# P.A.C.E. Retreat

## **Logistics Info**





### When:

Memorial Day Weekend Arrival / Drop Off:

Friday @ 5:00PM

Departure / Pick Up:

Monday @ 12:00PM

Parking is available on-site if you are driving yourself.

#### Location:

Camp Max Straus 1041 Shirlyjean St, Glendale, CA 91208



#### What to Pack:

- Clothing for 3 days and 3 nights
  - Weather will be hot during the day and cool at night
  - o Comfortable clothing that you can move around and be active in.
- Jacket
- Toiletries Toothbrush, shampoo, etc.
- Bath Towel / Beach Towel
- Sleeping Bag and Pillow
- Flashlight
- Water bottle
- Hat
- Sunscreen
- Closed toed shoes (for hiking)
- Notebook & writing utensil
- Small day bag / backpack

## Keep in Mind...

- Medicines
  - You will be in charge of your own medicines.
  - One nurse will be on staff
  - o Refrigeration is available if needed
- Sleeping Arrangements
  - You will be sleeping in closed cabins, separated by gender.
  - Cabins have bunk beds which come with mattresses
    - No linens provided. Bring sleeping bag & pillow



## What to expect:

The retreat is a four day, three night experience with 50 young adults with CHD. You can expect to participate in lots of small group workshops and team-building activities.

The retreat program allows you to share your experiences and ask questions of people who have gone through many of the challenges you may be facing.

Be prepared to learn, share and to challenge yourself. The retreat is not an extension of Camp del Corazon summer camp. PACE is a leadership building program, and you will get what you put in out of it.

This retreat is an opportunity away from the stress of life and our routine, to come together to heal, laugh and share our knowledge and resources. We hope you'll join us!



## Where to apply:

# campdelcorazon.org/paceretreat



**Contact Info** 

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