Need help fighting your OCD Monster or Anxiety Villain?
Enroll in Camp Courage to learn CBT strategies to increase self-confidence, tame your anxiety, and live the life you want!

Camp provides a fun and supportive environment where therapeutic counselors will lead group games that challenge youth to be brave and get out of their comfort zone!

Previous camp activities include:
- Make Your Own Slime
- Reptile show
- Talent shows
- Messy Fights
- Fake vomit tub
- Brave Challenges

AGES: 7-15 YEARS

Fun prizes available:
- fidgets, robux, croc charms, craft kits, squishmallows, etc.

When: Monday June 24th - Friday June 28th
Monday August 19th - Friday August 23rd
Time: 9:00am - 2:00pm

81 Hartwell Avenue, Suite 310, Lexington, MA 02421

Please email mcampbell@cbteam.org to learn more and sign up for Camp Courage!
Hi! My name is Lucia and I have been working with Moselle and Adam to be more brave. When I first met them, my OCD monster was making it hard to go to school and have fun with my friends because I felt so scared. They taught me different skills to feel less scared and quiet down my OCD monster. We also did a lot of fun (and sometimes hard) activities to help me feel more brave. Now I can go to school and have fun with my friends!

Learn how to become a Worry Warrior like me at this year’s Camp Courage! Every day you will learn skills to tame your anxiety monster and get to do fun activities with other campers. I hope at the end of camp you will feel more brave like me. Before Moselle and Adam led Camp Courage, they helped kids in Florida at a similar camp and it even made the news in the New York Times. I have a feeling this year will be the best camp ever!

See you at Camp Courage! In the meantime, feel free to follow me on Instagram @luciacbteam to learn more about how I use my bravery to face things that scare me.

See you at Camp!
Lucia

Dr. Moselle Campbell
Dr. Adam Reid

Feedback from Parents of Previous Campers

We had a wonderful experience, and this camp was instrumental in helping our son extend himself a little more each day and connect with other youth.

This was the best camp our daughter has ever attended. Thank you for this incredible experience. The staff-to-child ratio was fantastic.

Our son really enjoyed Camp Courage! He’s been taking on new challenges at his other camp since then (e.g., ropes course, which he wouldn’t do last year).