior, or social skills.



## WHERE ARE WE?

Our summer programs are held at our Boston office in the heart of Back Bay, with daily activities inside and outdoors in nearby parks.



## WHAT MAKES OUR SUMMER PROGRAMS UNIQUE?

- ◆ Our programs are led by licensed behavioral health clinicians and skilled staff with a 4:1 (or lower!) camper-to-staff ratio
- ◆ Inclusive and non-exclusionary - we welcome campers with a wide range of strengths and challenges
- ◆ We blend camp-style fun with evidence-based skill building to improve campers' confidence, connections, and emotion regulation

# SUMMER 2026

## PROGRAM OFFERINGS



### EMOTION FOUNDATIONS

July 6 - July 10, 2026 | AGES 8 to 16



### COMMUNITY & CONNECTIONS

July 13 - July 17, 2026 | AGES 10 to 16



### DBT SKILLS INTENSIVE

August 3 - 7, 2026 | AGES 12 to 17



### EXECUTIVE FUNCTIONING BOOTCAMP

August 10 - 14, 2026 | AGES 11 to 18

## DATES & RATES

<b>Emotion Foundations</b>	Ages 8-16	<b>July 6-10, 2026</b> 9:00am - 3:00pm	<b>\$1200</b>
<b>Community &amp; Connections</b>	Ages 10-16	<b>July 13-17, 2026</b> 9:00am - 3:00pm	\$1200 + \$200 expense account
<b>DBT Skills Intensive</b>	Ages 12-17	<b>August 3-7, 2026</b> 9:00am - 3:00pm	\$1900
<b>Executive Functioning Bootcamp*</b>	Ages 11-18	<b>August 10-14, 2026</b> 9:00am - 12:00pm	\$800

*\*Please note: The EF Bootcamp program has been updated since initial publication based on current interest and enrollment trends, allowing us to optimize group composition by age and developmental level.*

BCSC offers a sliding scale program for reduced fees to help make summer programming more accessible for families. Please contact us to inquire about eligibility!

Email our Summer Leadership Team: [camp@bostonchildstudycenter.com](mailto:camp@bostonchildstudycenter.com)

# EMOTION FOUNDATIONS

July 6 – July 10, 2026 | AGES 8 to 16

**Emotion Foundations** is a week-long summer program for children and teens who are looking for a traditional day camp experience – complete with arts & crafts, outdoor play, and group games – while also benefitting from extra support with identifying, understanding, and managing their emotions.



## PROGRAM HIGHLIGHTS:

- Social-emotional skill building through play and creativity
- Cooperative games and outdoor time
- Team-based challenges centered around daily themes like confidence, creativity, & friendship

## Who is a good fit for this program?

Individuals who need help improving their “emotional IQ” with strategies like mentalizing, perspective taking, & education on the function of emotions

Youth who struggle with attending traditional camp experiences because big emotions get in the way

Youth who frequently experience difficulties with communicating about how they feel

## SAMPLE DAILY SCHEDULE

- 9:00 - 9:30 Arrival, Free Play, & Morning Meeting
- 9:30 - 10:30 Movement Block: *Team Scavenger Hunt*
- 10:30 - 10:45 Snack & Cool Down
- 10:45 - 11:45 Creative Block: *DIY Coping Kits*
- 11:45 - 12:30 Lunch & Free Play
- 12:30 - 1:30 Skills Block: *Emotion Jeopardy*
- 1:30 - 2:45 Outdoor Adventure: *Lawn Games*
- 2:45 - 3:00 Snack & Closing Activities



\*\* Actual daily schedule subject to change

# COMMUNITY & CONNECTIONS

July 13 – July 17, 2026 | AGES 10 to 16

**Community & Connections** offers guided opportunities to practice social skills, build friendships, and strengthen confidence through interactive games, collaborative projects, and community outings – supported every step of the way by our clinical team.



## PROGRAM HIGHLIGHTS:

- Group games and collaborative projects to facilitate teamwork
- Modeling & role plays to practice conversation skills and build comfort interacting with peers
- Daily community outings – like bowling, lawn games on Boston Common, or eating lunch at a restaurant

## Who is a good fit for this program?

Youth who are shy, experience social anxiety, and/or experience difficulties with making friends

Kids and teens whose first instinct is to avoid or withdraw and who would benefit from more practice with stepping outside of their comfort zones

Individuals who struggle with assertiveness and speaking their mind

## SAMPLE DAILY SCHEDULE

- 9:00 - 9:30 Arrival & Morning Meeting
- 9:30 - 10:15 Social Skills Group
- 10:15 - 10:45 Snack & Morning Fun Block
- 10:45 - 11:30 Collaborative Build (STEM Project)
- 11:30 - 12:00 Skills Group: *Mastering Anxiety*
- 12:00 - 12:30 Structured Social Lunch Group
- 12:45 - 2:15 Community Outing: *Bowling*
- 2:15 - 3:00 Calm Corner, Reflections, & Wrap Up

\*\*Actual daily schedule subject to change



# DBT SKILLS INTENSIVE

August 3 – 7, 2026 | AGES 12 to 17

The **DBT Skills Intensive** transforms the evidence-based Dialectical Behavior Therapy curriculum into an engaging, hands-on learning experience that helps participants build confidence in managing emotions and relationships.



## PROGRAM HIGHLIGHTS:

- Interactive lessons on mindfulness, distress tolerance, emotion regulation, and effective communication
- Practice applying skills during group games, art projects, and team challenges
- Opportunities to connect with peers during free time

## Who is a good fit for this program?

Tweens & teens who feel like their emotions are always “on fire” and cause big problems in their lives

Individuals who feel “numbed out” because of big emotions or mask their emotions in an effort to get by

Teens who have a hard time doing things that matter in their lives because big emotions get in the way

Youth whose parents/caregivers feel like they are constantly walking on eggshells around them

## SAMPLE DAILY SCHEDULE

- 9:00 - 9:30 Arrival & Free Time
- 9:30 - 10:15 Skill Builder: *Distress Tolerance with TIPP*
- 10:15 - 10:30 Snack & Group Game
- 10:30 - 11:30 Team Engineering Challenge
- 11:30 - 12:15 Outdoor Adventure: *Lawn Games*
- 12:15 - 1:00 Lunch & Free Time
- 1:00 - 1:45 Skill Builder: *ABC PLEASE Bingo*
- 1:45 - 2:15 Creative Expression
- 2:15 - 3:00 Skills Lab: *Interpersonal Effectiveness*

\*\*Actual daily schedule subject to change



# EXECUTIVE FUNCTIONING BOOTCAMP

August 10 – 14, 2026 | AGES 11 to 18

Prepare for the new school year with our **Executive Functioning Bootcamp**, where students will brush up on tangible strategies for planning, time management, organization, and task initiation – all while connecting with peers and having fun.

## PROGRAM HIGHLIGHTS:

- Structured skill-building blocks each day
- Team-based challenges to enhance skills generalization through real-time practice
- Individualized coaching to help build lasting habits for success

## Who is a good fit for this program?

Individuals who chronically feel they are behind on work and can't catch up, and/or have difficulty initiating tasks (even with enjoyable activities!)

Tweens, teens, or young adults who feel scatterbrained and often forget important tasks

Individuals who frequently struggle with focus and paying attention



## SAMPLE DAILY SCHEDULE

The schedule below is a sample for the morning group. The afternoon bootcamp will follow a similar structure, beginning at 12:30pm each day.

- 9:00 - 9:15 Arrival & Daily Goals
- 9:15 - 10:00 Skills Lab: *Task Initiation Hacks*
- 10:00 - 11:30 Team Engineering Challenge
- 11:30-12:00 Reflections – CATS

Challenges  
Adjustments  
Tomorrow  
Successes

\*\* Actual daily schedule subject to change.



# FAQS

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## **What do I/my child need to bring to BCSC Summer Programs?**

Participants in full-day programs should bring a water bottle and lunch each day. We will provide snacks throughout the day (though participants are welcome to bring their own). Comfortable clothing and shoes are recommended, as some activities involve light movement or outdoor games.

## **What time is drop-off & pick-up?**

All full-day programs run from 9:00 AM - 3:00 PM, Monday through Friday. Doors open at 8:45 AM for drop-off, and pick-up begins promptly at 3:00 PM.

For the EF Bootcamp half-day programs:

Morning Session - Drop-off begins at 8:45 AM, pick-up at 12:00 PM

Afternoon Session - Drop-off begins at 12:15 PM, pick-up at 3:30 PM

## **Who leads the programs?**

Programs are facilitated by our clinical team, including trained therapists, post-doctoral fellows, and program assistants with experience in DBT, ACT, CBT, and executive functioning support.

## **How are the groups formed?**

Participants are grouped by age and developmental needs to ensure an optimal learning environment.

## **What if my child needs medication during the day?**

Please alert our staff during registration. Families must provide medications in their original containers with clear instructions. A designated staff member will oversee administration.

## **What if my child has dietary restrictions or allergies?**

Please list all allergies during registration. Our team will ensure snack and lunch spaces follow appropriate safety protocols.

## **What if my child becomes dysregulated or overwhelmed?**

Our staff are trained in emotion regulation support, co-regulation strategies, and crisis intervention. We will help your child use their skills and rejoin activities when they are ready. Families will be contacted if additional support is needed.

## **What is your policy on absences?**

We understand that summer schedules can be busy. Please let us know as soon as possible if your child will miss a day. Program fees are not prorated for absences.