



## ***TBI Family Retreat: Information for FAMILIES***

### ***What is the Retreat?***

The TBI Family Retreat provides an opportunity for families who have children and youth with traumatic brain injuries to share time together in a recreational setting at Camp Courage near Annandale. This annual event is for families with children and teens aged 5 and up who have a traumatic brain injury. 15 families participate in the retreat each year. Children and teens (including siblings) enjoy activities planned and supervised by dedicated volunteers, while parents attend a variety of informative and relaxing activities. Meals, accommodations, and overnight lodging are provided at the camp, which is wheelchair accessible.

The weekend is filled with activities for everyone, and concludes on Sunday at noon. Meals are eaten family-style in the camp dining hall. Activities for the children/teens include both indoor and outdoor games and recreational pursuits that revolve around a specific theme, and also include time for relaxing in the indoor pool, basketball in the gym, or walks on the many nature trails. Parent activities include listening to invited speakers, talking with other parents, gathering resources and information, and enjoying some much deserved relaxation.

There is a registration fee of \$30 for each participating family. (There are a limited number of scholarships available; contact Deb Williamson for more information.) ***Although the retreat has typically occurred in the spring in past years, the 2012 Retreat will occur in October.*** This change was made by a retreat steering committee made up of both Retreat organizers and host parents, for the following reasons: Mid-fall tends to be less busy for families; fall can bring potentially better weather; and there is more availability of college-age volunteers (early May typically runs into final exam week preparations and graduation). We look forward to seeing both returning and new families next fall at the Annual TBI Family Retreat!

***2012 TBI Family Retreat will be held on the FIRST weekend in October  
(Friday evening, October 5<sup>th</sup> through Sunday noon, October 7<sup>th</sup>) at Camp Courage***

For more information, contact Deb Williamson at: [Deb.Williamson@metroecu.org](mailto:Deb.Williamson@metroecu.org)  
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