



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

### ***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, MN. 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.

**Volunteers participate all day Saturday**, and are paired off with an assigned camper for the full day, which include a variety of indoor and outdoor games and recreational pursuits. There is also time in the afternoon for relaxing in the indoor pool, basketball in the gym, or taking walks on the many nature trails. While the campers and volunteers are busy with activities, parents are listening to invited speakers, talking with other parents, gathering resources and information, and enjoying some much deserved relaxation. Volunteers are also invited to stay for dinner and evening entertainment. (Although volunteers leave at the end of the day Saturday, families continue the camp experience through Sunday noon.) Certificates of Attendance are provided to all volunteers.

***NOTE: 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 hope you can find time to volunteer at this worthwhile, enjoyable event!

***~The 2012 TBI Family Retreat will be held on the FIRST weekend in October  
At Camp Courage, Maple Lake***

**If you are interested in volunteering at this event, contact Lee George:**

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