

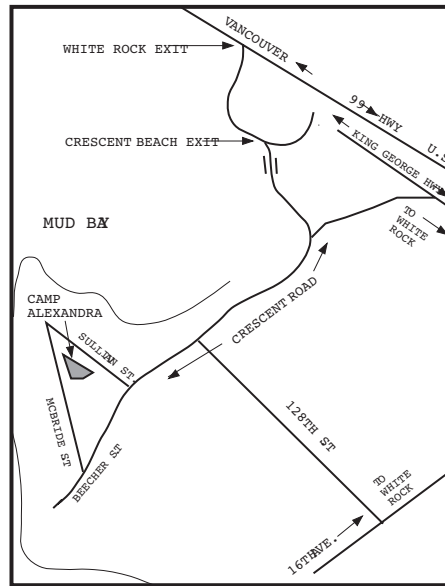
WHAT TO BRING

- Sleeping bag or blankets, pillow
- Comfortable clothing suitable for both cool, wet weather and warm days (enough for each day of camp), please mark all clothing with your name.
- Towels, face cloth, soap, personal toiletries, shampoo, medications
- Comfortable shoes and socks for walking, runners for beach wear - going barefoot is not encouraged
- Sunhat, sunscreen, bathing suit
- Baby bottles, baby blankets & specialty baby food baby monitors
- Diapers
- Musical Instrument- if you play one
- Extra books, games, etc. for quiet times
- Flashlight, nightlight or bedside light




STAFF

The Camp Director and Community Services Manager are professional staff members of the Association of Neighbourhood Houses. Counsellors are mature, capable and enthusiastic university students fully trained in the skills required to provide effective leadership and care. A first aid attendant is in residence and a doctor is on call. A trained cook is employed to provide healthy, nutritionally balanced snacks and three full meals daily.



TRANSPORTATION

Transportation arrangements to and from Camp Alexandra will be provided if required. The #351 bus service provided by local transit from Vancouver will drop you off at our front door. Plan to travel at off-peak times so your luggage is not a problem. Transit phone number is 604 953-3333.

CAMP ALEXANDRA 
Crescent Beach Community Services
 2916 McBride Ave.
 Crescent Beach, Surrey BC V4A 3G2

Phone: 604 535-0015 Fax: 604 535-2720
Email: cbcsanh@uniserve.com
Website: www.campalex.com

Camp Alexandra is an accredited member of the BC Camping Association.
 Camps are partially subsidized by:
 The Ministry of Children & Family Development,
 Province of BC Gaming Branch

TEEN & YOUNG MOM SUMMER CAMP 2009



**CAMP
ALEXANDRA**
 2916 McBride Avenue
 Crescent Beach, Surrey BC

EST 1918



CAMP ALEXANDRA

is a seaside resort camp on 2 1/2 acres in the village of Crescent Beach. Along sandy shelf runs out into Boundary Bay from the shore, ideal for crabbing, and exploring. The camp is convenient to White Rock, the USA border and municipal parks. Camp Alexandra is rich with history and has been hosting campers for over 90 years.

CAMP FACILITIES

The Lodge: with full kitchen facilities, and dining room; Crafts Room and Games Room on the second floor.

Lounge: available to enjoy a cosy fire, coffee and conversation.

Alexandra Hall: with fireplace for special events and large group programs.

First Aid Room: with attendant in residence and a doctor on call.

Children's House: fully equipped, with play enclosed area

Play Area: fully equipped playground and two small play areas, shuffleboard courts, volleyball court and basketball.

Laundry Facilities: provided for emergency use only.

SLEEPING ACCOMMODATIONS

Each family will have separate accommodation in one of the following:

- Two bungalows divided into separate sleeping rooms.
- Seven cabins accommodating up to eight people each.
- Longhouse to accommodate staff and campers.

"I've been able to get away from home and stress"...
"this camp is a very cozy, loving and all-round good environment"..."awesome counsellors"

PROGRAM

Moms are invited to participate in a variety of programs and events that will be planned throughout the day and evening. However, involvement in programs is optional as camp provides an opportunity to relax in a supportive environment without the pressures of daily living.

In addition to arts, crafts, nature walks, archery, sports, campfire and evening special events other fun and educational programs will be provided including the following :

KITCHEN KAPERS

- learn how to make budget conscious and nutritious family meals

MOTHER GOOSE

- enjoy a morning with your child learning fun stories and nursery rhymes

RAISING HEALTHY CHILDREN

- recognize your personal achievements and learn strategies to increase your health and well-being
- learn the importance of self esteem

PAMPER ME

- learn a variety of exercises for stress release with your children
- discover new hair styles and fashion savvy

FEES

Cost per camper for the session is:

Moms	\$200
Children	\$170

Subsidies are available for those on income assistance. A reduced fee schedule is available based on income

CAMPING SESSION

Dates: Tues June 30-July 3
Arrival Time: 10-11am Tues June 30
Departure Time: 11:30am Fri July 3



CAMP INCLUDES

- transportation to and from Camp (if required)
- 3 nutritious meals and 3 snacks per day
- fully trained first aid attendant on site 24 hours per day
- qualified pre-school teacher supervising the childcare program for six hours per day for children of all ages
- professional facilitators leading programs
- trained and motivated counselors working with parents and children in programs and activities
- all program supplies and equipment

