

Summer 23' Adventure Therapy Group

Participants in these 6-week groups will spend time technology free and adventuring in the outdoors. Each session the group will take on challenges, initiatives and activities that will move participants in the direction of their goals. Participants will have opportunities to practice making connections with peers and developing important skills required to navigate their social landscape.

Our intention is to create cohesive group dynamics therefore age ranges for each group are subject to change as registrations are received.

Dates	Location	Investment
Session 1: Mondays July 3- August 7	Bridgton, ME (alternating locations)	\$65/session *\$195 deposit required - deposit will be applied to the final 3 groups
Session 2: Wednesdays July 12- Aug 30 <i>*except 8/9 and 8/16</i>		



Meet Tighe Blackadar, LCSW

Tighe is a Licensed Clinical Social Worker (LCSW) who specializes in adventure therapy. He has over a decade of experience working with children and adolescents in a group setting and believes in the healing and restorative properties of time in natural places.

