

What is T.E.A.M.?

*Teen Empowerment and
Mastery Program (T.E.A.M.)
is:*

- *an intensive residential personal
discovery program for youth aged
15 to 18*
- *focused on the principles of
Mastery, Belonging, Independence
and Generosity*
- *a place for youth to reconnect
with their inner selves and to
channel their energy in healthy,
self-promoting ways*

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**For further information
or to register,
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**East Kootenay
Addiction Services Society**

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East Kootenay Addiction Services Society

Teen Empowerment And Mastery

**T.E.A.M.— an intensive
residential personal
discovery program
for at risk youth
living in the
East Kootenay region**

Teen Empowerment & Mastery Program

Who should attend?

- youth (male and female), aged 15 to 18 who are experiencing challenges in their lives such as:
 - substance misuse
 - family conflict
 - school problems
 - delinquent behavior
 - trauma issues
 - grief and loss issues
- youth must be willing and prepared to:
 - participate in all components of the program, including the residential retreat, prep and follow-up groups
 - engage in intense personal and emotional work
 - work in a cooperative and respectful way with others
- program may not be appropriate for youth who have an active psychiatric illness, or who have a history of physical or sexual violence

When is the program offered?

The Program is offered twice a year:

- males in the spring
- females in the fall

The Program is held in Cranbrook

but is open to youth living in the East

Kootenay region

What does T.E.A.M. consist of?

Preparatory group meeting

Five day residential retreat

Follow-up groups for up to two months

How does someone join T.E.A.M.?

1. Obtain a referral from a professional that they are involved with:
 - ◇ school counsellor or teacher
 - ◇ mental health or addictions counsellor
 - ◇ probation officer or social worker
2. Complete and submit an application package
3. Participate in a screening interview with T.E.A.M. staff

Youth are expected to have contact with a helping professional in their home community prior to entering T.E.A.M. and after the program is complete.