



The Reach Program's Teen Support Classes

We are so excited that you are coming! Here is some important information about the classes:

- You will need to check the website for the location each week. Our locations change because with each class we also have an activity during the second hour and our location usually goes along with that activity, especially in the warmer months where our activities are outside. If you are going to be late, please let us know.
- We will be doing a class portion and an activity portion, one hour each. We will always be outside when weather permits. During these times, make sure to always bring a jacket and shoes that will be comfortable to do things such as a small hike. You can bring a change of shoes for the nature part if you would like. During cold weather months, we won't be outdoors.
- Everything that is said in the group class and activity is to be kept confidential. It is a safe space to talk and to share emotions and/or feelings. What is said during group stays in the group. Please be respectful. You can share your experience in the group but not the exact details of what is said.
- All activities are made for all levels of fitness. If you have any medical conditions that make activity difficult, please let us know so we can accommodate your needs. If you need any special care or have any worries, please let us know as soon as possible.
- Bullying, putting others down, gossiping, and bad mouthing will not be tolerated. If this takes place, you will be given one warning and if it happens again, you will not be allowed to continue with us. We practice acceptance, respect, and kindness and expect you to do the same.
- Have fun! Classes will be upbeat and positive but at times may hit emotional points with group members! Be supportive, as we are all in this together!
- As long as you are a continuous part of our classes, you will have access to our Facebook group page. It will be a safe space for you to share feelings and experiences and a place to find support from other members in the group and mental health professionals. Please be respectful when posting in the group. The more real you are, the more we can help you through things. Negative responses will not be tolerated!

Please sign to signify that you agree to these rules and conditions.

Teen

Date

Parent

Date