



Monday, June 21 – Friday, June 25, 2021

Teens aged 14-19 are invited to spend **five device-free days** exploring nature and nurture at breathtaking El Capitan Canyon.

With guidance and support from skilled AHA! facilitators in a ratio of at least one staff for every four participants, 20 teens will **immerse themselves in nature; tune back into their creative spark; connect deeply with one another; and gain support for their unique dreams and expressions in the world.**

Youth will enjoy **horseback riding, kayaking, writing, theater improv, movement, and art.** Healthy relationship skill building will be a theme throughout, with plenty of **listening circles** and other activities.

Interested youth & families will be interviewed for spots. **Teens and parents must submit an application and be interviewed in order to be considered.**

Application for teen: <https://tinyurl.com/TeenDC>

Application for parent/guardian: <https://tinyurl.com/ParentDC>

Space is limited, for more information, please contact **Melissa** at ahadigitalcleanse2021@gmail.com.

Please inquire about cost. Scholarships are available!

