**Pocasset Prep 2019**



*“If I could do it again, I would in a heartbeat.”*

*“I really liked the service day. I loved being able to bring*

 *joy to others.”*

*“[I liked] making so many new friends and having fun*

*wherever we went.”*

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| WHAT | A week of phone-free, fun, and formative activities with other rising freshmen to help develop skills and tools to ease the transition into high school - and for the rest of life! Our goal is to help the girls who attend Pocasset to flourish and grow into women who can be transformative leaders.  |
| **WHERE**  | Pocasset Prep is located at Arnold Hall Conference Center, mid-way between Boston and Cape Cod: 1 Randall St, Pembroke, MA 02358 |
| **WHEN** | Sat. July 6 at 2:00 pm until Wed. July 10 at 2:00 pm |
| **FACILITIES** | We will stay in the Court House and Cottage buildings at the Arnold Hall Conference Center. The Court House has an attractive living room, chapel, and single or triple bedrooms with a total capacity of 24 participants and 4 staff. The 130-acre property has a basketball court, tennis courts, a large playing field, and a pond. |
| **COST** | $450.00. A $50 deposit is due after acceptance.Unfortunately, there is no financial aid available for this program. |
| **ACTIVITIES** | * ***Classes*** on topics including friendship, time management, and more. These classes offer insights and practical applications to help participants grow and become agents of change in high school and beyond
* ***Sports and team building*** activities, including an excursion bicycling on Martha’s Vineyard
* ***Service*** outing: participants are challenged to get outside of themselves to serve others and to make practical resolutions to continue serving once they return home
* ***Mentoring***: Each participant has a mentor to help them go deeper in the seminar topics and set personal goals
* ***Daily Mass and classes in Catholic doctrine*** are a part of the program. The Sacrament of Reconciliation will be available for those who desire it. The spiritual formation at Arnold Hall is entrusted to Opus Dei ([www.opusdei.org](http://www.opusdei.org)), a personal Prelature of the Catholic Church.
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| **APPLY** | **Parents:** complete parent form here: <https://goo.gl/forms/1xjFtVU3tXAb46Nj1> **Students:** complete student form here: <https://goo.gl/forms/FcctMt3ZohbQRUPg2> Applications are due by February 15; applicants will be notified in early March. |

**Questions about the application process or program?** Email CedarWoodHS@gmail.com