

## Safe Families

...a special camp for special kids...

A unique camp for children and their families who have survived domestic violence...

Positive healing process diminishes self blame and alienation...

Typical camp activities along with a counseling component...

Week-long, free program at the Ronald McDonald Camp in Eagle Lake, CA...

Provides fun, education, and fosters self-esteem....

Professional, licensed counselors and dedicated community volunteers as staff....



*“Although the world is full of suffering, it is also full of overcoming it.”*

*Hellen Keller*

**Family Counseling Service  
of Northern Nevada, Inc.**

**575 E Plumb Lane**

**Reno, NV 89502**

**(775) 329-0623**

**<http://www.fcsnv.org/>**

*Family Counseling  
Service of Northern  
Nevada*

*presents*

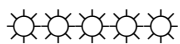
## Safe Families Camp

A healing camp for kids impacted by domestic violence





Safe Families Summer Treatment Camp is a camp that helps youth recover from the detrimental effects of exposure to parental domestic violence. Children and teens exposed to domestic violence are at high risk of repeating damaging cycles of violence, have feelings of anxiety and depression and isolate. Many don't get to experience a "typical" childhood, and may feel responsible for their families. The goal of this camp is to provide a healing environment to kids, and a safe family adult, if applicable, while also allowing them to experience the joys of childhood camping. Kids sleep in cabins, sing camp songs, engage in activities like arts and crafts, archery, hiking, biking and swimming. For a week, kids who attend the Safe Families camp can break their isolation, be with peers who have experienced similar circumstances, talk with professional counselors and engage in counseling under the blue sky of Northern California.



## Advice from a Tree

By Ilan Shamir

*Dear Friend,  
Stand Tall and Proud  
Sink your roots deeply into the Earth  
Reflect the light of a greater source  
Think long term  
Go out on a limb  
Remember your place among all living beings  
Embrace with joy the changing seasons  
For each yields its own abundance  
The Energy and Birth of Spring  
The Growth and Contentment of Summer  
The Wisdom to let go of leaves in the Fall  
The Rest and Quiet Renewal of Winter  
Feel the wind and the sun  
And delight in their presence  
Look up at the moon that shines down upon you  
And the mystery of the stars at night.  
Seek nourishment from the good things in life  
Simple pleasures  
Earth, fresh air, light  
Be content with your natural beauty  
Drink plenty of water  
Let your limbs sway and dance in the breezes  
Be flexible  
Remember your roots  
Enjoy the view!*

Healthy families must build strong roots



**Dates: July 3rd-9th, 2016**

**Place: Ronald McDonald Camp, Eagle Lake, California**

**Cost: Free to qualifying children**

**Ages: 8 to 17 years old, male and female, and a safe adult family member**

**To sign up a child:**

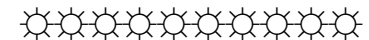
**Call Family Counseling Service of Northern Nevada at 775 329-0623**

**E mail:**

**stuart@familycounselingservice.org**

**caitlyn@familycounselingservice.org**

**Visit: <http://www.fcsnv.org/> and click the Safe Families link**



F a m i l y   C o u n s e l i n g  
S e r v i c e   o f   N o r t h e r n  
N e v a d a

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