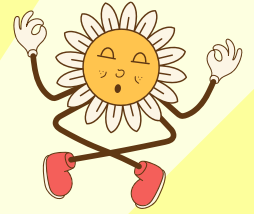




SHINE camp



Empowering campers to shine from the inside out.

Wellness programming designed to help campers build confidence, regulate their emotions, and embrace their unique strengths through movement, mindfulness, and community connection.

S * Self Awareness:

Guiding campers to understand and manage emotions through mindfulness, breathing, and reflection.

H * Healthy Body & Mind:

Promoting movement, yoga, and body positivity for strength, flexibility, and self-care.

I * Inner Confidence:

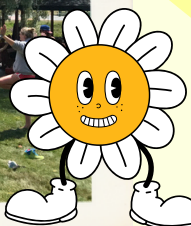
Building self-trust, resilience, and a growth mindset through expression and goal setting.

N * Nurturing Friendships:

Encouraging belonging, teamwork, and kindness through shared experiences and communication.

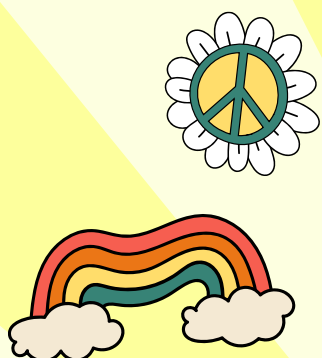
E * Empowerment:

Providing tools for self-advocacy, leadership, and creative expression, helping campers find their voice and shine in their own way.

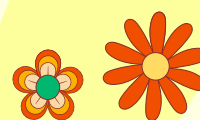


LEARN MORE: shinecampevents@gmail.com





SHINE camp



SHINE Sessions

Length of a normal activity period

- Mindful Toolkit for Regulating Emotions
- Embodied Movement for Confidence & Body Positivity
- Sense of Belonging and Community Building

Special Events and Evening Activity

Themes: Regulating Emotions, Confidence & Body Positivity, or Sense of Belonging and Community Building

- Mindful Toolkit Practices: Meditation, Breathwork, and Journaling for enhanced Self Awareness.
- Embodied Movement for Confidence & Body Positivity
- Empowerment Exercises: Vision Boards & Manifesting
- Community Building Circle with Gratitude and Compassion-based Practices

Staff Orientation: Pre-camp

Signature sessions for 19~25 year olds

- Belonging & Community Building
- Mindful Toolkit for Emotional Regulation
- Leadership Training

Staff Mental Health Breaks

During orientation and/or during camp event, mini sessions for staff to re~center.



Pricing

Half Day (up to 4 hours): \$1,500
with Staff Orientation: \$2,000

Full Day (up to 10 hours): \$2,500
with Staff Orientation: \$3,000

Staff Orientation ONLY: \$1,000

