



teen health centre

## **ROPES Course THC Challenges For Success Ropes Course**

Can a day spent challenging yourself reward you with Increased self-awareness, self-esteem and personal growth? You bet!

The Teen Health Centre's Ropes Course challenges you to discover incredible, impressive things about yourself while learning how to support and encourage others.

We call the course an 'adventure for the body, mind and spirit.' Think we're exaggerating? Take a look at what some of our participants had to say:

- ❖ 'The Ropes Course was one of the greatest growing experiences of my life.'
- ❖ "I pushed myself to do something I never thought I could."
- ❖ We really learned how well we have to listen to each other and work with each other when you are a team. We incorporated leadership, trust communication, teamwork and problem solving in our activities. These are skills anyone can use."

Participants complete our Ropes Course with a new sense of accomplishment and confidence. Many of our past participants have stated "If I can do this, I can do anything."

Are you ready to meet the challenge?

The THC Ropes Course sprawls through 30 acres of Carolinian Oak forest in Amherstburg. There are 14 low and 9 high ropes challenges, designed to develop group communication, problem solving. Cooperation and teamwork, as well as personal growth.

Participants wear inspected harnesses and helmets provided by Challenges for Success Ropes Course and are securely attached to inspected belay systems.

Success is determined by the group's willingness to attempt new challenges together, not by individual performance.

The program is ideal for youth, adult and corporate groups.

Contact us for scheduling, group packages and pricing.

**Teen Health Centre - Challenges for Success Ropes Course**  
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