



Seacoast Youth Services  
presents

# PATHFINDERS

## A YOUTH SUMMER WELLNESS RETREAT

Seacoast Youth Services (SYS) is a behavioral health and adolescent programming non-profit located in Exeter, NH. SYS is presenting the first annual youth mental health wellness retreat, **PATHFINDERS**.

The **PATHFINDER** program seeks to help youth find their path by building upon existing leadership skills, their thirst for knowledge in the mind/body connection, and develop an overall increase in the youth's ability to navigate life's challenges. Led by licensed and master's level clinicians, the youth will be guided through on campus skillful activities, off-site adventure-based therapies, and an evidence based mindfulness curriculum.

**\$575.00  
per week**



Sliding Scale and Financial Aid is available

**SESSION 1: JUNE 23-26, JUNE 30-JULY 3**

**SESSION 2: JULY 7-10, JULY 14-17**

**SESSION 3: JULY 21-24, JULY 28-31**

**SESSION 4: AUG 4-7, AUG 11-14**

*Choose an individual session or combine Sessions 1 & 2 or Sessions 3 & 4  
One week sessions are not available*

## Overview



### **AGES 11-13 / 14-18**

Groups split by age/development



### **M-TH 9am-1pm (2 wk sessions)**

Lunch & snacks provided



### **Location: 2 Holland Way, Exeter**

2 off-site Adventure-Based days/wk



### **Small staff/student ratio**

4:1 student to staff ratio



### **Transportation**

Afternoon transport provided, if needed

## Retreat Goals



Learn skills in mindfulness and coping strategies for distress



Develop ways to manage stress and anxiety



Promote growth in leadership attribute and explore ways to support peers



Utilize and practice skills for peer conflict and problem solving



Build upon the mind/body connection; being present in nature

QUESTIONS?  
603-474-3332

WWW.SEACOASTYOUTHSERVICES.ORG