

I am going to Camp Encourage!



Sometimes it can feel unsettling or uncomfy to experience something new. This is designed to help me prepare for camp.

Camp Encourage will take place at Heartland Retreat Center

To prepare & find out more information, I can visit their website (click HERE),









There are adults to support campers while at camp.

I will be assigned a counselor who will be there to support me. And, each group will have a Group Leader.

My counselor will reach out to me before camp so I can know their name and find out a little about them!



When I arrive, someone will greet us in our car. They will direct us to my cabin where I will be staying overnight.





When I arrive at my cabin, someone will greet me and help me bring my things inside.

I will most likely get to choose a bunk bed in my assigned room.

An adult can help me make my bed and get settled in.

I will be sharing a space with other campers close to my age.

Making new friends and learning to be around those who are different from me is a special part of camp.









I may have the opportunity to go on a Zipline while I am at camp! For details about the high rope course at Heartland (including a helpful video), click HERE.





I may also get to ride a horse. If I do, it will be required to wear closed toed/closed heeled shoes. Wearing long pants can also be more comfy.





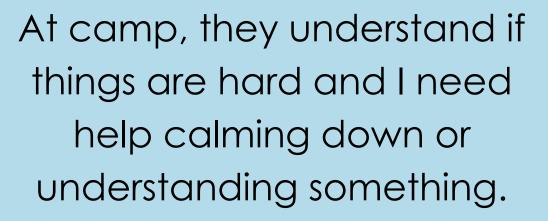


Some fun activities we might get to do include getting to play with shaving cream, doing a craft activity or even making a pillow!



Another special activity may be roasting marshmallows and enjoying s'mores by the campfire.





I will have access to fidgets, weighted blankets and visuals should I need them!



I will not be forced to try things I am uncomfortable with.

I will be encouraged to watch and cheer on others.

At camp, the motto is often "Your challenge, your choice."

Camp Encourage is a place to be ME! It's a place to feel good about each of my ABILITIES and STRENGTHS!!





A lot of caring people are looking forward to seeing me at camp!

