

*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





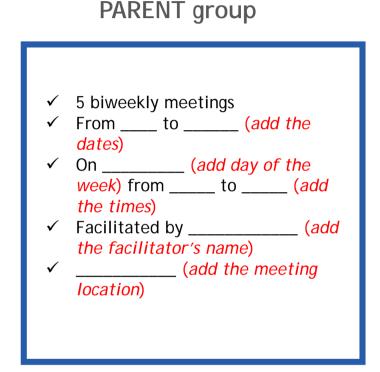
**Expedition**+ component

## How the program works

#### STUDENT group



- ✓ 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!

