

# PATHWAYS TO *Resilience*

YOUTH WELLNESS & RESILIENCE RETREAT

CONNECT. GROW. THRIVE.

Youth Wellness & Resilience Retreat  
Parent & Participant Application Package  
Hosted by: Redcliff Youth Centre

Join us at Reesor Ranch,  
Cypress Hills Interprovincial Park  
for a life-changing experience,  
designed for youth.



DATES:  
WEDNESDAY, AUGUST 12<sup>TH</sup> –  
FRIDAY, AUGUST 14<sup>TH</sup>



YOUTH AGES 10-17

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REDCLIFF  
*Youth*  
CENTRE

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# WELCOME

Welcome to Pathways to Resilience!

Thank you for your interest in the Pathways to Resilience Youth Wellness & Resilience Retreat. We are excited to welcome youth to Historic Reesor Ranch for an unforgettable experience focused on adventure, connection, personal growth, and mental wellness.

This retreat has been created as part of the Redcliff Youth Centre's commitment to early intervention, youth wellness, resilience building, and suicide prevention. Rather than focusing on crisis, this retreat helps youth develop the protective factors that support lifelong mental health—strong relationships, healthy coping skills, confidence, resilience, emotional awareness, and knowing when and how to ask for help.

Participants will enjoy a variety of outdoor adventures, wellness workshops, guest speakers, animal-assisted learning, and team-building experiences while surrounded by the beauty of Cypress Hills Interprovincial Park.

Our goal is simple:

To help every participant leave feeling more confident, more connected, more resilient, and empowered with practical skills to support both themselves and others.

# ABOUT THE RETREAT

## Experience

- Horseback Riding
- Hiking
- Fishing
- Campfires
- Animal-Assisted Learning
- Team Building



LIFE SKILLS &  
WELLNESS  
WORKSHOPS



BUILD  
CONFIDENCE &  
RESILIENCE



MAKE  
MEANINGFUL  
CONNECTIONS



OUTDOOR  
ADVENTURE &  
NATURE



MENTAL HEALTH  
AWARENESS &  
SUPPORT

## Learn

- Mental Wellness
- Healthy Coping Skills
- Leadership
- Healthy Relationships
- Self-Care
- Suicide Prevention & Help-Seeking

## Grow

- Build Confidence
- Strengthen Resilience
- Make New Connections
- Discover Your Potential
- Set Meaningful Goals
- Create Lasting Memories

## **WHAT TO EXPECT**

The Pathways to Resilience Youth Wellness & Resilience Retreat is designed to inspire confidence, foster meaningful connections, and equip youth with practical skills to support their mental health and overall well-being. Through a combination of outdoor adventure, wellness education, and hands-on experiences, participants will enjoy activities such as horseback riding, hiking, fishing, campfires, animal-assisted learning, team-building challenges, and interactive workshops led by experienced facilitators and guest speakers. Throughout the retreat, youth will strengthen resilience, develop healthy coping strategies, build positive relationships, and learn how to recognize when they or someone else may need support. Our goal is for every participant to leave feeling more confident, connected, and empowered with the tools to navigate life's challenges while knowing they are never alone.

## **RETREAT EXPECTATIONS**

To create a safe, welcoming, and positive experience for everyone, participants are expected to actively engage in retreat activities, treat others with kindness and respect, and follow all staff directions and safety guidelines. Youth are encouraged to step outside their comfort zones, try new experiences, support one another, and contribute to an inclusive environment where everyone feels valued and respected.

We believe every participant plays an important role in making this retreat a meaningful experience, and we ask that all youth demonstrate responsibility, respect for people, property, animals, and the natural environment, while embracing opportunities for personal growth and connection.