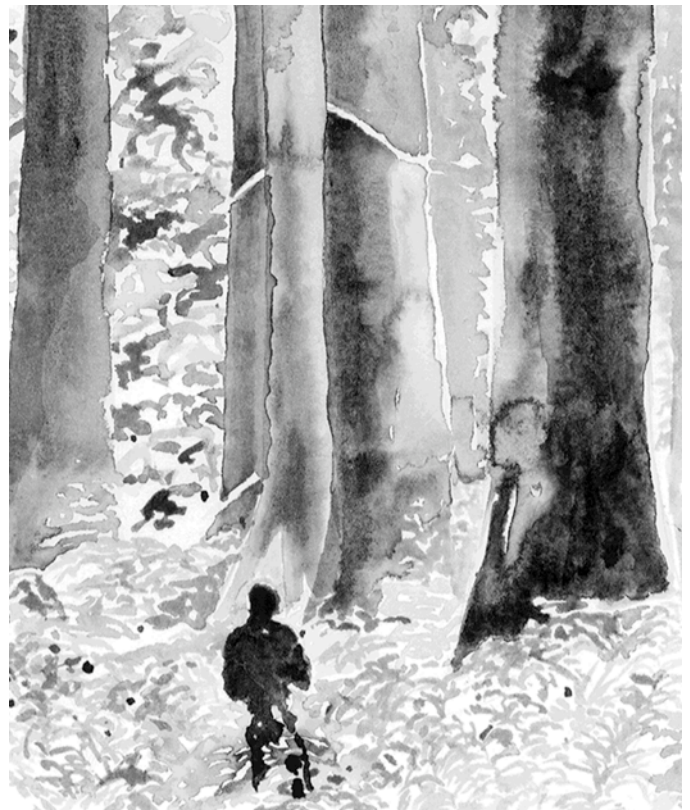


DayQuest Nature Retreat

For Parents of Teens in
Residential Treatment

September 24, 2006
in the hills of west Marin



*Your children are not your children.
They are the sons and daughters of Life's longing for itself.
They come through you but not from you,
And though they are with you yet they belong not to you.
You may give them your love but not your thoughts,
For they have their own thoughts.
You may house their bodies but not their souls,
For their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams.
You may strive to be like them, but seek not to make them like you.
For life goes not backward nor tarries with yesterday.
You are the bows from which your children as living arrows are sent forth.
The Archer sees the mark upon the path of the infinite, and he bends you with his might that his arrows may go swift and far.
Let your bending in the Archer's hands be for gladness;
For even as he loves the arrow that flies, so he loves also the bow that is stable.*

-Kahlil Gibran, The Prophet

As a parent, where do you turn with your difficult questions and life decisions? How do you make peace with the inevitable dilemmas and challenges of nurturing your teenagers into their fullness as adults? Join us on this retreat to address the most difficult and unresolved aspects of parenting a struggling teen. You'll have the opportunity to tap some of the same resources that make your teen's wilderness treatment so powerful: Take your needs and question directly to nature and let a small, supportive group of your peers help you to understand and apply your learning to your everyday life.

A DayQuest is an opportunity to step out of your daily routine and into a world of peace, beauty and magic. Let the wisdom you need come on the voice of raven or the peace you crave slowly melt back into your body on the wings of a gentle breeze in the trees. It is a fun, restorative and transformative process. About 1/3 of the day is spent in solitude, with the other 2/3 spent together in a small group where we cover a variety of topics including: Ways of seeking guidance, support and healing from nature; How to give and receive support from other parents; and help in understanding and applying nature's offerings to you.

• Offered by Wilderness Reflections in collaboration with Integrated Teen Services •
To Register call David Heckenlively at (925) 681-1700

Parent DayQuest Nature Retreat

When: September 24, 9 a.m.-5 p.m.(Please try to be on time)

Where: W. Marin county (directions to be sent)

Fee: \$175. (Some payment plans & financial aid available)

* PLEASE NOTE: All fees are non-refundable & non-transferable within one week of your trip. *

What: An all-day workshop introducing you to a ceremonial way of walking into nature. Rediscover what is most important to you and what you need right now to feel more balanced, alive and fulfilled. We'll use a variety of playful and inspiring activities and spend time both as a group and in solitude. The Parent DayQuest will focus upon supporting parents with teens in wilderness or residential treatment facilities. Please bring food to share for our potluck lunch.

To deepen the experience, skipping your morning meal will help you open more to yourself and can add intensity and power to your day (This is especially true if you mark your skipped meal with some simple ceremony and tuning in to your reasons for coming on this DayQuest).

PLEASE NOTE: You need to be able to walk carrying the gear below for about 30 minutes, including up and down hills, to participate in this class.

What to Bring: Expect to spend the entire day outdoors and come prepared for sun and, from Sept. to May, for rain. Also, a good portion of the day will be spent alone, and you want to be prepared for the unlikely possibility that you might become lost or unexpectedly separated from the group. The equipment list below reflects that possibility:

- Day pack or other sturdy bag-
- 2 full quarts of water
- Raingear (Rainpants and jacket; or a poncho- what you'd need to hang out in the rain for a while)
- Warm wool or fleece clothing (no cotton!), ideally in several layers that can be taken on or off as conditions change during the day.
- Warm wool or synthetic hat (again, not cotton)
- Sun protection: hat/visor, sunscreen, sunglasses
- Small folding pocket knife
- A few Band-Aids plus any other medications or Anakit® you may need
- Matches and a Candle (made watertight, for emergency fire starting only)
- A whistle for emergency use (on a string that can be worn around your neck)
- A few hard candies, Power Bar, etc. (for emergency energy)
- Potluck dish to share (we'll be carrying this with us)
- A cushion, mat, portable chair, etc. for sitting on the ground outdoors

To Register: Send a check payable to "Wilderness Reflections" to Integrated Teen Services, 39 Quail Court, #101, Walnut Creek, CA 94596. Upon receiving this, we'll send you trip preparation materials.

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