

Solomon's Song's Road to Resiliency

Program description:

Solomon's Song's Road to Resiliency is an after-school program for middle school and high school youth. The program incorporates Center for Mind Body Medicine <https://cmbm.org/> mind body practices to build resiliency and healthy living skills.

Program format:

- 1- Two cohorts per section- one middle school cohort and one Area Learning Center cohort
- 2- Meet twice a week for 3 weeks/section
- 3- Maximum of 7 students per cohort (7 middle school students & 7 ALC students) per section)

Program Calendar:

Winona Middle School (Tues. and Thurs.)

Section #1-- Jan. 9, 11, 16, 18, 23, 25

Section #2-- Jan 30, Feb 1, 6, 8, 13, 15

Section #3-- Jan. 20, 22, 27, Mar. 1, (Spring Break) 13, 15

Section #4-- Mar. 20, 22, 27, 29, Apr. 3, 5

Winona Area Learning Center (Tues. and Thurs.)

Section#1-- November 28, 30, Dec. 5, 7, 12, 14

Mon. and Wed.

Section #2-- Jan. 8, 10, 15, 17, 22, 24

Section #3--Jan 29, 31 Feb, 5, 7, 12, 14

Section #4--Feb. 19, 21, 26, 28 Mar. 1, (Spring Break) 12, 14

Section #5--Mar, 19,21,26,28. April 2 and 4

Apr. 12- End of program celebration- share program outcomes.

Cohort Guidelines

- 1- **CONFIDENTIALITY** ^{[[1]]}_{[[SEP]]} So that we may create a safe and supportive environment within our , group members are asked to keep all information shared by any member of the group in strict confidence at all times.
- 2- **MUTUAL RESPECT** ^{[[1]]}_{[[SEP]]} To ensure that group members feel comfortable sharing their genuine thoughts and feelings within the group, all members are asked to treat one another with courtesy, respect and dignity. Treating others with kindness and compassion often promotes emotional and physical health for all concerned. ^{[[1]]}_{[[SEP]]}
- 3- **"I PASS" RULE** ^{[[1]]}_{[[SEP]]} While members are encouraged to participate in group discussions, at no time will anyone be asked to reveal information which he/she is uncomfortable sharing. By saying "I Pass", the group member's wish to be silent at that time will be honored. This group member will still have a chance to share but after everyone else in the group has shared.
- 4- **PUNCTUALITY** ^{[[1]]}_{[[SEP]]} Please be on time for group. ^{[[1]]}_{[[SEP]]}
- 5- **COMMITMENT** ^{[[1]]}_{[[SEP]]} If a member is unable to attend a group session, he/she is asked to notify the facilitator prior to the following session if at all possible. ^{[[1]]}_{[[SEP]]}

Program curriculum

Day	Curriculum
Day 1	Drawings
Day 2	The Physiology of Stress-our survival gear
Day 3	Autogenic Training
Day 4	Guided Imagery
Day 5	Movement and Body Scan
Day 6	Drawings

Parent/Guardian Permission

I give _____ permission to participate in the Road to Resilience program. I understand that the Road to Resilience is a free three-week program that teaches youth healthy living skills to build resilience.

Parent/Guardian email _____

Parent/Guardian phone numbers _____

Emergency Contact:

Name _____

Phone number _____

Parent/Guardian Signature _____

Please circle the section your child will participate in:

Winona Middle School

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More info found at:

SolomonsSong.org

Contact us at:

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