



Camp Eclipse

What is Camp Eclipse?

Camp Eclipse: OUT in the Woods brings together youth between the ages of 16 and 24 for 4 days of empowering workshops which take a solution focused, and strengths based approach to the issues faced by two-spirit, lesbian, bisexual, gay, trans, ace, intersex and queer (2SLGBTQ+) youth. Camp also offers outdoor nature activities and networking opportunities. This camp is open to any youth, regardless of their gender and sexual identity. At Camp Eclipse: OUT in the Woods, youth learn HOW to make it better for themselves and other.

What Does a Typical Day at Camp Eclipse Look Like?

Every day is different and exciting!

On the Thursday morning (August 22nd, 2019) in St. John's, a bus will pick participants up and bring them to the Lavrock Centre. Upon arrival, participants put their belongings in bunk rooms, and then take part in some ice breakers to get to know each other. After lunch on the first day, participants work together to create community guidelines.

A typical day at Camp involves a variety of team building activities and workshops lead by youth leaders and mentors. After the first workshop there is a lunch break before beginning another workshop. All participants, youth and mentors included, participate in the workshops through discussions and open dialogue. Various activities are incorporated into the workshops to keep things interesting and engaging. All youth and mentors are strongly encouraged to participate in all workshops and activities, recognizing that people sometimes need personal space to reflect or relax.

During their free time, youth and mentors enjoy art, take part in nature hikes, watch a movie, or just hang out and chat.

Every night there is a campfire either by the pond or in the outdoor classroom. This is a great opportunity to catch-up and to reflect upon the day. And of course, you can't have a campfire without a sing along and s'mores!

Some Workshops in the Past Have Included:

Gender and Sexual Diversity:

Introduces people to diverse gender and sexuality related topics and the issues faced by members of the 2SLGBTQIA+ community.

Making Queerness Visible: Creating Safer Schools:

A workshop which discusses homophobia in schools and describes how youth can create safer schools by creating Gender and Sexuality Advocacy clubs in their schools.

Advocacy:

A workshop focused on advocacy which generates awareness and teaches people how to implement and initiate positive changes in their communities.

Coming Out:

Explores the various stages of coming out and how to be a support to other youth in the process of coming out.

- Various self-reflection workshops where people can explore their inner thoughts and fears and discuss how to address them.
- Various relaxation workshops which focus on taking care of ourselves.

How Do I Apply?

Any person interested in attending camp can contact Planned Parenthood using the contact information listed below. They are also welcomed to check out the Camp Eclipse Facebook page. For a \$25 commitment fee, youth receive meals, lodgings, transportation to and from St. John's, and the opportunity to take part in all the workshops. Any person interested in supporting Camp Eclipse can also contact Planned Parenthood using the same info listed below.

Why is Camp Eclipse So Important?

Recent tragic incidences across North America are bringing attention to the troubles LBGTQ youth face on a daily basis. Discrimination and Stigmatization in the form of gender oppression, heterosexism, and homo/bi/transphobia have lifelong impacts. Compared to other youth, LBGTQ youth are more likely to have: higher drop-out rates from school; lower self-esteem; higher rates of depression; higher rates of drug and alcohol use; increased incidences of mental health issues; greater exposure to extreme violence and bullying; higher rates of homelessness; and at the extreme, higher rates of suicide. Of course, everyone's experience is unique, and people cope in varying ways, depending on their environment, support network, and the resources available to them.

Camp builds upon the strengths of youth who are then empowered to:

- Find support for themselves.
- Offer support to other youth.

- Take positive steps to help end discrimination.
 - Create safer schools and communities
 - Overcome challenges in their lives.

Camp creates a safe space for youth to:

- Build social connections and support networks.
 - Build important personal skills.
- Develop a sense of belonging and a healthy sense of self; and have fun!

Sexual Health Questions? We Have Answers!

Location:

47 St. Clare Avenue, St. John's, NL, A1C 2J9

Hours:

Monday: 9am - 4:30pm
Tuesday: 9am - 4:30pm
Wednesday: 9am - 4:30pm
Thursday: 12pm – 6:00pm
Friday: 9am - 4:30pm

Phone:

709-579-1009
Toll Free: 1-877-NO MYTHS
(1-877-666-9847)

Website:

www.campeclipse.com
<http://www.plannedparenthoodnlshc.com>

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