

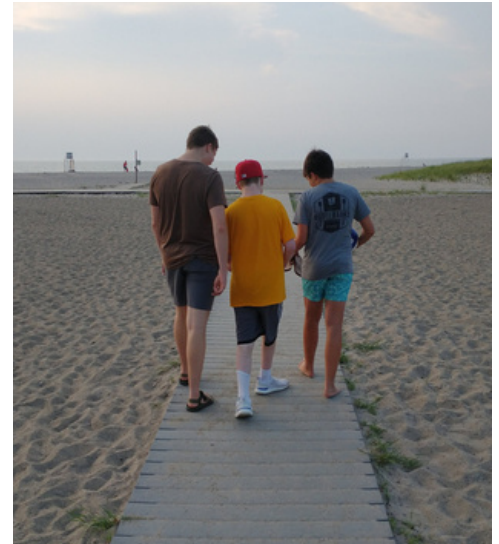


GRAND RIVER ACADEMY'S TEEN SUCCESS CAMP

The GRA Teen Success Camp provides a hands-on solution for teenage boys struggling with anxiety, depression, social isolation, high functioning autism, and ADHD. Our counselors teach successful life and social skills, mindfulness techniques, emotional health, and physical health through hands-on, real-life experience.

Emphasizing the importance of social, emotional, and recreational growth, participants will engage in various hands-on endeavors, including woodcraft in a state of the art all-hand tool workshop, cooking (the health of the body and the soul), and adventure therapy, which includes canoeing, hiking, and biking. This program was created by Thomas Polak L.P.C.C., the Clinical Director of the Productive Growth Center at Grand River Academy. Mr. Polak has worked with adolescents for over a decade and has broken the bonds of traditional talk therapy, by integrating hands-on techniques in the counseling process. His one-of-a-kind hand tool workshop has become a space that allows young people to gain self-efficacy in a new and creative way.

The GRA Teenage Success Camp engages students in many fun activities! Participants will enjoy the beaches of Lake Erie, recreational activities, and a nightly campfire. Campers will also receive individual and group therapy, social experiences, and discovering and countering the underlying causes of their academic, emotional, or social challenges. It will be a time of camaraderie, emotional growth, and personal development!





GRAND RIVER ACADEMY'S TEEN SUCCESS CAMP

Thomas Polak , M.S., LPCC, is a native of Austinburg, Ohio. He is a Master's level independent clinical counselor who works with children, adolescents, adults, and families, through individual, group, and family therapy. He received his BA in Philosophy from Christendom College, and his MS from Gannon University.

Thomas is an experienced adolescent counselor, and is the founder of The Productive Growth Counseling Center. The PGCC offers innovative counseling techniques, wherein woodcraft is integrated into the counseling process. He has worked at Grand River Academy for over a decade, and has dedicated his career to helping young men academically, emotionally, and socially.

Thomas has been married for 11 years, and has 5 children. He is involved in his local community, and is a partner in design and custom furniture company. He loves working in his hometown, and believes deep roots provide the foundation for real growth.



Typical Daily Schedule

9:00 AM.....	Breakfast
9:30 AM.....	Morning Walk
10:00 AM.....	Group and Individual Counseling
11:00 AM.....	Woodcraft
12:30 PM.....	Lunch and Clean Up
2:00 PM.....	Afternoon Trip/ Activity
4:00 PM.....	Down Time
5:00 PM.....	Dinner and Clean Up
7:00 PM.....	Woodcraft/ Evening Activity
8:00 PM.....	Group Campfire
9:30 PM.....	Free Time
10:30 PM.....	Lights Out



GRAND RIVER ACADEMY'S TEEN SUCCESS CAMP

Sample Daily Ageanda

Day 1

Welcome:

Introduction to GRA, campus tour, rules, and expectations. Answer this question: Why Grand River Academy, and how do you fit into its mission?

Activities:

- Icebreakers

Team Building:

- Ultimate Frisbee

Day 2

Group Topic: What is anxiety, and how do we manage it? Is there such a thing as good anxiety and what is the difference between anxiety, stress, and pressure?

Morning Activity:

- Introduction to the Productive Growth Center and best practices with hand tools.

Evening Activity:

- Hike at Hodge Back Ridge – what is the relationship between nature and anxiety, is there one?

Day 3

Group Topic : What the ancients have to teach us about “the good life”

Productive Growth Center:

- Woodcraft

Afternoon Activity:

- Mat Ball

Evening Activity:

- Breakwater Beach Trip

Cooking Class:

- Cooking with Local Chef

Day 4

Group Topic: If there was one thing you could change about yourself, what would it be? Explain and discuss.

Productive Growth Center:

- Woodcraft

Afternoon Activity:

- Scavenger hunt across GRA's campus

Evening Activity:

- Trip to the Ashtabula Harbor



To learn more or schedule an on-campus visit, contact us today at 440-275-2811 or admissions@grandriver.org.

ARRINGTON HALL

**Change His Environment;
Activate His Potential.**