



# 4Rs Youth Outdoor Adventure Program

Relationships, Risk, Regulation and Reputation

## Wellbeing | Employability | Education | Living Skills

Choose your destination, and we'll help you plan and prepare for the journey ahead.

4Rs Youth Outdoor Adventure Program is one of the services provided by SCILS.

SCILS aims to improve the social and emotional wellbeing of children, youth and their families. SCILS aligns its programs and activities with Relationships Australia South Australia's organisational values of diversity, respect, belonging and learning.

## Find out more about SCILS

Visit: [www.rasa.org.au/scils](http://www.rasa.org.au/scils)

Email: [SCILS@rasa.org.au](mailto:SCILS@rasa.org.au)

## Locations

SCILS is located at the Marion, Elizabeth and Hindmarsh offices, and works across metropolitan Adelaide.

### Marion

Suite 500a Westfield Marion Shopping Centre  
297 Diagonal Road  
Oaklands Park SA 5046  
Phone: (08) 8377 5400

### Hindmarsh

49a Orsmond Street,  
Hindmarsh SA 5007  
Phone: (08) 8245 8100

### Elizabeth

13 Elizabeth Way  
Elizabeth SA 5112  
Phone: (08) 8255 3323

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Relationships Australia  
SOUTH AUSTRALIA

Offering an outdoor education program that combines adventure activities with therapeutic conversations.

## 4Rs Youth Outdoor Adventure Program

Schools, Community, Innovations and Learning Service (SCILS) offers an outdoor education program to students who are at risk of disengaging from learning. The program combines adventure activities with therapeutic conversations.

The 4Rs program aims to build successful relationships between students, peers and supporting adults while exploring the benefits of positive risk taking, self-regulation and reputations.

The activities include: high ropes course, mountain biking, kayaking, rock climbing, hiking and other adrenaline pumping events.

The 4Rs Youth Outdoor Adventure program, is a combination of 3 full-day activities per term and smaller two-hour therapeutic group sessions. The smaller group sessions will concentrate on executive functioning skills that will introduce the students to the themes of self-regulation, analysis of risk taking and the importance of a positive reputation.

Students are offered one semester of support. Transport and lunch are included in the full day activity sessions.

If you are interested in attending or know someone aged between 12 and 18 years who may benefit from the course please contact:

Marion office on 8377 5400

Elizabeth office on 8255 3323

Email SCILS [@rasa.org.au](mailto:scils@rasa.org.au)



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