

Youth to Youth



Adventure and Leadership Training Summer Experience

Using DBT strategies in an experiential setting to foster relationships and strengthen community through personal growth

2022-2023 current 6th-8th grade students

July 17, 2023 - July 21, 2023

\$600 (includes fees for experiences, trainings, facilitators, transportation and chaperones)

***Early registration \$575 - sign up before April 6th for a \$25 savings. Limited space is available.**

Youth to Youth members will have priority sign ups.

Join Mrs. Leonard and Mrs. Schlitz on a full week long adventure to build your communication and leadership skills. We will be traveling the state finding outdoor experiences while working together as a team to discover our strengths.

Day 1 (sneakers - lunch will be provided - we will be making pizza)

Ropes Course at Middlebrook - 9:00am - 2:30pm

Leadership Training- Roles and Responsibilities

MINDFULNESS - observe (mindfully), describe (nonjudgmentally), participate (effectively)

Day 2 (swimsuit, water shoes and towel - bagged lunch or money)

Brownstone, Portland CT - 9:00am - 4:00pm

Leadership Training- Being Effective

4 SOLUTIONS TO ANY PROBLEM - willingness vs. willfulness

Day 3 (swimsuit, water shoes and towel - bagged lunch)

Tubing - Farmington, CT - 9:00am - 4:00pm

Leadership Training- Listening and Validating

MINDFULNESS - the power of "AND" and living in the present

Day 4 (sneakers - bagged lunch or money)

The Adventure Park at the Discovery Museum, Bridgeport 9:00am - 4:00pm

Leadership Training- Build your mastery (Empower Yourself!)

EMOTION REGULATION - Accumulate JOY, Build Mastery, Cope ahead

Day 5 *DROP OFF and PICK UP at CRANBURY PARK (sneakers and bagged lunch)

Cranbury Park (Disc Golf, Hike and Games) - 9:00am - 1:00pm

Leadership Training - Looking out for others

INTERPERSONAL EFFECTIVENESS - validate and be truthful

*Experiences may change due to weather. We will shift activities throughout the week when possible. We have a list of alternative indoor activities if events are unable to be moved due to weather.

Rain options may include: It (Jordan's Furniture), The Cave, Thrillz, Bowlero, Ropes Course at MB