

A Day at Summer Camp

The camp is structured to offer topics to assist personal development and healing in the first half of the day.

Topics may include feelings, abuse, families, boundaries, assertiveness, anger, self-esteem and personal choices.

The afternoon focuses on recreational activities supervised by staff including:

- kayaking
- movie
- hiking
- beach day
- Mini-golf
- rock climbing



Activities and topics covered in the camp are planned with specific goals in mind:

- reducing isolation
- increasing opportunities for youth to connect with their peers
- identifying what it means to have a healthy relationship
- identifying what is abuse
- increasing safety for themselves if they are exposed to abuse
- identifying what boundaries are and how to be assertive in setting boundaries and respecting others' boundaries

The experience of camp is a valuable and effective way to support children who have experienced trauma through witnessing abuse at home.

For information about donating to the Summer Camp Program, please contact Development Director Tracy Lubick at tracyl@vwth.bc.ca or 250-592-2927

For program information about Summer Camp, please contact Program Manager Janet Henly at janeth@vwth.bc.ca or 250-592-2927 ext 203

Thank You!

We work with a wide variety of community partners in delivering our programs as well as more than 75 skilled volunteers and hundreds of generous financial and in-kind donors.

We extend warm thanks to all of our collaborators and supporters, together we are getting closer to our vision of a community free of relationship violence and abuse.

To get involved, make a donation or volunteer, contact us at 250.592.2927, email info@vwth.bc.ca or visit www.transitionhouse.net.



About Summer Camp

Our Children Who Witness Abuse Summer Camp offers a free two week day program for children aged 11-15 who have experienced domestic abuse in their family.

The goal of the VWTH Summer Camp is to ensure children can have a safe and supportive environment to address the abuse they have witnessed in their home and to develop knowledge and tools which can assist in their healthy development.

We help children recognize abusive behaviours, look at alternatives to violence and strive to break the cycle of abuse.

"This has been one of the most fun days ever. Laughter is a way to release feelings."

Summer Camp Participant

**24 Hour
Crisis Line
250-385-6611**



For more information, please contact us or visit our website

**info@vwth.bc.ca
T: 250-592-2927**

www.transitionhouse.net
Creating Hopeful Futures
Charitable BN # 1081703501 RR0001



Summer Camp

**For Children and Youth
Who Have
Witnessed Abuse**

