

# PROGRAM GOALS

**Grounding and Nature:** Facilitate experiences that connect teens with nature recognizing the therapeutic effects of outdoor activities. We will teach grounding techniques to promote this.

**Self Discovery and Core Values:** Encourage teens to reflect on their own thoughts and emotions and create awareness around their core values and learn how to recognize their gut feelings.

**Stress Management and Emotional Balance:** Equip teens with practical skills for stress management and provide tools to identify, express and manage emotions in a healthy manner.

**Mindfulness and Calming Techniques:** Help teens stay present and use mind calming techniques such as yoga, tapping, meditation and breath work to achieve this.

**Provide a Sense of Community:** Create a supportive and inclusive environment where participants can feel a sense of belonging.

**Holistic Wellness:** Teach teens the connection between nutrition and their mental well-being.

# OVERVIEW *Ull*

Over 6 weeks, we guide teens on a holistic exploration of mental well-being, blending ancient spiritual practices with contemporary mental health insights. Through a carefully crafted curriculum, participants will discover tools for self discovery, resilience and emotional balance. Our expert facilitators lead engaging sessions, fostering a supportive community where teens can share and grow. Join us in cultivating a foundation for mental health, empowering teens to thrive emotionally, spiritually and beyond. Unleash the power within and let your inner radiance shine brightly!



# CONTACT US



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# SPIRITUAL HEALING CENTRE



WELCOME TO



**TEEN CONNECTION:  
NURTURING THE LIGHT  
WITHIN**

Embark on a transformative journey with our Teen Connection Program!  
Ages 13-18

# PROGRAM STRUCTURE

**Provide a Sense of Community:** We will begin with an inclusive talking circle asking participants to speak about something they are struggling with while encouraging compassion and support for their peers. We will explore spirituality and its relevance in every day life and explore personal values, beliefs and identity in the context of spirituality and teach them how our thoughts create our reality.



**Grounding and Nature Connection:** We will teach the participants how to ground their energy with the earth through visualization practices and earthing techniques in the forest. We will teach them how and why to respect mother earth by spending time in nature, exploring and appreciating the world around them. We will introduce the concept of energy, its flow in the body and exercises for grounding and protecting their energy body.

**Mindfulness, Yoga and Meditation:** We will engage the participants by doing yoga for anxiety and focus, and educate how this practice will foster better mental health. We will practice simple mindful exercises or guided meditation to help the teens become centered and aware of their thoughts and feelings while being mindful of their breath. We will add sound healing for deeper focus and relaxation.



**Stress Management and Emotional Balance:** We will have an interactive discussion on the nature of stress and common emotional experiences and the mind, body connection. We will introduce spiritual perspectives on embracing emotions as a part of spiritual growth. We will engage the teens in a group activity to manage stress and introduce journaling as a reflective tool. We will guide them to find creative activities as an outlet for their emotions and anxieties.



**Holistic Wellness:** We will educate teens on the vital connection between holistic eating and mental well-being providing practical tips and spiritual insights for maintaining a healthy relationship with food. We will discuss the impacts of nutrition on mood, energy levels, cognitive function and emotions as well as discuss the key nutrients essential for brain health. We will explore the energetic qualities of different foods and enjoy a high vibrational snack while teaching participants how to incorporate healthy eating into their daily life.



**Gratitude and Positivity:** We will discuss the power of positive thoughts and their influence on mental well-being and explain how to integrate compassion intention setting and gratitude into daily life. We will introduce the concept of positive affirmations, daily gratitude journaling and how to have compassion for where others are on their journey. We will close with a mindful meditation and gratitude circle.