



Copyright 2008-2024 Cannot be reproduced in any form without permission from Camp Encourage

# 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.





At camp, they understand if things are hard and I need help calming down or understanding something.

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!

