



# LAND-CARE *Self-Care*

**Lake Park Society  
Land-Care / Self-Care 2023 Camp  
Application Package**



Hi!

Thanks for your interest in attending Land-Care / Self-Care with Lake Park Society this summer.

This camp is generously supported by grant funding and only a limited number of seats are available. Lake Park Society is offering these spaces to eligible applicants on a first-come, first-served basis. If you'd like to attend, please complete the short application attached on the following page, to help us get to know you better. We will respond promptly to confirm your eligibility. Remember that seats are filled on a rolling basis, so don't delay.

You can also reach out to us at any time, by email.

Hope to see you at the Lake this summer,

Best,

A handwritten signature in dark ink that reads "Stuart Higgs". The signature is written in a cursive, flowing style.

**Stuart Higgs**

Director of Education and Events, Lake Park Society



## Camp Description

The environmental challenges we face are daunting. They can take a toll on everyone's mental health but particularly youth, who face an uncertain and perilous future. At Lake Park Society, we know getting outside with friends can help. We're inviting participants to spend a week with us this summer, focusing on mental health and environmental action. Through games, activities, art, outdoor adventure, and dialogues with community mentors, we're asking "how can we care for the land, and how does the land care for us?"

During camp we will:

- Recharge by hanging out with new and old friends, exploring beautiful places in the forest, and paddling our big voyageur canoes up the Lake;
- Build resilience through self-care and community-care;
- Practice hope-based environmental action and meet an inspiring group of community mentors with stories from their own environmental justice work;

Land-Care / Self-Care is inspired by the work of educators and activists including Robin Wall Kimmerer, Bell Hooks, Paulo Freire, and the Knowing the Land is Resistance Collective, among others. Camp will run from July 17th to 21st at Cumberland Lake Park Campground. This includes programming from 10:00 AM - 4:00 PM from Monday the 17th to Thursday the 20th, and from 10:00 AM - 6:00 PM on Friday July 21st.

The camp is open to all participants between the ages of 13 and 17 years old. Lake Park Society is currently a settler-led organization that values equity, diversity, and inclusion. We acknowledge systemic barriers exist in outdoor spaces. We are particularly interested in hearing from applicants from equity-deserving groups including Indigenous, Métis, BIPOC, and members of the 2SLGBTQIA+ community. Please contact us if you have concerns regarding the accessibility of our programs or if there is anything we can do to support your participation.

This is the first year Lake Park Society is offering this camp and, thanks to the generous support of Island Health, we are able to offer a subsidy to every participant. Registration in 2023 is only \$25!



## Applicant's Personal Information

First Name:

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Last Name:

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Pronouns (optional):

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Age on July 17, 2023:

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Where do you currently live?

Cumberland ☐

Courtenay ☐

Comox ☐

Other, in Comox Valley:

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Other, on Vancouver Island:

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Elsewhere:

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## Adult Caregiver / Parent's Personal Information

First Name:

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Last Name:

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Pronouns (optional):

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Relationship with applicant:

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## Application Questionnaire

Reciprocity – the giving and receiving of gifts – is a big theme in this program. We're curious what you would bring to camp and what you would hope to receive from attending. Please respond to the two, broad questions below. You can respond in whatever format feels best for you, including:

- ☐ Video: respond in a 3-5 minute video.
- ☐ Audio: respond in a 3-5 minute audio recording.
- ☐ Written: Respond with a short letter or essay (less than 500 words)

**Question 1:** *What interests you about this camp and how does it connect with your interests, passions or existing skills? Tell us a bit about yourself. Is there anything specific you'd like us to know about you?*

**Question 2:** *What do you hope to do, learn, or experience during this camp? What caught your attention about this camp? How might it help you toward your goals or dreams for the future?*

Completed applications can be sent via email to [education@clws.ca](mailto:education@clws.ca). Apply as soon as possible. Seats are filled on a rolling basis, so don't delay!

If you have any questions or difficulty with the application process, please contact Stuart via email at [education@clws.ca](mailto:education@clws.ca).