



## Camp Unity Halton Information Sheet

### What is Camp Unity?

- Camp Unity was developed and modeled after Camp Unity Brant (Woodview Mental Health and Autism Services)
- Camp Unity is for children/youth diagnosed or suspected of FASD who struggle with the traditional day camp environment.
- Camp Unity is funded and supported by Halton Region, ROCK, donations and camper fees.
- Camp Unity is a partnership between ROCK, Halton Region and the Halton Catholic District School Board. The camp is also supported by Woodview Mental Health and Autism Services (Camp Unity Brant) and the Halton FASD Collaborative.
- Camp Unity is an electronics free environment, including no cell phones. \*Junior Leaders are permitted to bring a cell phone.
- Camp Unity is a “hands-off” camp where stressful situations or big feelings are dealt with through redirection, providing space, utilizing calming approaches and co-regulation techniques.
- Camp Unity is proactive in considering group dynamics of campers; to enhance group cohesion, ensure appropriate staffing & supervision, increase success and reduce conflicts.
- Camp Unity has an advisory group which consists of members from each partner agency (i.e., ROCK, Halton Region and the Halton Catholic District School Board) and parents/caregivers

### What happens at Camp Unity?

- Swimming (*2 times a week*)
- Weekly Community outings (i.e., Bronte Park, Cooking Class, Animal Farm etc.)
- Creative Art Programming (i.e., woodworking, cooking, science experiments, painting, pottery class etc.) (*daily*)
- Sports activities (Indoors and Outdoors) -structured and unstructured (*daily*)
- Community Guests (i.e., Coach Dave, Halton Police etc.) (*weekly*)
- Socialization (*daily*)
- Down time (i.e., movies, listening to music etc.) (*daily*)
- Mindfulness Mornings (*daily*)
- Zones of Regulation (*daily*)
- And **LOTS OF FUN!**

### Who is Camp Unity for?

- Children/Youth aged 6-15 with or suspected of FASD that would benefit from an FASD informed camp environment.
- Children/Youth who reside in the Halton Community.
- Children/Youth who are not successful at traditional day camps
- Children/Youth who are able to follow the structure of the daily routine at camp with some support
- Children/Youth that want to participate in a group/camp experience



#### Who is Camp Unity unable to support?

- Children/Youth who are unable to manage community outings or dislike swimming
- Children/Youth who need more than 1:1 support to be successful
- Children/Youth who would prefer to be on their own or participate in activities 1:1

#### Who works at Camp Unity?

- Camp is overseen by ROCK (Sue Brooks, Program Manager) who frequently visits camp and engages with the campers and staff.
- Camp Unity has 2 Camp Directors and 5-6 Camp Counsellors.
- This year Camp Unity will be hiring Junior Leaders from our FASD Leaders in Training Program (LIT)
- Staff are hired through ROCK and Halton Region. Staff will receive FASD specific training prior to the start of camp.
- Camp Counsellors are typically College and University students with educational backgrounds as CYWs, Teachers, Educational Assistants, Social Workers etc.
- Camp Unity also supports College and University student placements (i.e., Occupational Therapist student, CYW student etc.)

#### How do I apply for Camp Unity?

- Fill in the Camp Application (found on [haltonfasd.ca](http://haltonfasd.ca)), review the Camp Information Sheet and return the Camp Application to **ROCK Attention: Camp Unity**;
  - either in-person or by mail - 471 Pearl Street, Burlington ON, L7R 4M4
  - Or fax 905-681-7477
- Camp Applications will NOT be accepted by email.
- Camp Applications need to be returned by the **deadline** outlined on the Camp Flyer - **Friday, April 3<sup>rd</sup>, 2020**
- Camp decisions will be made by the end of April and caregivers/guardians will be notified via email or phone by one of the Camp Directors
- There is NO guarantee that you will get the week(s) you are requesting due to the high volume of applicants and our considerations on group dynamics.
- If you are notified of successfully receiving a spot at Camp Unity, a camp intake package will be sent for completion.
- Once the package is completed and returned, one of the Camp Directors will follow up with a phone call and/or will set up a meeting to gain more information about your child/youth.
- Payment will be due after camp spot(s) are confirmed. Camp fee is \$200 per week. If subsidy is required please contact Sue Brooks at [sueb@rockonline.ca](mailto:sueb@rockonline.ca) or 905-634-2347, Ext. 1234.
- Camp Times are from 9am-3pm. Transportation to camp is the responsibility of the parent/caregiver.
- After camp care is no longer available

For any questions about Camp Unity please contact Sue Brooks at [sueb@rockonline.ca](mailto:sueb@rockonline.ca) or 905634-2347 ext. 1234