



## Expedition+ component

*HORS-PISTE - Expedition+* is a program designed to help students develop the competencies they need to deal with the anxiety-provoking situations they face and to equip you, as parents, with strategies to help them develop these new competencies.

Like a road less travelled, the program encourages participants to push themselves, test out new solutions, and adopt new ways of thinking! HORS-PISTE helps the students to recognize their strengths and limitations and guides them toward new ways of approaching life with confidence, compassion, and perseverance.

### 10 group meetings for students

... that will help them to expand their comfort zone by learning to:

- ✓ Recognize their sensations
- ✓ Reformulate their thoughts into helpful ones
- ✓ Manage their emotions to better cope with them
- ✓ Adopt new behaviours
- ✓ Adopt positive lifestyle habits
- ✓ Use stress management strategies
- ✓ Nurture and properly use their social network
- ✓ Draw on their strengths to help other group members progress



### 5 group meetings for parents...



...that will give you the opportunity to:

- ✓ Understand anxiety and recognize its effects on your child
- ✓ Develop tools to help your child expand their comfort zone
- ✓ Adopt new behaviours to reduce accommodation
- ✓ Recognize and deal with your emotions
- ✓ Discuss your experiences and draw on your strengths to help other group members progress



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## How the program works

### STUDENT group

- ✓ 10 weekly meetings
- ✓ From \_\_\_\_ to \_\_\_\_ *(add the dates)*
- ✓ On \_\_\_\_\_ *(add day of the week)* from \_\_\_\_ to \_\_\_\_ *(add the times)*
- ✓ Facilitated by \_\_\_\_\_ *(add the facilitator's name)*
- ✓ \_\_\_\_\_ *(add the meeting location)*

### PARENT group

- ✓ 5 biweekly meetings
- ✓ From \_\_\_\_ to \_\_\_\_ *(add the dates)*
- ✓ On \_\_\_\_\_ *(add day of the week)* from \_\_\_\_ to \_\_\_\_ *(add the times)*
- ✓ Facilitated by \_\_\_\_\_ *(add the facilitator's name)*
- ✓ \_\_\_\_\_ *(add the meeting location)*

Other important information: *(to be completed, as needed)*

For questions, contact: *(add the name and contact information of the contact person)*

**HORS-PISTE doesn't mean being out in left field!**



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