

## 2023 Fall Workshops

### at Balance Point Wellness

Date/Time	Title	Location	Description	Cost
9/6-10/25 Wednesdays 4:30-5:30PM	Finding Harmony in Hard Times Ages: High School	Genesee Valley Outdoor Learning Center	High schoolers will be equipped with healthy coping strategies to approach life in an adaptive way while reflecting on their recent experiences and forming community through mindfulness and adventure. Participants can expect to walk away with a toolkit of new skills to get through both the happy times and the hard times.	Insurance Accepted
9/6-10/25 Wednesdays 5:30-6:30PM	Helping Hands & Happy Hearts Ages: Kindergarten through 2 <sup>nd</sup> Grade	Genesee Valley Outdoor Learning Center	Does your youngster need practice with sharing, helping, forming friendships, taking turns, patience, or following directions? They can practice all of these skills and more while engaging in fun adventure activities like rock climbing, rope swinging, and fort building. Kids will practice vital social skills, make new friendships, and strengthen their confidence all while having the time of their life.	Insurance Accepted
9/15 6-8PM	Journaling for Wellness Ages: 18+	BPW's Hunt Valley Office	Want to explore new methods for journaling? Learn and explore processes of visual journaling for self-care within this workshop. Participants are required to provide their own journal or altered book to transform.	\$40
9/25 9AM-12PM	Healing Together, A Grief Workshop for High School Students	Bay Meadow Farm in Bel Air	Processing grief is challenging, but this workshop at Bay Meadow Farm is designed to engage high school students with others in the grieving journey. If your child has lost a loved one, this workshop will allow them to use equine facilitated therapy to engage in learning about grief and exploring new skills to cope	\$60

			with their feelings while finding connection with others.	
9/25 9AM-4PM	Navigating Healthy Communication and Relationships Ages: Middle School	Genesee Valley Outdoor Learning Center	Does your child have a difficult time communicating their thoughts, feelings, and needs in a healthy and effective way? In this all-day workshop, middle school students will work with their peers and therapists to practice communicating effectively, setting boundaries, and identifying traits of healthy relationships while engaging in nature and adventure activities. Middle schoolers can expect to spend their day challenging themselves physically and mentally while forming new friendships and having fun new experiences.	\$150
10/7 9AM-12PM	Path to Peace –Young Adult Mindfulness for Ages: 18-30	Bay Meadow Farm in Bel Air	This workshop will allow young adults to explore the practice of mindfulness. The activities will help reconnect them to nature, the present moment, and themselves. The farm-based setting provides the perfect environment to practice mindful awareness, and the horses and other farm animals will add an element of fun while providing opportunities for connection.	\$60
10/12 9AM-12PM	Sharing Our Strength: A Chronic Illness Workshop for Adults	Bay Meadow Farm in Bel Air	A workshop to bring together people of various chronic illness backgrounds into a supportive environment to understand the mind body connection to develop tools and skills to manage the weight of a chronic illness journey.	\$60
10/21 10AM-1PM	Process Painting for Ages: 18+	BPW's Hunt Valley Office	Want a creative way to self-reflect? Explore the technique of painting for self-care to gain self-reflection, externalization, and containment during this workshop. The cost of materials is included in the registration fee and you will have a painting to take home to continue your individual process. Feel free to	\$80 (All supplies are included)

			bring your own painting materials if desired.	
11/13 9AM-4PM	Forming Friendships in the Forest Ages: K-5th graders	Genesee Valley Outdoor Learning Center	Does your child need support in forming friendships, introducing themselves, communicating their needs, or getting along with others? In this all-day workshop, children will have the support and guidance of therapists as they practice their social skills through adventure activities at Genesee Valley Outdoor Learning Center. Children can expect to climb, swing, and laugh their way through a day of hands-on learning and practicing to become a kinder, gentler friend.	\$150

*Interested? Complete this Screening Form:*

<https://t.ly/-e1Q9>

(Screening form not needed for insurance-covered workshops)

*Register today!*

Contact Our Intake Team!

#410-800-2169, Ext. 1350

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