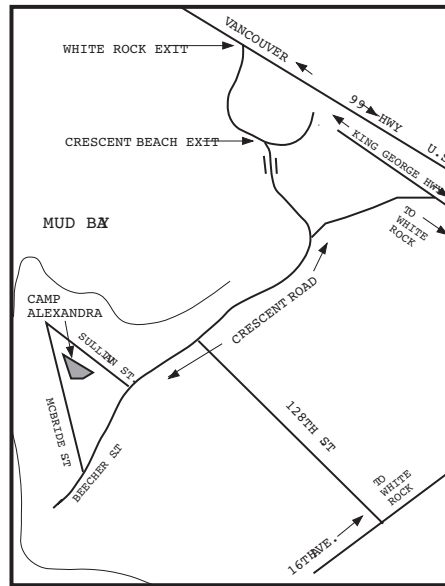


WHAT TO BRING

- Sleeping bag or blankets, pillow
- Comfortable clothing suitable for both cool, wet weather and warm days (enough for each day of camp). Please mark all clothing with your name.
- Towels, face cloth, soap, personal toiletries, shampoo, medications
- Comfortable shoes and socks for walking, runners for beach wear - going barefoot is not encouraged
- Sun hat, sun screen, bathing suit Baby bottles, baby monitor, baby blankets & specialty baby food
- Diapers
- Extra books, games, etc. for quiet times
- Flashlight, nightlight or bedside light
- Recipes to share
- Photos to Scrapbook

There is no store near-by so please bring all supplies needed for the week.



TRANSPORTATION

The Translink #351 bus service will drop you off right at Camp. Plan to travel at off-peak times so extra luggage is not a problem.

Translink information and Trip Planner:
www.translink.ca



CAMP ALEXANDRA
Alexandra Neighbourhood House
2916 McBride Ave.
Crescent Beach, BC V4A 3G2

Phone: 604 535-0015 Fax: 604 535-2720

Email: info@alexhouse.net
Website: www.alexhouse.net



Camp Alexandra is an accredited member of the BC Camping Association.
Camps are partially subsidized by The Ministry of Children & Family Development and the Province of BC Gaming Branch



LINK-IN



TEEN & YOUNG MOM

SUMMER CAMP 2010



CAMP ALEXANDRA

2916 McBride Avenue
Crescent Beach, Surrey BC

EST 1918

WHO

LINK-IN

is a camp for teen and young moms and their children at beautiful Camp Alexandra. The Camp is full of opportunities for moms to participate in planned activities and events throughout the four days.

WHERE

Camp Alexandra is a seaside resort camp on 2 1/2 acres in the village of Crescent Beach. A long sandy shelf runs out into Boundary Bay from the shore, ideal for crabbing, and exploring. The camp is convenient to White Rock, the USA border and municipal parks. Camp Alexandra is rich with history and has been hosting campers for nearly 100 years.

Each family will have separate accommodation in one of the following:

- two bungalows divided into separate sleeping rooms
- seven cabins accommodatiing up to eight people each
- the Longhouse to accommodate staff and campers



WHEN

Monday to Thursday
July 12-15, 2010

Coming to Camp:
Between 10-11am July 12th

Saying Good-bye:
11:30am July 15th

WHAT

"I've been able to get away from home and stress"
A Former Camper

SHARE and CONNECT

- special time and activities with your child
- activities with other moms



DEVELOP and LINK

- new skills
- new networks
- new insight into your child



ENJOY ACTIVITIES

- new friendships
- a 'pamper time' for moms
- scrapbooking
- mom and tot yoga

CAMP INCLUDES

- 3 meals and 3 fun snacks per day
- professional facilitators leading planned activities/workshops throughout the day
- camp counselors facilitating fun camp experiences for parents and children
- limited child-minding support for parents
- all activity and workshop supplies and equipment are provided
- please call regarding transportation to and from Camp if it is a challenge



(See list of 'things to bring' for detailed description of items that campers are responsible for bringing.)

Love between a parent and child forms the basis of every other relationship in a child's life

Author Unknown

FEES and REGISTRATION

Cost per camper for the week is:

- moms \$200
- per Child \$200

Contact us about subsidies if required.

For information and registration call
604-535-0015 ext 229