

SHARE CAMP

Spirituality, Health and RElatedness Camp at the TLC Spas & Sacred Journey Retreat

Youth - A medium for self expression to get in touch with their own beauty and power and develop self-esteem; "true" sense of control rather than reaction; freedom to be, with boundaries; self-reliance; Provide Life Skills; Relatedness; creative outlet

Parents - Stepping back and allowing permission to grow Empower and teach parent to teach child; Parenting skills embrace conflict and 'get into the pit in them'

Family - Bonding with parents and early teens - Share! listening skills to help both learn to empathize Confidence to reach & communicate

YOUTH ACTIVITIES

**DAY CAMP
 EVENING CAMP**
 (For Kids whose parents are in Programs)

OVERNIGHT CAMP
 Cabins, Camping
 Protected Campfire & Picnic Building

**PLAY CARE
 NURSERY - DAY CARE
 PLAYGROUND**

**TUTORIAL ASSISTANCE
 "HOME SCHOOL" FOR**
 Long Term Resident
 Guest Families

YOUTH EVENTS

WEEKEND CAMP

HOLIDAY CAMP

OFF TRACK CAMP
 For Year Round School Progs.

SUMMER CAMP

YOUTH PROGRAMS

SPIRITUAL EXPLORATION
 Choral, chanting, sacred dance, meditation, prayer

TLC & Sacred Journey
 Core Programs

Reading and Talking
 About Spirituality
 (not Religion)

Focus on Universal Principals
Values - Trust

HEALTH - Optimum Wellness Programs and Physical Activities

Nutrition Classes

Physical Structure & Posture

Yoga

Moving That Body!!!

Nature Walks

DEXTERITY, AGILITY
 COORDINATION

Ropes Courses
 Water Sports
 Extreme Sports
 Dance
 Horseback Riding

RELATEDNESS

Parent Early-Teen Relatedness
FAMILY COMMUNICATIONS

Self-Esteem/ Communication Classes

Learning Through Games

TEAM BUILDING CO-OPERATION

Theater - a Path to Full Self-Expression

Both points of view, role playing
 ...the world - people and cultural differences

Recognition: Who You Are Makes a Difference

CREATIVE EXPRESSION
 SKITS, SING-ALONGS, ART

SELF-EXPLORATION
 SELF-EXPRESSION

Board Games
 Elaborate Scavenger Hunt

SUPER LEARNING Lab.,
 Learning Skills & Difficulties,