

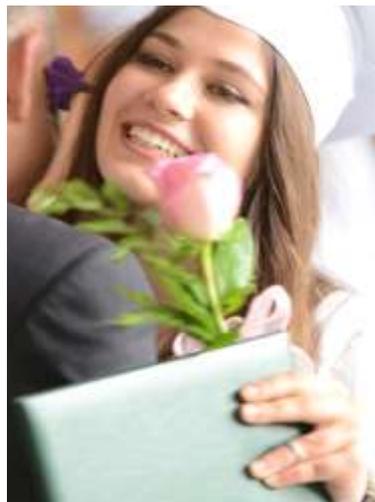
GREENBRIER ACADEMY FOR GIRLS

INDEPENDENT, ALL GIRLS BOARDING SCHOOL FOR GRADES 8—12

Your Daughter is Precious—Reconnect with her at GBA



Licensed and Accredited ♦ College Prep ♦ School of Excellence ♦ School of Horsemanship



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WWW.GREENBRIERACADEMY.COM

SBSA



Welcome

We are excited that you have chosen to learn more about our unique school. Families from all over the United States and other countries have sought out Greenbrier to help **their daughter's create a successful future. We recognize the turmoil and emotional upheaval** that has lead you to seek for more resources to help your family. You are here, because your daughter is precious to you. She is a treasure, and with her, she carries the promise of greatness. We are here to honor and value that greatness, to help her value herself and build and maintain healthy, honorable relationships. Through this process, wounds can be healed, hope can be assured and fractured family trust and unity can be reconnected and even enhanced.

Greenbrier Academy for Girls is a college preparatory, therapeutic boarding school located on 140 acres in the Greenbrier Valley of West Virginia. The beautiful campus is home to young women grades 8-12. Greenbrier Academy is Licensed through the West Virginia Department of Health and Human Resources and is fully accredited by the North Central association of Schools and Colleges (NCA). Please, as you look through this brochure, if questions arise, contact us at 877-788-8422; we are here to help

“Our mission at Greenbrier Academy is to mentor and empower adolescent girls and their families to create quality, healing intrapersonal and interpersonal relationships through inspired critical thinking, advanced therapeutics, college prep academics, and stimulating adventures”.





Academics

Your daughter's academic success is a priority for you and it is a mission for us. We have carefully constructed a rigorous curriculum that incorporates flexibility and contextual learning. Our academic approach takes Greenbrier's overall philosophy of strong relationality and applies it specifically to learning and succeeding in the classroom. With the help of the Learning Specialist, teachers and students are able to tailor their academic studies to be as effective as possible.



While knowledge is the amassing of information, wisdom is the application and judicious use of knowledge. We strive to create wise students. Our teachers are trained to use the Quantum Learning Model (QLM) when developing lesson plans and choosing material. The QLM emphasizes contextual, hands on education where information is presented in dynamic and yet understandable ways. Instead of just learning information, our teachers' modalities create contextual educational experiences often times intertwine with other areas of our curriculum.

In smaller classes students, are able to solicit more personal support from teachers and take on leadership roles. At Greenbrier, most of our classes have less than ten students. Our teachers are experts at developing rapport with their students, and foster in them tenacious curiosity and problem solving skills.

College is a goal for many of our students and some students come to find the value in a college degree after enrolling at Greenbrier. Historically, 100% of our seniors have gone on to college or university. Even students who have enrolled with deficient credits have been able to compose an effective academic plan that allowed them to make up for poor past performance. For some, college was a goal they thought was unachievable.

“Tell me and I forget, teach me and I may remember, involve me and I learn.”

~ Benjamin Franklin



Residential Life



Beyond the Classroom

Greenbrier Academy provides countless extracurricular activities for our students which include but are not limited to the following activities:

Adventures

- ◆ Snowboarding
- ◆ Skiing
- ◆ Ice Skating
- ◆ Swimming
- ◆ Water Slide
- ◆ Whitewater Rafting
- ◆ Canoeing
- ◆ Kayaking
- ◆ Paintballing
- ◆ Hiking
- ◆ Biking
- ◆ Challenge Courses
- ◆ Fishing
- ◆ Rappelling
- ◆ Zip Lining

Activities

- ◆ Basketball
- ◆ Soccer
- ◆ Volleyball
- ◆ Softball
- ◆ Dance
- ◆ Tae-Kwon-Do
- ◆ Yoga
- ◆ Zumba Lessons
- ◆ Gymnastics
- ◆ Tumbling Lessons
- ◆ Piano Lessons
- ◆ Violin Lessons
- ◆ Community Service
- ◆ Drumming
- ◆ Ceramics & Pottery

- ◆ Dog Fostering
- ◆ Photography
- ◆ Variety of Religious Services

Clubs

- ◆ Music Club
- ◆ Art Club
- ◆ Running Club
- ◆ Garden Club
- ◆ Book Club
- ◆ Yearbook Club
- ◆ Poetry Club
- ◆ Humanitarian Club
- ◆ Shark Club
- ◆ Student Council



Therapeutics



Therapeutics

Your daughter is not a diagnosis. She is a person with hopes dreams aspirations and a unique set of characteristics and relationships that make her who she is. She is precious to you. That is how we see her too. If you are reading this brochure, you are worried about her, perhaps your relationship with her has become disrupted and her relationship with her own future is now in doubt. You want the best for her, and you know that means healing and growth. This is where we excel. As mentioned earlier in the brochure, our model is Applier Relationality. In a nutshell, it is the removal of obstacles to quality/virtuous, interpersonal and intrapersonal relationships and building resources to enhance them.

- ◆ 1:8 Counselor to Student Ratio
- ◆ Weekly One on One Individual Sessions
- ◆ Weekly Call with Family, Therapist, and Student
- ◆ Daily group discussions including: body image, addictions, peer influence, family relationships, life skills, aspirations, as well as school concerns.
- ◆ Family Parent Workshops—3 Times a Year
- ◆ Therapeutic Drumming
- ◆ Weekly Meeting with Student, Academic Advisor, and Therapist
- ◆ Aftercare Program

Continuing Care

Graduating from Greenbrier is a landmark event in your daughter's life. It is a day of celebration for hard work, obstacles overcome, relationships healed and a future filled with promise and hope. It can also be a tricky. Moving from a supportive environment filled with sisters and caring staff, back to old environments and acquaintances, or to college life can be fraught with pitfalls. But your daughter does not have to tread this new territory alone. Before graduation, your daughter will have a chance to craft a plan for success and participate in weekly one-on-one phone calls with a Greenbrier therapist, participate in Continuing Care events, activities and retreats with other alumni, and visit campus from time to time. The majority of our families find this invaluable during that tender transitional period.

Family Program and Aftercare

Family is the most fundamentally transformative relationship that makes us who we are. From our first memories, families teach us that we are loved, that we belong, that we are precious. As the family is affected by the difficult choices of its members, it can become fractured, estranged and trust and belonging can diminish. To facilitate healing and cohesion, you will be able to participate in several family programs throughout the year with your daughter. **“Greenbrier Academy has given me my daughter back. I’m looking forward to her coming home, and feel prepared with the tools gathered from participating in the workshops”, one parent recently said.** It is a sentiment most parents share.



School of Horsemanship

Horses have become a big part of Greenbrier's campus life. If your daughter loves horses, she will love our School of Horsemanship. Many students choose to participate and hone equine skills both in and out of the saddle. Expert instructors tailor lessons to your daughter's interests, whether they are dressage, hunter/jumping, western saddle or trail riding. Those students who enroll in the school of horsemanship are able to compete locally and participate or attend events at the nearby prestigious Virginia Horse Center in Lexington, Virginia.

In addition to the school of horsemanship, your daughter will have the opportunity to participate in therapist-facilitated, equine therapy. Because horses are so sensitive to non-verbal cues and communications, they can be



an invaluable tool in helping your daughter move through relational impasses. Numerous studies have established the effectiveness of equine therapy, and we are excited to offer it at various times throughout the year. When enrolled in the School of Horsemanship have the opportunity to enjoy:

- ◆ Semi-Private Lessons
- ◆ Located approx. 120 miles from VA Horse Center
- ◆ 1 of the top 5 rated Equestrian Centers on east coast
- ◆ English Riding Lessons
- ◆ Western Riding Lessons
- ◆ Dressage
- ◆ Hunter/Jumper
- ◆ 80+ Acres Scenic Trails
- ◆ 8 Indoor Stalls
- ◆ 2 Outdoor Stalls
- ◆ 2 Paddocks w/Run in Sheds
- ◆ Wash Bay
- ◆ Boarding Available
- ◆ Tack Room
- ◆ 150,000 sq. ft. Covered Arena
- ◆ 10 School Owned Lesson Horses
- ◆ Competition Opportunities
- ◆ Beginner to Grand Prix
- ◆ Multiple Turnout Paddocks
- ◆ Round Pen
- ◆ Authentic trail rides with natural jumps



“ ALL HORSES DESERVE AT LEAST ONCE IN THEIR LIVES TO BE LOVED BY A LITTLE GIRL”

~ AUTHOR UNKNOWN



Canine Rescue

Applied Relationality helps us look beyond ourselves and see how we are connected to others and them to us, sometimes in profound ways. The canine rescue program is a perfect metaphor for this. Your daughter will have a chance to rescue a dog from the local animal shelter. Participants care for the animal and help place it in a loving home. Many of the girls remark how profound it is to know the only thing standing between life and death for another animal is her willingness to sacrifice by getting up early and giving up some fun, free time to feed, clean and nurture these dogs. So far, Greenbrier has saved over a hundred dogs and counting. That's a lot of smiles.

Service

Service opportunities, both locally and globally, help your daughter develop an understanding that we are all connected and that she has the power to impact the world for good. Whether it is at the local women's shelter, retirement homes or youth organizations or more globally, like serving communities and orphanages in Ghana or Central America, your daughter will



GBA Helps — Habitat for Humanity

make lasting, impactful memories and learn the value of kindness.



Drumming

At Greenbrier Academy, our students engage in therapeutic drumming on a daily basis. Drum therapy is an ancient approach that uses rhythm to promote healing and self-expression.

Different studies have indicated the therapeutic effects of rhythm techniques. Research reviews reveal that drumming accelerates physical healing, boosts the immune system, and produces feelings of well-being, a release of emotional trauma, and reintegration of self. Studies have also illustrated that drumming is a valuable treatment for such behaviors as:

- ◆ Withdrawal/Depression
- ◆ Posttraumatic Stress
- ◆ Attn. Deficit/ Hyperactivity
- ◆ Oppositional Defiance
- ◆ Sluggish Cognitive Tempo
- ◆ Boosts Immune System
- ◆ Produces Deeper Self-Awareness by Inducing Synchronous Brain Activity
- ◆ Drumming Accesses the Entire Brain
- ◆ Drumming Creates a Sense of Connectedness with Self and Others
- ◆ Releases Negative Feelings, Blockages, and Emotional Trauma

GBA Girls Perform for the West Virginia State Senate in Charleston, WV





Greenbrier Academy for Girls

Charlotte	3 hours 45 mins	Raleigh	4 hours 45 mins
Cincinnati	6 hours	Richmond	3 hours 45 mins
Columbus	5 hours 30 mins	Roanoke	2 hours
Philadelphia	7 hours 30 mins	Virginia Beach	5 1/2 hours
Pittsburgh	4 hours 30 mins	Washington, D.C.	5 hours

YOUR DAUGHTER IS PRECIOUS ~ RECONNECT WITH HER AT GBA



Greenbrier Academy

To schedule a campus tour, contact the admission office at 877-788-8422.

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