

Cedar Ridge &  
International Association for Human Values  
present ...



**YES!**

# Spring Break Camp

Ages  
13-18

**For TEENS!**

March 20<sup>th</sup>—25<sup>th</sup>, 2011  
Overnight Camp (5 nights)

Cost: \$295 to \$495 \*  
(based on what you can afford)

Leadership  
Fun & Games  
Talent Show  
Nature Classes  
Campfires  
Low Ropes Challenge Course  
Yoga / Qigong  
Basketball, Volleyball  
Movie Night with Popcorn  
Cooking Classes  
Meditation  
Indoor Gardening  
Arts & Crafts  
350ft Slip 'n Slide  
Stargazing  
Build an Outdoor Pizza Kitchen  
Labyrinth  
Rock Hunting  
Wilderness Hikes  
Hot Chocolate Socials



- **FUN**
- **Nature**
- **FRIENDSHIPS**
- **NEW EXPERIENCES**

## A Spring break camp like no other!

Traditional camp fun and activities, along with life lessons specific for today's teens: the art of making friends, the secret of social interactions, personal responsibility and the value of service.



**What is YES!?** Both fun and challenging, this program provides teens with a comprehensive toolbox to both manage their own emotions and stress as well as dynamically navigate through adolescence. The program broadens teens' vision of the world and provides practical knowledge and skills they need to realize their highest potential. Independent research has also shown that the processes learned on YES! reduce anger, violence and depression, as well as improve focus, clarity of mind and concentration.

\* Pay the price that feels best to you based upon your disposable income at this time. It's up to you!

(503) 429-2801

[www.VisitCedarRidge.com](http://www.VisitCedarRidge.com)

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The School District does not sponsor or endorse the activity and/or information contained in this flyer. Through a multitude of self-awareness, education and outreach programs, IAHV aims to revive human values that transcend religious, ethnic and cultural differences. These values include a sense of belonging to a common humanity, respect and consideration for all people, compassion and non-violence, a commitment to preserving the natural environment, and a social service ethic.