

Types of activities:



- **Self-Esteem building**
- **Creative Crafts**
- **Hands-on Experiments**
- **Team Building exercises**
- **Healthy Foods**
- **Healthy Relationships**
- **Future Goals**
- **Skin Care**
- **Body Image**

AND MUCH MORE!!!!

Goals and Objectives

1. To develop a sense of self-awareness.
2. Learn to find strength from within.
3. Strengthen one's character and self-esteem.
4. Practice healthy habits for body and mind.
5. To establish long-term quality friendships and relationships.
6. To make positive choices.
7. Learn valuable life skills.

What to wear/bring

- * **Comfortable clothes-**
(school appropriate)
- * **Tennis shoes**
- * **Sweatshirt?**-(building could be cold)
- **Positive Attitude!!!**
- NO CELL PHONES, TEXTING, Etc. during S.T.A.R.S. ----**
- * **Other items could be added closer to camp.**

★S.T.A.R.S.

Staff info...

Staff facilitating the 2018 S.T.A.R.S. Program is an experienced Prevention Specialist from Muskingum Behavioral Health :

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*Prevention/Recovery Coach Staff
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As well as other experienced professionals from local organizations, businesses, schools and universities.

