

CAMP OVERVIEW

Sample Itinerary

Time	Activity
8:00 AM	Breakfast
9:00 AM	Morning Session
10:00 AM	Crew Time
11:00 AM	Free Time
12:30 PM	Lunch
1:00 PM	Wellness Workshop
2:00 PM	Games + Activities
3:00 PM	Wellness Workshop
4:30 PM	Free Time
5:30 PM	Dinner
6:00 PM	Free Time
7:00 PM	Evening Session
8:00 PM	Crew Time
9:00 PM	Games + Activities
10:30 PM	Get to Bed
11:00 PM	Lights Out

What is crew time?

This is the designated small group time for students to meet with their assigned crew and mentor. During these discussions, crews will walk through our self-discovery curriculum that helps students recognize the power of their story.

What are sessions?

Sessions are special moments throughout the day when we welcome a guest speaker to camp and invite them to share their comeback story with the students. These sessions then conclude with a time of Q&A with the guest speaker(s).

What are wellness workshops?

These workshops equip students with practical and applicable life skills that help them prepare for life after the camp. Some of the workshops we've facilitated in the past include mindfulness, self-care, decision making, and goal setting.

What kind of activities are there?

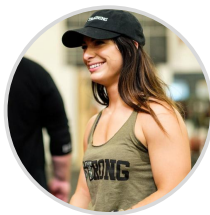
All activities are designed to help student socialize with one another, develop new friendships, and introduce students to the power of the ForeverU community.

Previous Camp Speakers



Jonny Imerman

2x Cancer Survivor
Founder of Imerman Angels



Maddy Forberg

Professional Powerlifter
USAPL Coach



Christian Perry

Empowerment Speaker
Founder of Grind Grately



Keith Semple

Finalist on 'The Voice'
Lead Singer of Semple



www.foreverumovement.org/camps