

## Our Summer Retreat 2018 Activities

### Include:

- ❖ Mindfulness workshops
- ❖ Adapted physical education activities
- ❖ Cooperative games
- ❖ Teambuilding activities
- ❖ Crafts
- ❖ Arts
- ❖ Archery
- ❖ Kayaking
- ❖ Fishing
- ❖ Talent show
- ❖ Lawn games
- ❖ Strategy games
- ❖ Escape rooms
- ❖ Hiking
- ❖ Laser tag
- ❖ Dramatic productions
- ❖ Swimming
- ❖ Life skills workshops
- ❖ Social skills workshops
- ❖ So much more!

All of our activities are geared towards developing social skills and increasing independent living skills.



Jackie Alexander is a licensed professional counselor in the State of Connecticut and also holds national certification through the National Board of Certified Counselors. For the past six years, in addition to the group and individual therapy that she has offered through her practice, she has operated a two-week summer residential retreat for individuals with ASD, ADD/ADHD, Anxiety and NLD.

The staff that accompanies Jackie on Summer Retreat is comprised of individuals with expertise in their respective fields. The majority of staff members hold Masters Degrees. All have obtained extra training in working with individuals and families who are navigating the world of having a family member who is diagnosed with ASD, ADD/ADHD, Anxiety, or NLD.

For additional information, or to arrange an intake interview, please contact the office of Jackie Alexander.

**Jacqueline Alexander, LLC**

**Phone: 860-408-1595**

**FAX: 860-651-9238**

**[www.jackiealexander.com](http://www.jackiealexander.com)**

**Summer Retreat 2018!**  
**July 28 – August 11, 2018**



**A residential social skills and life skills immersion program for individuals with ASD, ADD/ADHD, NLD and High Anxiety**

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## Welcome to Summer Retreat 2018!

Our Summer Retreat is a unique program designed to meet the needs of individuals with ASD, ADD/ADHD, NLD, and high anxiety. Our program is located at the Prindle Pond Conference Center in Charlton, MA. For two weeks, working with a highly skilled staff, program participants engage in activities that encourage the development of strategies related to anxiety management, increased social awareness and interaction, and greater independence.

The program is composed of two offerings that operate independently of each other. Participants ages 10-16 are divided into groups primarily based on chronological age, and programming focuses upon the acquisition of stronger social skills and anxiety management strategies through a total immersion in an interactive environment. Ages 17+ are part of a transition program which not only addresses social skills and anxiety management skills but also allows for further development of independent living skills. While the two programs operate simultaneously, interaction between the two programs is limited to meal times. Both programs immerse participants in a supportive, interactive social environment where skilled staff engage with participants in a ratio of one staff to every three participants.

### About Our Accommodations...

Each room at the Pondsides campus of Prindle Pond Conference Center has two sets of bunk beds (we only put two students in each room to allow for lots of personal space). Everything we need is on-site! For activities, there are large programming rooms, a swimming pool, a huge gymnasium, a dining hall, outdoor fields for games, fire pits for roasting marshmallows, and 600 acres of walking trails!

All meals are buffet style, and we always have gluten free and vegetarian options available at every meal. Special dietary requests can be accommodated, and our chef takes the time to appreciate each participant's needs.



### Rates:

Rates include all meals, accommodations, program materials, support staff and medical supervision. The Retreat runs from Saturday, July 28, 2018 until Saturday, August 11, 2018.

The cost for the retreat is \$4050.00

To schedule an intake meeting, please email Jackie Alexander at [jaxalexander@jackiealexander.com](mailto:jaxalexander@jackiealexander.com) or call 860-408-1595

***Please note:*** this program does ***not*** meet the needs of highly behaviorally challenged individuals.