

Family Nurturing Camp™

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Family Nurturing Camp is a structured therapeutic weekend camp experience designed to help families build caring, positive family life interaction patterns.

Family Nurturing Camp is an ideal supplement to parenting education programs for families experiencing or at high risk for child abuse and neglect. It is also appropriate for families who are at risk for foster care placement or returning from out-of-home placement.

The *Family Nurturing Camp* is a structured program, based on multiple components that include psycho-educational groups, family based intervention, and therapeutic recreational and art activities to address the specific issues that affect children at risk for maltreatment. This weekend program focuses on strengthening and preserving families as well as providing family respite care.

During the camp weekend, separate therapeutic nurturing groups are provided for parents, adolescents (13 years and up), youth (7-12 years), and young children (4-6 years).

Nurturing group topics include...

- Empathy
- Behavior management techniques
- Family rules
- Identifying feelings
- Praise for being and doing
- Strengths of children
- Self-awareness
- Getting your needs met
- Self-awareness, and more...

Recreational activities include...

- Family crafts
- Sports
- Hay rides
- High ropes challenge courses
- Canoeing
- Nature hikes
- Singing around the campfire

The combination of the intense weekend experiences of the “*Nurturing Parenting Program*” and the fun and safety of the camp experience has proven to be a powerful therapeutic intervention in the lives of families struggling to learn how to be together and interact positively.

Camp Schedule

Friday Evening (6:00 p.m. – 11:00 p.m.)

Welcome and orientation, dinner, separate group activities for adults, adolescents, youth and young children and family together time

Saturday Morning (8:30 a.m. to 12:30 p.m.)

Breakfast and separate group activities for adults, adolescents, youth and young children

Saturday Afternoon (12:30 p.m. – 5:30 p.m.)

Lunch, family recreational activities, separate group activities for adults, adolescents, youth and young children

Evening Activities (5:30 p.m. – 11:00 p.m.)

Dinner, family activities, and a dance

Sunday Morning (8:30 a.m. – 1:00)

Breakfast, family recreational activities, separate group activities for adults, adolescents, youth and young children, lunch, farewell activity

Funding

A grant budget would include rental of the facility, food, stipends for staff, payment for high ropes or low ropes challenge course activities, art supplies, photo development, and transportation. In a fee for service model, payment on a per participant basis would be made directly to the camp facility by the local department of social services, juvenile justice, or through respite care services. Actual costs depend on multiple variables such as number of participants, retail cost of the facility, the number of volunteers, and donated resources.

To Order the Family Nurturing Camp Manual

Code	Item	Price
FNC	Family Nurturing Camp Manual	\$45.00
