



HOW TO APPLY

Camp Mabon, a small group experience, accepts only 12 women. If you would like to attend Camp Mabon, you must meet the criteria listed inside this brochure and fill out an application online at:

www.earthbasedhealing.org

The **application deadline is July 31, 2017**. If you are not selected, you will automatically be placed on our waiting list and may be called in the event a participant cancels, which is not uncommon.



QUESTIONS?

E-mail the director, Michele Zehr, at: michelezehr@earthbasedhealing.org



PHOTO CREDITS: KAREN MULDER & JENNIFER LEE



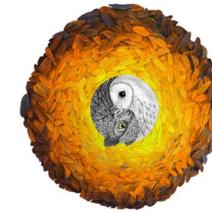
PAST PARTICIPANTS SAY:

“Before I came to camp, I was nervous about the experience, but when I arrived, I settled in comfortably. By the close of camp, I felt like I never wanted it to end.”



“Camp will help you change and move forward in your life. It will bring you healing and light.”

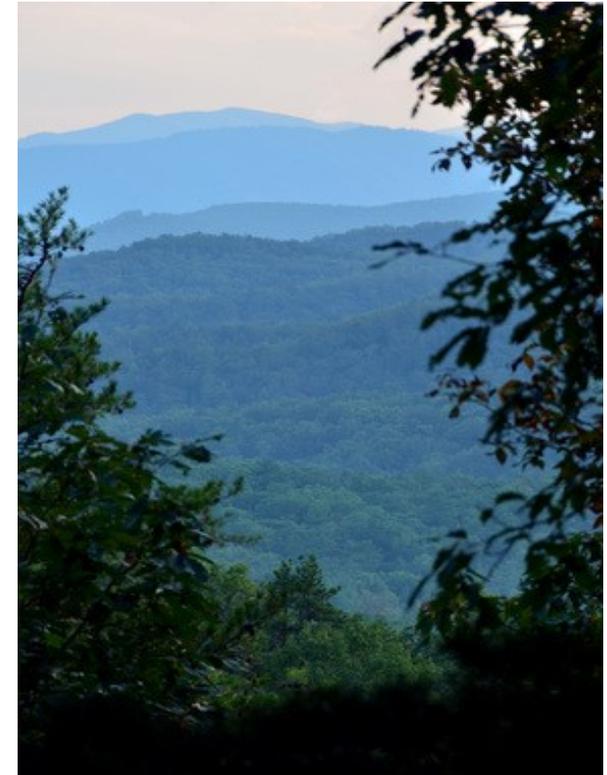
“Camp has done more to help me heal than anything else I have ever done, and you are



CAMP MABON



A JOURNEY WITH MOTHER NATURE
For Survivors of Sexual Violence
September 22-24 2017



“I was afraid I’d have to tell my story, but camp is about living in the present, not the past. Nobody was expected or asked to tell their story.”



CAMP MABON IS OFFERED THROUGH
THE CENTER FOR EARTH-BASED HEALING OF AIWP
www.earthbasedhealing.org
THIS PROJECT IS FUNDED BY VOCA GRANT #17-A4098VW15



ABOUT CAMP MABON

Camp Mabon is a three-day nature-based retreat for women who have survived any act of sexual trauma that involved a family member, intimate partner, acquaintance, or stranger. The camp provides a positive, pivotal, and transformative outdoor experience, particularly for survivors who may have limited resources.

Camp Mabon takes place at Douthat State Park, which has been named one of the Nation's 10 Most Beautiful Parks by the *Outside Family Vacation Guide*.

This relatively risk-free outdoor experience gently guides survivors past their comfort zones to enhance their ability to face and reframe fears, to regain a sense of control of their bodies, and to promote spiritual healing through nature connection. Activities include hiking, gentle yoga, journaling, guided meditation, crafts, singing, drumming, and much more. No prior outdoor experience is required.



Mabon is the Celtic celebration of the Autumn Equinox, symbolizing a time of harvest and the balance between day and night. In Celtic lore, Mabon offers us an opportunity to acknowledge the natural world and reflect on the healing powers of nature. Camp Mabon helps survivors restore the balance between light and dark, inspiring them to tap into the natural healing resources that surround them.



CRITERIA TO ATTEND

Camp Mabon participants must be adult (18 and over) female survivors of adult or childhood sexual trauma involving a family member, intimate partner, stranger, or acquaintance. To support those in recovery, please do not bring drugs or alcohol to camp.



Whereas our programs are available to Virginia residents and surrounding states, we encourage survivors from Virginia's Southwest, Southside, Hampton Roads, and Eastern regions, specifically, to apply for our programs. We have reserved three spaces for survivors living in these geographically isolated regions of Virginia.



"Before camp, I felt broken and alone. After camp, I found hope that I can heal."



GETTING TO CAMP

Camp Mabon relies on a "community approach" for carpooling to Douthat State Park. We connect participants who live in the same vicinity, and we ask all participants who can provide transportation to consider volunteering to drive others, since many women do not have access to transportation, and parking spaces are limited at the lodge.



RESERVING YOUR SPACE

Camp Mabon is funded through a federal VOCA grant and is offered at no cost to survivors, however each space is valued at \$900 per person and the efficacy of our programs depends on having every space filled. After applying online, if you are offered a space, you will be asked to make a **fully refundable** \$100 deposit in order to secure your space. A refund will be issued upon completion of camp.

Refund Policy: A refund will be given for any cancellation prior to Sept. 14, 2017. After Sept. 14, 2017, the participant will not be eligible for a refund.



"Camp is a place to feel safe and grow. The women that surround you are sharing the journey and that common bond brings strength beyond measure."



LOCATION & LODGING

Participants stay in Creasey Lodge, located in beautiful Douthat State Park. We share dorm-style bunk



rooms that fit up to four campers. Climate-control, full bathrooms and kitchen facilities enhance the comfort of the camp experience. The lodge and most Camp Mabon activities are wheelchair accessible.