

## Our Winter Retreat 2018 Activities Include:

### For Parents:

- Parenting Workshops
- Mindfulness activities including guided meditation
- Personal therapy sessions to address specific strategies related to parenting a unique child
- Social opportunities while children are involved in other activities

### For Siblings:

- Sibling Workshops
- Mindfulness activities directed towards stress release and validation
- Social activities, group initiatives, guided outdoor activities – tons of fun!

### For Individuals who need assistance with anxiety management, social skills, and life skills:

- Social skills activities presented in a fun, dynamic environment that builds perspective-taking and cooperative skills
- Mindfulness activities to address anxiety management skills
- 1:1 therapeutic guidance and goal setting



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 to Winter Retreat, as is the case with 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)**

**Join Us for  
Winter Retreat  
2018!**

**January 26-28, 2018**

**A family and individual  
participant program  
designed to address the  
needs of individuals and  
families navigating the  
world of ASD, ADD/ADHD,  
Anxiety and NLD**



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## Welcome to Winter Retreat 2018!

As with our summer retreat, we are meeting at the beautiful Prindle Pond Conference Center in Charlton, MA! For a weekend, families will have the opportunity to reconnect as well as enjoy some personal growth time in an environment designed to meet the needs of individuals and families of individuals with ASD, ADD/ADHD, Anxiety and NLD.

Our program will provide activities and workshops designed to meet the needs of individuals, siblings, and parents who are all facing various challenges as a result of an individual's diagnosis. In a fun, structured environment, everyone will make gains toward desired goals. We welcome participants of ALL ages!

Winter Retreat 2018 will provide an opportunity for participants to learn, have fun, and to gain a sense of comfort so that they can return to their regular routines with a renewed sense of calm and strength. The program is designed for families, but for individuals over age 13, there is an "individual participant" option where an individual might be enrolled without being accompanied by a family member. While family participation is encouraged, if this is not an option, we are happy to have individuals over age 13 join us on their own.

## About Our Accommodations...

Each room at the Hilltop campus of Prindle Pond Conference Center has four beds and a private bathroom. The campus operates on solar and wind power. Everything we need is on-site! For activities, there are large programming rooms, 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 programming, respite care, accommodations, meals, program materials, and medical supervision for the entire weekend. The Retreat runs from Friday late afternoon until Sunday late afternoon.

Per person for the weekend: \$375

Each additional family member after the first two will receive a 10% discount

For individual participants who are over 13 but who are not accompanied by a parent: \$500

To register, please email Jackie Alexander at [jalexander@jackiealexander.com](mailto:jalexander@jackiealexander.com) or call 860-408-1595