











Programs and Services

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Individual, Couples/Supports and Family Adventure Based Counseling Sessions

60-90 minute sessions

Adventure Based Counseling (ABC) is an approach to counseling that is engaging, active and challenging all within a supportive and caring “**community**”. It uses carefully selected activities to take individuals beyond their perceived limitations, **empower** them with **adventurous** experiences that foster **resiliency**, promote **health** and well-being and enable them to better cope with their own personal challenges.

Adventure Based Counseling Groups

Each group is limited to 12 participants and runs from 6-12 weeks. **ABC** groups are offered for those coping with specific chronic conditions; families and other identified client groups. See [upcoming events](#) page for current schedule.

Special programs can be designed for specific groups: Contact **REACH Beyond...Healing Programs, LLC** for more details.



Weekend Workshops

REACH Beyond...Retreats and Therapeutic Adventure Trips

Multi-day experiences designed to provide opportunities that : offer a guided adventure experience; occur in peaceful and inspiring environments; use adventure based techniques to process and integrate personal and group strengths and resiliency in order to develop insight and coping skills for the future.

