



Registration for Camp LIVIN 2024 is open until July 15, 2024

Camp Dates: August 23-25, 2024

Location: Camp Courage
8046 83rd St NW, Maple Lake, MN 55358

Camp LIVIN was created as a way to provide Help, Hope, and Hugs to those who have lost a family member to suicide. The LIVIN Foundation works to promote a positive outlook on life, reduce the stigma associated with depression and mental illness, & ultimately hope to prevent suicide.

We invite you to join us and other families who have faced a similar loss or diagnosis for a fun, memorable weekend at Camp Courage in Maple Lake, MN. Bring those closest to you to enjoy nature hikes, high ropes course, swimming, waterfront, campfires, and more in the beautiful surroundings of Camp Courage

Included in this packet: criteria, general packing list, and registration.

Please contact us at camp@livinfoundation.org or (612)-805-0991 if you have questions.

Camp LIVIN Criteria

Mission Statement:

Camp LIVIN connects families who are grieving the loss of a family member by suicide. We provide opportunities for you and your family to strengthen relationships, develop a support network, and encourage emotional healing in a fun, supportive environment.

WHO:

- Families who have lost a family member to suicide and would benefit from a supportive camp environment as they cope with the loss.
- Families who would like to connect with others who have experienced a similar loss.
- Supporters of those who have faced a loss.

FAMILY:

- Camp LIVIN welcomes all family members (minimum of 2, and max of 10 members per family).
- Family is whoever you define it to be, including close family friends.
- In general, camp activities are designed for school-age children and adults. Younger children are also welcome. Families with young children are encouraged to reach out to our camp team ahead of time for more guidance.
- Campers under 18 must be accompanied by a parent/guardian or adult over 21.
- Family groups that are only adults are encouraged to consider our adult retreat as an alternative.

IS CAMP RIGHT FOR ME?

- Camp LIVIN is most appropriate for families who are currently in therapy or have participated in therapy in the past.
- Camp LIVIN provides intentional activities that are therapeutic. However, the weekend isn't designed to provide professional therapy. All participation in weekend activities is voluntary. You can choose to do as much or as little of the scheduled activities. However, if you choose not to participate in the group activities, the expectation is still that you are part of the community at mealtimes, etc.
- Camp LIVIN is appropriate for a loss that occurred at least 6 months ago (before November 2023)
- Camp LIVIN is appropriate for family members who have an age-appropriate understanding of suicide.
- Camp LIVIN is most appropriate for families looking to improve their wellness, such as unplugging, reconnecting with nature, and/or having an opportunity for self-care.
- Transportation is NOT provided.

EXPECTATIONS

- Families will acknowledge the individual; and the different ways people grieve and be respectful to everyone at camp.
- Families will respect the private and confidential nature of the camp.
- Families can expect a safe environment where they can participate in activities together and explore their grief as desired.
- Activities will include high ropes course, nature hiking, arts and crafts, swimming, waterfront, campfires, and small group activities.

COST:

- The cost per family (of 5) is a registration fee of \$50. If you would like to register more than 5 members, two registrations are required (Financial assistance is available if needed). Min 2 members, Max 10 members.
- Transportation assistance is available for those traveling from a different state. Please contact our team for more information camp@livinfoundation.org or (612)-805-0991.
- The low cost of Camp LIVIN is made possible by our generous partners and sponsors, so it is affordable and accessible for all families.

APPLICATION PROCESS:

Once we receive your application, you can expect a phone call from a member of our team to process your application. Most applications are processed within three weeks. We do not guarantee acceptance through this process. Additional information may be required. If this time frame has passed and you have not heard from us, please contact our office at camp@livinfoundation.org or (612)-805-0991

PACKING LIST

What to Bring to Camp:

1. Clothes for three days remembering that if you get wet or messy, you may need an extra change of clothes. Temperatures in May typically vary so plan on warm days and cool nights.
2. Swimsuit and towel for pool and waterfront activities.
3. Comfortable shoes including a pair of closed-toed shoes! The camp is big and we will do a good amount of walking. **Closed-toed shoes are required for all challenge course activities**
4. Bring appropriate sleeping attire.
5. Bedding – you will each have a bed that has a twin-sized mattress on it. You will need Sheets, Blankets, and pillows for each person attending. You can also use a sleeping bag instead of sheets.
6. Towels and washcloths for each person attending.
7. Toiletries: soap, shampoo, brush/comb, toothpaste, toothbrush, sunscreen, insect repellent, chapstick etc.
8. Flashlights and batteries (optional but handy)
9. Spending money for the Camp store and vending machines (optional)
10. Snacks and/or drinks, including reusable water bottles. There is LIMITED STORAGE!
11. Any medications that you may need. Please note it will be requested that you lock up any medications you bring along and appropriate storage areas will be provided. If you have medicines that need refrigeration, please let us know as soon as possible!

DO NOT bring weapons of any kind to camp. Knives, firearms, valuable jewelry, expensive cameras, your pets, radios, etc. do not belong at camp. Camp LIVIN and Camp Courage are not responsible for loss or damage to your items.

As camp approaches, we will send an informational packet with all the details you need to prepare for a great weekend