

# 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

2021-2022 current 6th-8th grade students

**July 11, 2022 - July 15, 2022**

**\$550 (includes fees for experiences, trainings, facilitators, transportation and chaperones)**

**\*Early registration \$520 - sign up before April 1st for a \$30 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 hidden outdoor experiences while working together as a team to discover our strengths.*

### Day 1

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

Leadership Training- Roles and Responsibilities

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

\*lunch will be provided (we will be making pizza)

### Day 2 (swimsuit and towel)

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)

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

Leadership Training- Listening and Validating

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

### Day 4

Aerial Adventure - Empower Leadership Sport Adventure Center, South Windsor CT 9:00am - 4:00pm (return may be later due to travel to this venue?)

Leadership Training- Build your mastery (Empower Yourself!)

EMOTION REGULATION - Accumulate JOY, Build Mastery, Cope ahead

### Day 5 (swimsuit, water shoes and towel)

Cave & Hike - Candlewood, New Milford CT 9:00am - 4:00pm

Leadership Training - Looking out for others (Caving safety as well)

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), Monster Mini Golf, Trampoline Park, Thrillz, Bowlero