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**CREC John J. Allison, Jr.
Polaris Center**

POLARIS ADVENTURE THERAPY PROGRAM

**474 School Street
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*Providing a unique experience that
will foster positive change and
effective communication skills for
groups and individuals*



CREC
Capitol Region Education Council

POLARIS ADVENTURE THERAPY PROGRAM

The Polaris Center offers a full scale high and low Adventure Therapy ropes course managed by staff that who have extensive experience and training in the field of ropes course initiatives and experiential learning. Adventure Therapy is utilized by students in all of the Polaris School programs and is a resource available to school districts, community groups, and businesses.



Do you have a group that could use some bonding time? Send them to us and we will help facilitate the process!

Along the way your group will:
Build TRUST!

Encourage TEAMBUILDING

Practice EFFECTIVE COMMUNICATION!

Take a SAFE RISK!

Inspire LEADERSHIP!

Have FUN!

The Adventure Therapy Program is designed with group dynamics in mind. Through a series of experiential educational games and initiatives, and low and high ropes course elements, groups will develop increased levels of respect and bonds between its members will be strengthened.



The Adventure Therapy Program is designed with a “Challenge By Choice” philosophy with all participants being encouraged to go as far as they are comfortable within a safe and supportive environment.

Benefits of using ropes course as part of your curriculum, therapy or behavior management approach:

- Adventure therapy is action-centered, and engages clients in active and multidimensional experiences.
- Adventure therapy utilizes an unfamiliar environment for the purposes of change.
- Adventure therapy stresses the importance of successes and solutions, rather than problems and dysfunctional behaviors.
- Adventure therapy activities are usually non competitive in nature and allow the participants to use their collective minds to problem solve the possibilities.



Programs can be tailored to meet your group needs. Please contact us for further information and program rates.