

Summer All Female Expedition



This wilderness therapy expedition focuses on issues facing young women and provides them with valuable tools to help them build personal strength and confidence.

A dynamic team of three female staff lead the 21-day expedition (51-day option available)

Extensive individual and group therapy—therapist resides in field

Backpacking, yoga, and meditation

- Body image
- Boundaries
- Healthy relationships
- Substance abuse



CONTACT ADMISSIONS FOR DATES

Space is limited.



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