

Dates June 24-28, and July 22-26 2024

Camp Mariposa hosted at the Rolling Huts in Mazama WA

Camp for kids female identifying



Introduction

Camp Mariposa is an experience of play, connection, and creativity for your pre-teen. During this camp we will be exploring how to build and strengthen the five pillars of self-confidence which we identified as; presence, identity, integrity, boundaries and relationship. We do this through art, movement, and fun. Each day, campers will participate in yoga, art and movement process groups, create musical instruments, and explore their voices through creative writing. By the end of the week, campers will have a current view of their values, boundaries, strengths, and identity. In addition, campers will have learned several tools they can use in times of stress, anxiety, and uncertainty.

What's included

Aside from the incredible instructors and lessons we are including; lunch and snack, all art supplies, buckskin drum creating supplies, journal and pens.

Daily Schedule

8 - 9 am	Early arrival*
9 am	Welcome, Yoga or Body movement-with Bree Dillon with Motive Yoga
10:30 am	Snack
10:45 am	Art process groups-provided by Mental Health therapists (Abby Bange MS MHCA RD, Ellen Slater LSW founder Head and Heart, and Lisa Swihart LMHC)
12:30 pm	Lunch, Free time
2 pm	Drum making-with Sharea Holcomb in the lakota traditional way
3 pm	Singing / Poetry / Writing with Alison Naney
4:30 - 5 pm	Parent pick up

Registration

www.campmariposa.org

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Cost \$595 for the week

