

We have a wide diversity of teens who attend our retreats - this means ethnic and racial diversity, sexual orientation, gender identity, abilities, socio-economic status, and different lived experiences. We believe that this is part of what makes our retreats powerful and unique. How many opportunities do we get to be in a diverse community and explore both our differences and our common humanity?

We recognize that many teens experience trauma in their lives and have found ways to cope in their daily lives; mindfulness can be a great support for young people in whatever ways they may find themselves experiencing hardship. However, our retreats are not designed to provide therapy and we do not practice ongoing therapeutic interventions on retreat. This means that we rely on our screening process to make sure each participant can participate fully in the retreat experience. Sometimes through the supportive environment of teen retreat, difficult emotions arise, and our staff team is well prepared to support participants through challenging moments. If acute or continuous situations arise which fall outside the scope of our practice and expertise, we may recommend a teen leave the retreat to get the additional support that they need.

We focus on supporting youth through grounding and presence - accessing tools within themselves to support well-being, resilience, and stability. The kind of safe and supportive community building that happens on retreat provides an opportunity for teens to open up and share their experiences. Please know that by coming on this retreat, your teen will be exposed to the beautiful, complex and at times painful diversity of human experience. It can be difficult for some teens to hear their new friends challenging experiences. However, our team of teachers and mentors are prepared to support the teens to navigate these situations as they arise.

This sharing of experience is part of what makes iBme's curriculum, instruction, and culture so transformative. It is important to know that through the practices of mindfulness, bonds are made very quickly and sometimes hearts can be tender leaving the retreat. We recommend being sensitive to the tenderness your teen may be feeling coming out of such a powerful experience. Where needed, we are available to help support the transition home as teens integrate their retreat experience.

We look forward to having your teen on retreat with us.

Warmly,  
Khalila Archer  
Program Director