

Camp Dragonfly Purpose

In almost every part of the world the dragonfly symbolizes change. Change in the perspective of self-realization; the kind of change that has its source in mental and emotional maturity and the understanding of the deeper meaning of life.

Camp Dragonfly will assist survivors on their healing journey through purposeful activities and interaction with other survivors in a safe, nurturing, and supportive environment.

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Directions

**4360 County Home Rd
Conover, NC 28613**

From Interstate 40: Take Exit #130. At top of the ramp, take a right turn. Go straight through the traffic light (passing Jack in the Box on your right). At the next light, turn right onto Herman Sipe Rd. At the end of Herman Sipe Rd., take a left at the stop sign onto County Home Rd. Take the first right to reach our parking lot.

For more information or to register, please call
Children's Advocacy & Protection Center
Melissa Ammons
(828)-465-7664
Fax: 828-256-7711

www.catawbacountycapc.org

Funding provided by the United Way Youth Council



Camp Dragonfly



The dragonfly represents our ability to overcome in times of hardship and reminds us to take time to reconnect with our own strength, courage, and happiness.

Camp Dragonfly runs in the summer for 3 consecutive weeks for 3 days per week.

Transportation, meals, and all activities will be provided at no cost to the camper.



**Children's
ADVOCACY & PROTECTION CENTER
OF CATAWBA COUNTY**

Facts

- Child sexual abuse is much more prevalent than most people realize.
- About 1 in 7 girls in the United States will be sexually abused by the time they turn 18.
- The Children's Advocacy and Protection Center provides services such as forensic interviews, advocacy, and therapy to about 190 girls each year from Catawba County in cases where there were allegations of sexual abuse.



Activities

Campers will gain new insight through journaling, art therapy, and expressive exercises and activities. Their faith in others will be restored through team building and trust exercises. They will experience increased self-awareness and self-esteem as they learn new coping skills and approaches to healthy living through yoga/dance classes, ropes course, animal assisted therapy, physical activity, and self-defense education.

Activities:

- ♦ *Swimming*
- ♦ *Horseback Riding*
- ♦ *Cooking Lessons*
- ♦ *Yoga/Meditation*
- ♦ *Therapy Dogs*
- ♦ *And much more!*

Frequently Asked Questions

- ♦ **Who are the girls that come to camp?** All of the girls who attend Camp Dragonfly are ages 13-17 and are from Catawba County. They are all survivors of sexual abuse and/or sexual assault.
- ♦ **Where is camp?** "Home base" for camp is in the space adjacent to the Children's Advocacy and Protection Center in Conover and activities are at various locations around Catawba County.
- ♦ **What if I don't have a car?** Transportation to all activities is provided and all girls will be picked up at home before camp and dropped off at home after camp.
- ♦ **What about food?** All food, snacks, and drinks are provided. If you need special foods, we can make sure you have what you need.
- ♦ **Who are the adults in camp?** All of the camp counselors are Children's Advocacy Center employees or background-checked, trained volunteers.
- ♦ **I don't really like to talk about my abuse. Is camp still right for me?** We are honest about all campers being survivors of abuse but no one is ever asked to speak about their experience. Some girls want to talk about what happened to them and others don't. No one will ask you to talk about your specific situation.
- ♦ **How much does it cost?** Many people work together to make sure camp doesn't cost the girls or their families any money.

If you have additional questions, would like to speak with someone about Camp Dragonfly, or would like an application, please call Melissa Ammons at 828-465-7664 or email at mammons@catawbacountync.gov

We hope you will join us if Camp Dragonfly sounds like the place for you