on therapeutic workshops, student expeditions, multi family expeditions and assisting in creating a Family Wellness Plan. Participants in these programs will gain real life learning experiences and students, families and individuals will learn the art of teamwork, leadership skills building and gain quality reconnecting time.

Adventure courses range from sea kayaks in Alaska, Washington's San Juan Islands, the Bahamas or Lake Powell, AZ; canoeing in Montana, whitewater rafting in Idaho or even dog sledding in Colorado.

[This information came from the Breakwater Expeditions website.]

> In the United States today, there is a pervasive tendency to treat children as adults, and adults as children. The options of children are thus steadily expanded, while those of adults are progressively constricted. The result is unruly children and childish adults.
>
> ~Thomas Szasz

Sovereign Journey

Bethlehem, NH
281-961-6890
Shay Butts, Director of Admissions and Marketing
sbutts@sovereignjourney.com
www.sovereignjourney.com

This new therapeutic transitional program is for young women, ages 17-24 who struggle with mood disorders, anxiety, trauma, negative body image, relationship difficulties, and school failure. Other issues treated include low self esteem, immaturity and the lack of involvement in age appropriate activities.

Recently opened in 2011, Sovereign Journey's Executive Director is Dr. Karen Fitzhugh, who for the past years served as a Vice President for Aspen Education Group and beforehand, was the Head of School at King George School. Alongside Dr. Fitzhugh, Shay Butts serves as the Director of Marketing and Admissions. Shay was the former Director of Admissions at Fulshear Ranch Academy prior to joining Sovereign Journey. Director of Academics is Randy McLeod

Sovereign incorporates the 'Five Keys for Success' into

Continued: **Sovereign Journey**/ 6

