

R.E.F.U.G.E. Services

presents

CHAMPIONS

EAP Group Curriculum for At-risk Adolescents

Through activities with horses, the participants will develop:

Creativity - learning problem - solving skills

Habits - breaking destructive habits and replacing them with healthy ones

Attitude - choosing happiness over bitterness and resentment

Motivation - accepting personal responsibility for relationships & success

Personality - recognizing personality strengths and growth areas

Impact - taking control of your life and future

Openness - learning to share thoughts and feelings while respecting others

Negotiation - resolving conflict while managing your anger

Self-confidence - overcoming fear of failure and rejection

CHAMPIONS curriculum design includes 24 hours of EAP activities and discussion. Set time schedule to best meet the needs of the group. Groups will be divided up by age (6 to 8 participants per group).

Designed for:

REFUGE Services

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