



## HOW TO APPLY

Camp Mabon, a small group experience, accepts only 12 women per camp. If you would like to attend Camp Mabon, you must meet the criteria listed inside this brochure. If not selected, you will automatically be placed on our waiting list.



Apply online at:  
[www.earthbasedhealing.org](http://www.earthbasedhealing.org)

-or-

Print the application online and mail to:  
CEBH  
901 Pigeon Hill Rd.  
Roseland, VA 22967



## QUESTIONS?

Call us at 434-277-5001 or email us at:  
[michelezehr@earthbasedhealing.org](mailto:michelezehr@earthbasedhealing.org)



## WHAT PARTICIPANTS SAY

*The women that surround you are sharing the journey, and that common bond brings strength beyond measure.*



*I walked into the woods feeling like a prisoner of my past, but I walked out feeling like a warrior.*



*As a survivor, I can say this program has done more to help me heal than anything else I have ever done.*



*Camp will help you move forward in your life. It will bring you healing and light.*

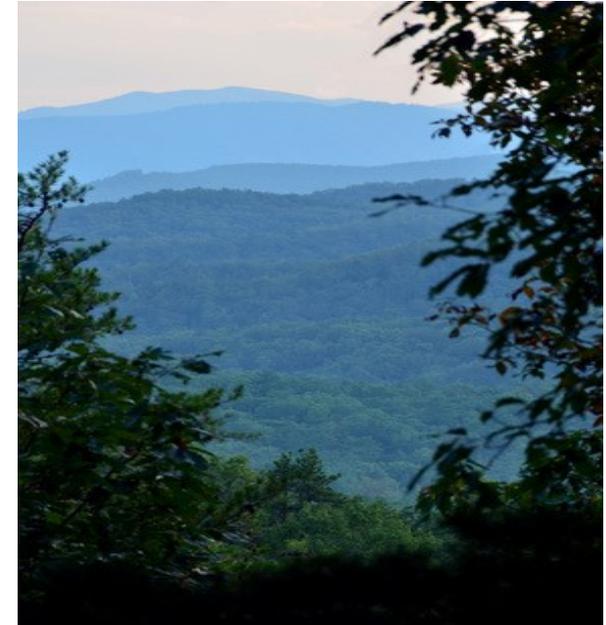


*Before I came to camp, I was nervous...by the close of camp, I felt like I never wanted it to end.*

# CAMP MABON



**A JOURNEY WITH MOTHER NATURE**  
For Survivors of Sexual Violence



*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.*



## September 20-22, 2019

Application Deadline: July 31, 2019



A PROGRAM OFFERED BY

**CENTER for EARTH-BASED HEALING**

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## ABOUT CAMP MABON

Camp Mabon is a three-day nature-based program for women who have survived any act of adult or childhood sexual trauma or sexual abuse involving a family member, intimate partner, stranger, or acquaintance. 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 experience spiritual healing through nature connection.

Activities include hiking, singing, gentle yoga, journaling, guided meditation, crafts, 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 healing resources that surround them in nature.



## CRITERIA TO ATTEND

Camp Mabon participants must be adult (18+ years) female survivors of adult or childhood sexual trauma or sexual abuse involving a family member, intimate partner, stranger, or acquaintance. To support those in recovery, drugs and alcohol are prohibited at camp.



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



*The camp staff and fellow campers have affected me more in a few days than many have in my whole life...I’ve never felt stronger. I now know that I am a powerful person and I deserve greatness.*



## 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 ahead of time, 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.



## RESERVING YOUR SPACE

Camp Mabon is funded through a federal grant and is offered at no cost to survivors, however, each space is valued at \$1,000 per person and program quality depends on having every space filled. If you are offered a space, you will be asked to make a **fully refundable** attendance commitment deposit to secure your space. Your check will not be cashed and will be returned to you at the end of camp.

**Cancellation & Refund Policy:** If you choose to no show or cancel less than 7 days before camp, you will forfeit your deposit.



*Before camp, I was afraid I would be too old and out of shape to fit in and participate. After arriving, I felt completely accepted for who I am, just as I am. I felt loved and supported every gentle step of the journey.*



## 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, three full bathrooms and kitchen facilities enhance the comfort of the camp experience. The lodge and most Camp Mabon activities (except hiking) are wheelchair accessible.