

"IN EVERY WALK WITH  
NATURE ONE  
RECEIVES FAR MORE  
THAN HE SEEKS." —  
JOHN MUIR

# CONTACT US

612-269-2912

tpaulson@greaterminnesota.org

<https://www.greaterminnesota.org/programs/family-based/spirited-adventures/>



2320 E Hwy 12 - Suite 2 - Willmar, MN 56201

[www.greaterminnesota.org](http://www.greaterminnesota.org)

Fax: 320-214-9924



Boundary Waters  
Experience

An Outdoor Adventure-Based  
Counseling/Therapy program of  
Greater Minnesota Family Services

# About Us...

**Who for?** Spirited Adventures serves youth ages six and older, as well as their families. This is an ideal program for any youth who can benefit from an interactive, adventurous approach; for youth who have been unsuccessful in traditional or office-based counseling, and for increasing motivation and engagement in therapy.

**What?** A proven alternative to talk therapy, we are committed to offering the evidence-based approach to counseling known as Adventure Based Counseling, Wilderness Therapy and Outdoor Behavioral Healthcare. Based in outdoor and experiential education, sessions are safely structured to encourage healthy risk taking in sometimes unfamiliar settings.

**How?** Our adventure-based initiatives create opportunities to develop problem-solving skills, self-regulation, and feelings of accomplishment, ultimately promoting positive behavior changes when a learning experience is transferred to another context in the participants life. The nature-based setting allows for a natural healing environment and opportunities to practice mindfulness and calming strategies.

**Who by?** The program is run by licensed therapists and skills counselors who have training in experiential learning and adventure therapy. Our program follows the best practices guidelines of the Association of Experiential Education's Therapeutic Adventure Professional Group (TAPG) and the Outdoor Behavior Healthcare Council. All staff are mental health providers and have CPR/First Aid at a minimum. Staff leading overnight wilderness trips or canoeing/kayaking groups have additional training including Wilderness First Responder certification and water rescue training by the American Canoe Association.

# The Boundary Waters Experience:

A structured and transformative program for youth 14-17 yrs old that lasts 8 weeks during the summer. The experience begins with weekly groups and ends with a multi-day expedition to the boundary waters canoe area. Groups consist of building relationships, trust, and various skills including communication, problem solving and leadership skills. During the 5 day trip to BWCA youth will be canoe camping in the wilderness with our trained adult staff. They will have opportunities to connect with each other, themselves, & nature as well as opportunities to practice skills and reflect on their experiences.

**Eligibility Requirement:** Participants must successfully complete one of our day programs before they are eligible for our overnights.

**To Apply:** Complete the referral form on our website.

## Details:

**\$600/participant**

**Weekly group sessions starting in the Summer**

- 8 sessions for 3 hours each
- Time & Day TBD

**Overnight wilderness trip to the Boundary Waters Canoe Area**

- 5 days and 4 nights camping out of canoes in July or August

