



For youth in active duty military families

Next Steps

- Participation is FREE so.....
- Read and complete this registration form.
- Tear off this registration panel and take it to the Chapel, CYSS in Davis Hall, or the Teen Center.

DEADLINE— MARCH 30

- You will receive a packet with more information for Parents/Sponsors and youth participants.



USAG Vicenza Pilot Program

For more information contact:

A member of the advisory group or

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DRE , USAG Vicenza Chapel

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COMPASS

Resiliency Training Program for Youth

April 29 — May 1, 2011

Chart a course for your journey!



WWW.HQUSAREUR.ARMY.MIL/CHAPLAIN
U.S. ARMY EUROPE



For Parents/Sponsors

COMPASS is a USAREUR Command sponsored resiliency training program that helps youth to identify and strengthen their inner, spiritual core. COMPASS is not a religious program and young people will not hear about any particular religious tradition during the training; however, young people will hear about the human spirit and its vital role in overall resilience.

At COMPASS your young person will discover a safe place and sacred space for self exploration.

What we mean by **SAFE PLACE**

- All religious traditions and spiritual paths will be respected
- Questioning will be encouraged and the search for answers will be honored
- A wide variety of perspectives will be heard and discussed

What we mean by **SACRED SPACE**

- a space set apart and dedicated to one purpose, the development of the human spirit toward deeper personal awareness and resilience

For Youth

At COMPASS you will be challenged to strengthen your resilience by:

- Exploring your **purpose** in life, for now and for the future
- Building skills to establish and maintain trusted and valued **relationships** with friends and family
- Practicing **communication** skills that foster positive sharing with others
- Identifying caring **support** systems to use as resiliency resources

Everything about COMPASS will be hands-on and interactive.

Roadmap Talks: leaders will use stories, pictures, music and more to guide you through an exploration of the 4 COMPASS points highlighted above

Sacred Space: you will transform a bare room into an expression of your personal and corporate spiritual selves

Expeditions: you will choose from outdoor experiences, art, music and self-awareness yoga to continue the journey of self discovery

PLUS campfires, stargazing, good food, and great people!



COMPASS – Chart a course for your journey!

Spiritual



Resilience

COMPASS is about helping young people to discover the spiritual dimension of their lives and then to chart their own, unique course for spiritual resilience.

Spiritual resilience requires “the development of those personal qualities needed to sustain a person in times of stress, hardship, and tragedy. These qualities come from religious, philosophical, or human values and form the basis for character, disposition, decision making, and integrity.”

DA PAM 600-63-12

Location & Schedule

Casa Cares

Young people participating in COMPASS will spend the weekend at Casa Cares, a meeting center, guesthouse and working olive farm 35 km south of Florence, IT. With an amazing view of the Arno River Valley, Casa Cares has plenty of indoor and outdoor space for spending time with friends, taking on physical challenges, and/or making a personal mark through artistic expression.



Friday, April 29 – Sunday, May 1

The bus to Casa Cares will leave from School on Friday afternoon and return to the Chapel parking lot on Sunday night. Parents/Sponsors are invited to be part of both a Sending and a Receiving ritual at the beginning and end of the program.

Expectations

If you are in an active duty military family, you have already had many challenging experiences in your life, experiences that have shaped **who** you are, **how** you feel about yourself, and **where** you are heading.



At COMPASS you will get to look more closely at these questions and how you want to answer them for yourself today. Expect to be heard and appreciated.

Some of your time will be spent talking and listening, but you will also spend time making stuff and moving around, so dress for comfort more than style.....and expect great things!

Take –Aways

The end of COMPASS marks the beginning of the next leg in your journey. To help keep you on course, you will take with you the following reminders of your experience.

- **Journal**
- **Backpack**
- **Resiliency Profile**
- **Certificate**
- **COMPASS Coin**
- **PLUS a packet of tips for your Parent/Sponsor**

Registration

Name: _____

Age: _____ Grade: _____

Cellphone# _____

E-mail: _____

Friend: _____

(please put me in a small group with this person)

Parent/Sponsor Information

Name: _____

CMR Box # _____

Cellphone# _____

E-mail: _____



USAG Vicenza Pilot Program

POC: Dr. Grace C. Yeuell, Vicenza Chapel

Advisory Group:

Dr. Deanna Beech, U.S. Army Medical Center

Ms. Judy Crow, ASACS

Mr. Michael Morris, CYSS School Age Center

Mr. Chris Wolff, FMWR Outdoor Recreation

Ms. Arlana Young, CYSS Parent Central Services