



THE PHOEBE NEEDLES CENTER

TRUST CHALLENGE COURSE

One of the real needs of most groups - whether they be vestries, corporate management teams, youth groups, men's or women's groups - is learning how to communicate and work together as a team. Is a cooperative team worth a few hours of your time? Few things build relationships faster and more effectively than experiential activities that focus on trust, cooperation, risk taking, communication, creative problem-solving, listening, critical thinking and teamwork.

The Phoebe Needles Center offers programs on the HIGH and LOW TRUST CHALLENGE COURSE, to all types of groups. Your group will work together on a series of challenges and reflecting on your experience as a group. All of the learning, whether for an individual or a group, we experience in this process, parallel those in our everyday living. It is a great way to build a team, or enhance the cooperative skills of an existing group. It is also a lot of FUN!



LOW ROPES CHALLENGE

This program consists of experiential activities and reflection. The cost is \$10.00 per person. We can provide you with lunch for an additional \$8.50 per person, or you can bring your own picnic lunch. Arrival times are flexible and can be scheduled to meet the needs of your group. Minimum number is 8 participants, all equipment is provided.



HIGH ROPES CHALLENGE

The High Ropes Challenge Course has 20 different elements to challenge your physical and mental abilities, your willingness to trust others, problem-solving skills, and faith.

The course is designed mostly for individual challenges, but there are plenty of opportunities for teamwork, and peer support and encouragement.

This program consists of experiential activities and reflection. The cost for a group of 8 to 24 people is \$20.00 per person, plus an \$80.00 charge for facilitators. All equipment is provided. Larger groups should contact the Center for pricing. We can provide you with lunch for an additional \$8.50 per person, or you can bring your own picnic lunch.

Participants must be in good health, and willing to sign an Assumption of Risk acknowledgement. The form is downloadable from the web site.



The Phoebe Needles Center, Inc.
732 Turners Creek Road
Callaway, Virginia 24067-5814
Phone 540-483-1518 800-843-1677 Fax 540-483-2235
E-mail PNCenter@gmail.com Website www.PhoebeNeedles.org