

VISTA MARIA

JOURNEY TO SUCCESS (JTS): DREAM and Expressive Therapies

WHAT IS JTS?

- *DREAM Mentoring Program*
- *Expressive Therapies*
- *Values Education*
- *After School Programs*

WHY JTS?

- *Builds confidence*
- *Builds communication skills*
- *Builds life skills*
- *Builds competencies*
- *Builds Self Awareness and Self Compassion*

JTS SERVICES

- *Transition to Independence Process (TIP)*
- *My Life My Choice – Human Trafficking Awareness and Prevention*
- *Vista Maria Salon – On campus service for youth*
- *Expressive Therapies – Music, Art, Creative Writing and Nutrition Classes*
- *Recreation and Wellness – Yoga, Pop-Up Cardio, Swimming, Zumba, Dance and Basketball*
- *Academic Tutoring*

VALUES EDUCATION

- *Provides Values Based Programing focused around our Core Values and the teaching of St. Mary Euphrasia*
- *Provides additional 1:1 support with youth*
- *Provides religious and spiritual support for all backgrounds*
- *Provides self-care education and wellness skill building*
- *Provides a listening ear and comfort to those in need*

DREAM

Our residential youth (Dreamers) plan for their future with fun activities to help foster ownership and love for their educational journey, explore different career opportunities and enhance necessary life skills.

- *Weekly Group and Team Mentoring*
- *Educational and Academic Planning*
- *Goal Setting*
- *Critical Thinking*
- *Life Skills*
- *Prevention*
- *Self-Improvement*
- *Self Advocacy*



FOR MORE INFORMATION OF HOW TO BECOME INVOLVED CONTACT:

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