

THE GROWTH CENTER I, INC.

SUMMER MENTAL WELLNESS RETREAT

3-Day Experience



**HIGH
SCHOOL
STUDENTS**

DAY 1

- ✓ ARRIVAL
- ✓ WELCOME ACTIVITY
- ✓ CABIN ASSIGNMENT/UNPACK
- ✓ ARCHER OR KAYAKING
- ✓ DINNER
- ✓ SUNSET GRATITUDE/BOUNDARIES

**DAILY MINDFUL
PRACTICE**

DAY 2

- ✓ BREAKFAST
- ✓ ROPES CHALLENGE
- ✓ LUNCH/DINNER
- ✓ KAYAK OR ARCHERY
- ✓ GRATITUDE JOURNALING
- ✓ SOUND HEALING

**CONNECTING
WITH OTHERS**

DAY 3

- ✓ BREAKFAST
- ✓ LUNCH
- ✓ KAYAKING ADVENTURE
- ✓ ROPES CHALLENGE
- ✓ CLOSING CEREMONY
- ✓ DEPART FOR HOME 2:00PM

**POSITIVE
ENERGY**

CONTACT US:



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GROWTHCENTERS.ORG