



Getting youth *out there* since 2001

## "Get Out There"

As we enter the spring season and parents begin planning summer arrangements for their children or creative adventures for themselves, Apex Youth Connection wants to encourage both youth and adults to

"Get Out There!" Kicking off last month, the "Get Out There"

Campaign raises awareness of the many benefits to mental and physical health surrounding active engagement and connection with the outdoors, community, people, service, and neighborhood events.

Join Apex Youth Connection at our Open House TODAY, Thursday,

May 5th between 3-6 pm to learn more and/or register youth for

Summer Adventure Camps and adults for Outdoor School classes. Drinks and snacks are provided and all are welcome! A full list of adventures and service opportunities at Apex is available at

[www.apexyouthconnection.org](http://www.apexyouthconnection.org)



Help us continue to grow -- become an Apex partner!

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Welcome,

**Maxine Darling, MSW**

**Program Manager -- Leadership & Empowerment**



Maxine started at Apex as our Leadership & Empowerment Program Manager at the beginning of April. She brings a passion for restorative practices, youth empowerment and social justice to the role, with nearly a decade of experience in the field. She earned her Masters of Social Work in 2017 from the University of New England in Portland. She most recently worked as a youth outreach and empowerment coordinator, and has previously worked in prevention education, youth mentoring programs, restorative justice, school social work and case management. She enjoys supporting youth in their growth and learning, helping youth find and pursue their passions and advocating for youth opportunities. At Apex, Maxine uses her experience as a social worker and advocate to support youth through programming that provides opportunities like community engagement, relationship building, service, life and leadership skill building, social emotional learning and more. Maxine does her work through the lenses of restorative practice, person-in-environment, strengths-based, and trauma informed concepts.

## EXPLORATION & ADVENTURE



### SPRING BREAK ADVENTURE CAMP

Over Spring Break, 10 students from Dayton Consolidated Schools spent the week at Apex climbing, biking, hiking, building, and exploring Clifford Park through the generosity of the Narragansett Number One Foundation.

In the picture to the left, a youth proudly demonstrates how to set up his own tent!

## Join Apex Outdoor School!

Although Apex Youth Connection focuses on actively and intentionally engaging youth, we also offer educational opportunities for adults and families to explore the outdoors safely and build self-reliance. From now until June 9, Apex Youth Connection offers an exciting array of classroom and field-based outdoor school courses for adults and youth 14+ with a paid legal guardian, including Wilderness Skills, Intro to Mountain Biking, Intro to Rock Climbing, Backcountry Navigation, The 10 Essentials, Leave No Trace, Intro to Map & Compass, and Prepare for a Backpacking Trip.

All Apex Outdoor School programs are designed to provide skill-based instruction so participants can learn how to safely participate in outdoor activities, build confidence, and, most importantly, have fun outdoors. Each classroom-based course takes place on either a Tuesday or Thursday evening and the field-based courses take place on Saturdays. Costs vary between \$25 and \$75 per person. Each field-based course has specific gear required. Pre-registration is required at [www.apexyouthconnection.org/apex-outdoor-school.html](http://www.apexyouthconnection.org/apex-outdoor-school.html) or contact Program Director Phil Bailey at 207-282-9700 extension #3 for more information.

## Why should kids have all the fun? JOIN APEX OUTDOOR SCHOOL!

### SATURDAYS:

- ☀ Wilderness Skills
- ☀ Intro to Mountain Biking
- ☀ Backcountry Navigation
- ☀ Intro to Outdoor Rock Climbing

### TUESDAY OR THURSDAY EVENINGS:

- ☀ The 10 Essentials
- ☀ Leave No Trace
- ☀ Intro to Map & Compass
- ☀ Prepare for a Backpacking Trip

Open to  
Adults &  
Youth 14+  
(with paid legal guardian)



FULL SCHEDULE &  
REGISTRATION ONLINE  
AS LOW AS \$25/PERSON

207-282-9700 Ext.3  
[apexyouthconnection.org](http://apexyouthconnection.org)

## LEADERSHIP & EMPOWERMENT



Aside from welcoming Maxine Darling to our Leadership & Empowerment program work, we are also **thrilled to welcome back Rebecca Cote part-time!** Becca, who was formerly in Maxine's position, now runs her own public art business, Forging Commons. Through a collaboration between Forging Commons and Apex Youth Connection, Becca is working with a group of creative Apex youth to engage them around making our community a more beautiful and supportive place to live. This program -- and this collaboration -- are just beginning, as is the work the youth are



doing in the community. These photos give a glimpse into one of their projects.



## JOB READINESS

Spring is here and service and sales are starting to pick up at Apex Bike Factory! We have a 15% discount on tune-ups right now, and used bikes coming in to be refurbished and sold. Along with more service and sales, we have a new cohort of students coming up through our Junior Mechanics program and getting excited about their skills.

Meanwhile, we are also running a new, school day job readiness program with 8th grade Biddeford students as well as team building sessions with the Functional Life Skills program at BHS.



## A Day Outside

The sun is shining, birds are singing.  
The sounds of laughter, children playing.  
C'mon kids, it's a beautiful morning.  
Ley's go outside and play.

Down at the park, a brass-band is playing.  
Johnny laughs, asks, what's that long silver thing that mans blowing?  
That's a trombone son, close your eyes, listen to that tune.

Can you hear it son? What a wonderful sound.

Don't you just love being outside.  
All that fresh air, sun-shine blinding your eyes.  
Charlie splashes, giggles in the paddling pool.  
Hey mum, look, this is fun, it's cool.

To see smiles upon children's faces.  
Makes you feel like dancing.  
Your heart skips a beat.  
Feels like you're at the races.

The grass is our blanket as we sit down to picnic.  
The kids chuckle as they munch on their biscuit.  
Chocolate and jam, smeared all over their faces.  
My god, what a mess, you have no graces.

C'mon kids, it's time to go home.  
Oh mum do we have to, we're having so much fun!  
Hey, what's with all these glum faces?  
We can come back to-morrow and have some more fun.

By Deborah Ashdown



**More fun from Spring Break camp!**

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