



# MindSet



## Camp Guide



eliminating racism  
empowering women

**ywca**

Mankato

6th-8th Grade

# General Information

**MindSet is a program created by YWCA Mankato to empower girls to feel in control of their mental and emotional health.**

**Program goal:**

Youth are more aware of their feelings, both emotionally and physically, and have a better understanding of how to process their emotions. They know themselves better and are empowered to be their best selves.

**Who:** 6th - 8th grade girls & gender-expansive youth

**Where:** Giving Barn at Sibley Farm

1080 Mound Ave, Mankato, MN

**When:** July 22rd - 26th, 12:30 - 4:30 pm

Afternoon snacks will be provided by the YWCA.

Drop off is from 12 - 12:30 pm pick up is 4 - 4:30 pm.



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# Camp Staff



**Jocelyn Hartman**  
YWCA Youth  
Programming Coordinator



**Erin Spake**  
Social Work  
Intern/Volunteer

Staff/camper ratio: 5:1

Staff and volunteers will have passed a criminal background check.

CPR certified staff on site every day of camp.

Volunteers will have also completed volunteer orientation and training prior to the start of camp.



**Volunteers**

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# Payment & Registration

**Cost: \$125**

Scholarships available on a first come, first serve basis.

To apply for a scholarship, please complete our short application and submit for review.

To register, please scan the code below or visit our website [ywcamankato.org](http://ywcamankato.org)



**Full amount is due at time of registration.**

Four weeks notice must be provided to receive full refund if your child is unable to attend.

50% refund provided after four weeks and up to two weeks before start of camp.

If less than two weeks notice is provided, no refund will be provided.

## **Questions?**

Please reach out to our Youth Programming Coordinator

Jocelyn Hartman at [jocelyn@ywcamankato.org](mailto:jocelyn@ywcamankato.org)

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# Camp Schedule

## **I am Unique.**

Day one explores the subject of identity. Participants will learn about their strengths and how they relate to others.

## **I am Strong.**

Day two focuses how we can create a healthy body image through movement, nutrition and positive self-talk.

## **I am Creative.**

Day three considers the creative process and the importance of hobbies in regards to mental wellness.

## **I am Connected.**

Day four explores our connection to nature and how we take time away from screens

## **I am Loved and I am Loving.**

Day five takes what has been learned and brings it out into the community through an act of service.

We will have daily presentations and activities provided by area experts in the various fields of mental health, nutrition, recreation, and art. Girls in grades 6-8 will be taking a field trip on day five of the camp. They will be volunteering at Oaklawn Rehabilitation in Mankato MN.

Participants will spend time in nature and creating art related to the daily themes. They will also have a chance to work as part of a team, have fun with peers, and discuss these topics in more depth in small groups.

The logo for MindSet, featuring the word "MindSet" in a grey, sans-serif font inside a white, stylized cloud shape.

MindSet

The logo for YWCA, featuring the tagline "eliminating racism empowering women" in a red, sans-serif font above the letters "ywca" in a larger, bold, red, lowercase sans-serif font.

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# Camp Rules

**Attendance:** If your child is unable to attend or will be late, reach out to YWCA staff as soon as possible.

**Check In, Check Out:** All campers must be checked in and checked out in person by an adult. No child will be allowed to get in a car without being checked out first. Adult must present photo ID to check out camper and must be listed as an approved pick up person.

**Phone use:** Campers will keep their cell phones, if they have them, on their person. Phone use will be limited, however. Please reach out to YWCA staff during camp hours if needed.

Volunteers will serve as camp guides and will be charged with leading and accounting for their group of 4-5 campers. Campers will be accompanied by their camp guide for restroom breaks, along with at least one other camper.

Campers must be able to follow directions and be mindful of others and the space.

**These rules were created to ensure the campers are safe and that they have fun while learning about mental wellness.**

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MindSet

The logo for YWCA, featuring the text "eliminating racism" and "empowering women" in a smaller, orange, sans-serif font above the word "ywca" in a larger, bold, orange, sans-serif font.

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**YWCA Mankato is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all.**



**MankatoYWCA**



**ywcamankato**

**YWCA Mankato**

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507.345.4629

[www.ywcamankato.org](http://www.ywcamankato.org)

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