



KHAOS Inc. | 8790 Manchester Rd Ste 205A | St Louis MO 63144 | www.khaosinc.org

May 23, 2024

Dear Parents,

Subject: Introducing KHAOS - (Keep Healing & Overcoming Struggles) Partnership with COCA

We hope this letter finds you well. It is with great pleasure that we extend our warmest greetings to you as parents/guardians of campers in COCA Summer Arts Camps.

We are delighted to introduce you to KHAOS, an innovative program designed to inspire thought, encourage critical thinking, and nurture the unique talents of your camper. This summer, our team is excited to serve as a resource for COCA staff, teaching artists, and students. Our team will be onsite at COCA's University City location during the camp week to help ensure that all campers have a great experience.

KHAOS Inc. is a non-profit formed in 2016. At KHAOS, we believe in the boundless potential within each child, and it is our mission to assist individuals to assess, address, and reduce the impact of toxic and traumatic stress. We do this by fostering their growth by providing an environment that is both enriching and empowering.

KHAOS integrates a variety of disciplines to provide a well-rounded psychoeducational experience. We practice and teach the following skills: **F.R.E.E.** © : Relationship & Childhood Trauma: Created to assist individuals who are bound by emotional or situational events. Participants learn how to forgive, release, embrace, and elevate in the work, home, and community environments.

P.A.T.I.E.N.T. © : Communication

Pause And Think, Inhale/Exhale, Now Talk/ Now Tap out. Designed to assist individuals with successfully incorporating the KHAOS™ Mindset techniques by modeling prevention, intervention, and awareness to support mentoring, support and trauma safe spaces.

R.A.W. © : Addressing Current Problems, How one is Affected, and Creating Solutions:



An approach rooted in experiential therapeutic techniques. Designed to assist individuals with realizing their barriers, admitting their roles in their lives, and working through to create and deliver solutions. (designed for groups and families)

R.E.S.E.T. © : Addresses Unhealthy Coping Patterns

Focuses on thought stopping, reframing, anxiety triggers, and how to cope with unwanted thoughts.

These acronyms assist with fostering understanding, mindfulness, & adaptability of the KHAOS mindset.

At COCA, KHAOS will be on hand to help support campers so they can have a rewarding and enriching experience during their summer arts camps. You can expect to witness remarkable transformations in your children's confidence, creativity, and problem solving. To allow your campers to work with our team, please complete the form below.

If you have any questions or concerns, please feel free to contact our team at 314.399.9269 or by email Kiesha Thomas, CDO kthomas@khaosinc.org.

Thank you for entrusting us with the privilege of shaping the future of your exceptional sons and daughters.

Sincerely,

Dr Candice E Cox, LCSW

CEO/Founder of KHAOS Inc.

As we appreciate your partnership with us to foster social and emotional wellbeing, we would like your permission to provide impact to our donors, partners, and supporters to continuously provide the KHAOS mindset to others. Your permission below indicates your agreement of your child's participation in KHAOS group activities, resource services & individual coaching, and their group participation. This is of no charge to you, as the parent/guardian. No personal information of your child will be released to third parties or outside organizations. Please return this signed form to the organization in which your child is participating.



Child's name [first and last] & birth date

Facility of participation

COCA U City

You may photograph my child in participation with KHAOS. I understand that these photographs may be used to show impact to donors, sponsors, or other partners but never any personal information related to my child.

You may take a verbal or written testimonial of the experience my child had with KHAOS. This testimonial will provide feedback for our team

Parent/Guardian signature & date _____

Parent email or contact number: _____