



FOREVER14.ORG

Advancing conversation and human connection to prevent teen suicide.

2022 Season

June 11- Training only

July 9

July 23

August 13

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The Legacy Project takes place high in the trees in the shadow of Mt. Rose Summit adjacent to *Sky Tavern*. This Youth Empowerment Program is a partnership with Project Discovery, a ropes challenge course and Forever14.org, a local nonprofit to prevent teen suicide.

"A hero's journey involves a hero who goes on an adventure, is victorious in a decisive crisis, and comes home changed and transformed."

Utilizing a sophisticated progression of high-impact activities, The Legacy Program enhances participants' abilities in the area of self-confidence, leadership, communication and team problem solving. In one word, the program will help teens be more **resilient** at home, at school, at work and in their community.

The day begins with a mountain **arrival at 8:45am**. Upon check in the teens receive a t-shirt and basic instructions for the day. The group will then begin their adventure by playing games and getting to know each other.

Mid-morning the teens enter the Enchanted Forest of lower course elements where they begin to build trust and learn the importance of communication & strategy. After each challenge, the group will circle up and discuss what skills they needed to complete the task. This continues till lunch time. **Lunch is provided.**

The afternoon session gets progressively more difficult as the teens head into the high elements. Here they will assist each other with safety equipment and encouragement. This is a safe and exhilarating atmosphere where communication & support skills are solidified.

Following the final element, our teens gather to recognize one another by offering each other a token. This is an incredibly special time. Teens are invited to come back as a group leader. We also encourage them to volunteer in our community and for other Forever 14 events such as the Great Race; Caleb's Crazy Sock Drive or Defy Darkness; It is our hope that these teens feel connected and look forward to returning with friends. We believe that this kind of human connection and personal empowerment will help reduce teen suicide rates in Washoe County. Our goal is to be #SuicideFreeBy2023.

The key leaders are Kerri Countess, founder of Forever 14, a parent passionate about ending teen suicide after losing her youngest son at the age of 14 and Mike Selby, owner of Project Discovery. Mike has earned a doctorate in Education and has operated Project Discovery for more than 20 years.

This program is open to all Washoe County teens and is funded by Donors and Grantors. There is no cost to attend. Donations accepted.