



# The Wellness Experience

*Executive Functioning - Mental Health - Physical Health - Life Skills*

Brought you by:

Mosaic Minds Consulting & Lydian Academy



Our teens are more disconnected from their peers, nature, and themselves than ever. The Wellness Experience will place your child on a path of lifelong wellness through one-on-one coaching and authentic, real-world experiences online, on campus, and in the community. Earn either PE, Health, or General Elective Credit.

Participants receive 1:1 coaching and participate in group workshops and community-based activities to reach personal wellness goals. Wellness plans are created with a facilitator based on the student's needs and goals. For example, if students aim to increase peer connections, they might attend group walks and game afternoons. Students practice developing their executive functioning skills (e.g., time management, planning, organization, etc.) to create and manage a schedule of activities and workshops. During 1:1 coaching sessions, students also identify and overcome mental blocks preventing engagement.

## Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Every Monday, participants meet online with their facilitators and in groups. These meetings address:</p> <ul style="list-style-type: none"> <li>• Weekly Planning (what activities to attend)</li> <li>• Goal/Hour Tracking</li> <li>• Executive functioning skills (i.e., organization, planning, prioritizing, etc.)</li> <li>• Emotional understanding and management</li> <li>• Transition and life skills</li> <li>• How to use public transportation (Caltrain)</li> </ul>	<p>On Tuesdays, participants will have the opportunity to join physical activities.</p> <p>10:00 - 12:00 am Hike the Dish Palo Alto</p> <p>10:30 am - 12:30 pm Walk Coyote Point Burlingame</p> <p>3:00 - 6:00 pm Meet at Vasona Park in Los Gatos, walk the creek trail, and get a snack downtown.</p> <p>3:00 - 5:00 pm Walk the Baylands in Palo Alto</p>	<p>On Wednesdays, participants can join in on field trips, such as the Exploratorium or fountain hopping at Stanford. On non-field trip Wednesdays, participants can enjoy a long afternoon of cooking, games, art, and connection at Lydian in Burlingame or Menlo Park.</p>	<p>On Thursdays, there will be different options for movement throughout the Bay Area and online, such as:</p> <ul style="list-style-type: none"> <li>• Indoor Cycling</li> <li>• Yoga</li> <li>• Swimming</li> <li>• Hiking/Walking</li> </ul> <p>Thursday Afternoons: 3:00 - 5:00 pm Games and Connection @ConnectED - Campbell</p>	<p>On Fridays, participants will meet online 1:1 with facilitators if needed.</p> <p>During the week, students will be encouraged to make independent plans for Meet-Ups (e.g., meet a friend from class and go for a walk, swim, lunch, etc.). Time spent can be logged towards hours for credits.</p>

*-The facilitators will support students in connecting with peers, facilitating conversations, and practicing EF skills during outings, hikes, walks, and activities.*

*-Once we have the enrollment, we will plan the sexual health workshop around the schedules of those who want to participate.*

### ***When is it?***

The Wellness Experience runs from **June 12th through August 4th**. The experience is designed for flexibility! Students may join for a week or participate in the program for the whole summer. It also allows participants to go on vacations and continue with other commitments. For example, if a student is working towards PE units while on vacation, they may earn hours by completing and logging exercises or plan ahead to take time off and get back on track when they return. With coaching and support from a facilitator, the student practices flexible thinking, time management, and planning skills.

### ***Where is it?***

Depending on the activity, sessions occur online, at the Burlingame/Menlo Park Lydian Campus, and/or in the community. Our facilitators offer activities all over the Bay Area, from San Francisco to the South Bay. Facilitators teach students how to access public transportation to build their independence.

### ***How do students earn units/credits?***

Upon enrollment, families decide the number and type(s) of credits they plan to earn. They may earn General Elective, Health, and/or PE credits. Students track engagement hours with the support of 1:1 coaching. Fifteen hours of engagement earn 1 unit of credit.

- \*Health Credit requires a sexual education workshop
- \*PE Credit requires that 10 out of the 15 hours are physical activity

### ***How do I sign up?***

1. Register via Lydian - <https://lydianacademy.com/summer-enrollment/>
2. Once registered, you will receive an email with instructions on communicating more information about your student and a link to schedule an intake meeting with the Mosaic Minds team. We will create your student's summer wellness plan in the intake meeting.

### ***Facilitated by:***

- Heather Johanson, M.A. Special Education & Multiple Subject Teaching Credentials  
Educational Consultant
- Leela Silva, M.A., Ed.S  
Licensed Educational Psychologist #4165
- Cecelia Castignani, M.S., Ed.S  
Licensed Educational Psychologist #4276
- Rachael Kaci, Special Education & CTE Teaching Credentials  
Education Specialist in Social-Cognition & Transition Planning

**Lydian Burlingame - (650) 437-2633; 205 Park Road, Burlingame; [burlingameadmin@lydianlink.com](mailto:burlingameadmin@lydianlink.com)**  
**Lydian Menlo Park - (650) 321-0550; 815 El Camino Real, Menlo Park; [staff@lydianlink.com](mailto:staff@lydianlink.com)**

[www.LydianAcademy.com](http://www.LydianAcademy.com)

**Summer Wellness Packages:**

**At your intake meeting, we can support you in finding the right package for your teen to reach their goals. Be it cranking out PE units to developing social and life skills.**

<b>15 hours</b>	<b>45 hours</b>	<b>Unlimited Package Access to all 8 Weeks</b>
<ul style="list-style-type: none"> <li>● Intake Meeting and Goal Planning</li> <li>● 15 hours of activities</li> <li>● 1:1 support of a facilitator</li> <li>● 1 unit of credit</li> <li>● Participants could complete in 1 - 3 weeks</li> </ul> <p>\$1400</p>	<ul style="list-style-type: none"> <li>● Intake Meeting and Goal Planning</li> <li>● 45 hours of activities</li> <li>● 1:1 support of a facilitator</li> <li>● 3 units of credit</li> <li>● Participants could complete in 3 - 5 weeks</li> </ul> <p>\$3500</p>	<ul style="list-style-type: none"> <li>● Intake Meeting and Goal Planning</li> <li>● File Review</li> <li>● Unlimited access to activities and field trips for all 8 weeks.</li> <li>● 1:1 support with a facilitator and group meetings</li> <li>● Earn as many credits as hours completed &amp; verified</li> </ul> <p>\$6500</p>

**Do you want to learn more and have the chance to ask questions? Please join us for one of our information nights or schedule a complimentary consult call.**

There are two upcoming parent information nights:

1. Tuesday, May 9<sup>th</sup>, 6:30 – 7:30
2. Thursday, May 18<sup>th</sup>, 6:30 – 7:30

Please RSVP Here:

[https://docs.google.com/forms/d/e/1FAIpQLSetE6a\\_wwEIdEHUUIJk8vOS17dzaVIWFIIdOG4140UvSFgJ0A/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSetE6a_wwEIdEHUUIJk8vOS17dzaVIWFIIdOG4140UvSFgJ0A/viewform?usp=sf_link)

Set up a 15-minute complimentary consult call with one of our facilitators. Just email Sarah, the office manager at Mosaic Minds, at mosaicmindsconsulting@gmail.com requesting a 15-minute consult call regarding the summer wellness experience. She will get you scheduled as soon as possible.

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