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# GOODTIMES AT H ME

**SUMMER 2020  
CAMPER INFORMATION GUIDES**

# GOODTIMES AT HOME - SUMMER PROGRAMS

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## KIDS CAMP

Our virtual Kids Camp aims to bring together our 7-15 year old campers who have had a cancer diagnosis or are siblings or bereaved siblings of those with a cancer diagnosis through facilitated social and recreational programming. We hope this program gives our campers time to connect, share, create, and play together by bringing camp in to their own home.

### Before Camp

Before Kids Camp begins, campers will be mailed a welcome package containing a detailed program schedule and any supplies they made need for certain programs

Campers will also need to register for their activity choice blocks before camp begins so we can understand what supplies people will need. This will be done before campers receive their mailed package and after registration.

The day before camp starts, an email will be sent out with all necessary links for all sessions for the program.

### During Camp

Kids Camp will take place over 4 days from Monday, July 27<sup>th</sup> to Thursday, July 30<sup>th</sup>. During the course of those 4 days, campers will log on for three separate hour-long sessions each day. These sessions will vary and will include:

- **All Camp Program:** a time where all campers can be in the same virtual room and take part in the same activity. Whether it be a campfire, opening/closing circle, or carnival, we hope this gives campers a chance to see and interact with the whole Kids Camp community
- **Cabin Group Activity:** campers will be split up into groups of 6-8 depending on age to resemble the feeling of a cabin group. Split up by age, we hope campers build connections with peers who they normally would be connected with at camp. Supervised by at least two staff/volunteers, one of which will remain constant all week acting as the “skip,” some of these activities will take place online or instruction will be given at the start after which the group will disperse offline to complete their project before they come back together to share their results. Campers can expect to partake in activities like escape rooms, friendship bracelet making, scavenger hunts, and more.
- **Interest Specific:** before camp begins, campers will choose an interest specific activity to sign up for which they’ll take part in every day. Replicating our “super skills” program stream, interest specific activities will build skills and be hosted in both an online and facilitation with offline work platform. Campers can sign up for arts & crafts, science, nature, magic, and more.

We are cognizant of the amount of screen time our campers are facing in this new normal which is why we are striving to create an environment that allows them to practice independence in taking part in offline activities.

Before signing into these activities, we will have one person directing the online traffic to ensure everyone is where they are supposed to be. During activities, we will have the same support in case campers lose connection.



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## A DAY IN THE LIFE OF KIDS CAMP

Rise and Shine Camp Goodtimes! When the day starts, we will meet up in our cabin groups for our first activity of the day.



**10:00am – 11:00am:** Campers will be in their cabin groups taking part in their cabin group activity. Hosted by their Skip and an Activity Facilitator, the cabin group activity brings the group together in a smaller setting before breaking up for the day

**11:00am:** We will break up for lunchtime before we meet back for activity session 2. Each day there will be a themed lunch that campers can take part in at home and send us photos of their wacky lunch!

**1:00pm – 2:00pm:** Campers will be split up into their interest specific groups. This is the activity that campers signed up for before the session starts and they will be led by the same facilitator for all 4 days through the skill. These sessions will be all ages.

**3:00pm – 4:00pm:** The whole camp will come together at the end of the day for an all camp activity! Whether it be campfire or carnival, this will be a time to see the whole community all together, be silly, and have fun before signing off for the day.

Each day the All Camp Activity and Cabin Group Activity will change. The Interest Specific Groups will be the same each day, learning about the same theme each day but with new activities.



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## FAMILY CAMP

Family Camp is a place to connect with other families who have gone through a similar experience in a fun, recreational setting. Offered to the immediate family members of a child diagnosed with cancer including two caregivers, or a bereaved family, Family Camp brings about an environment of connectedness and support. Mixing in parts of our traditional Family Camp with new elements to meet our new camp medium, we hope this platform still gives families time to be together, meet other families, and have fun with one another in a facilitated setting.

### Before Camp

Before Family Camp starts, we will be mailing each family a welcome package that contains their name beads if they are a new family, a detailed program schedule, and any program materials they may need for their time at Family Camp.

One of the activity choices during Family Camp is a “Family Choice” activity where families will choose from a few program options which program they would like to do. Families will need to choose their choice activities before camp starts so we can mail them any necessary materials.

The day before Family Camp starts, we will send out an email with all the necessary links for the weekend.

### During Camp

Family Camp will take place over the weekend of Saturday, July 18<sup>th</sup> to Sunday, July 19<sup>th</sup>. Over the weekend, families will meet up for 2 to 3 one-hour long sessions a day. These sessions will be structured in two main streams:

- **All Camp Program:** all families will be in the same “virtual room” taking part in the same activity. This will also include programs where we give instruction for the first part of the session and then families go offline to complete the activity before meeting back to show their results. All Camp Programs include opening circle, evening programs (like BINGO), and campfires.
- **Family Choice Activity:** before Family Camp begins, families will pick one of three available activities to take part in. These sessions will be about 4 to 5 families total and will be facilitated by two Camp Goodtimes staff/volunteers. We hope the smaller setting allows families to make connections with one another. Family choice activities include arts & crafts, nature, challenge-based programs, games, and more.

When signing into activity rooms, there will be a Camp Goodtimes volunteer or staff there to ensure families are in the right room and if not, direct people to the proper meeting. In each activity room, there will be a room “host” to help out with any technical issues and introduce everyone as well as a facilitator who will run the activity for all the families.



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## CABIN MEET UP GROUPS

One of the most special things about camp is getting to spend that week with your fellow cabinmates that you may not have seen for a whole year. Together with your fearless Skips, your cabin at camp becomes your own camp family unit and we want to try and replicate that as much as we can this summer.

Cabin Meet Up Groups will be offered to our 7-15 year old campers as a weekly activity meet-up for the month of August for a total of 4 activities. We will be placing campers in to “cabin groups” with 6-8 peers of similar age so they can develop relationships and peer to peer connections. Each cabin group will have their very own Camp Goodtimes volunteer, similar to their Skip’s in the summer, who will be at every cabin group activity in August. In addition, we will have an activity facilitator who runs the weekly activity. Each Cabin Group Activity session will take place on the same weekday at the same time per age group (eg. youngest campers will always meet Monday morning).

### Before Cabin Meet Up Groups

Before the Cabin Activity Groups start, each participating camper will receive a welcome package that includes a detailed program schedule and any materials they need for the program. We will also be in contact with you to let you know which day our campers cabin activity is taking place and what age group they were put in.

The day before the cabin activity group programs start each camper will receive an email with all the necessary links for each session.

### During Cabin Meet Up Activity

Campers will meet up with their Skip and cabin group at the start of every meeting. Depending on the activity, campers may spend their hour-long activity block on the computer with their whole group or they may receive instruction from their activity facilitator, go offline to finish the activity independently, and then meet back up with their cabin group to show their projects. Campers can expect to do a different activity every session which will range from arts & crafts to music to improv games and more.

If for some reason your camper can’t make it to one of the activity sessions, please let us know at your earliest convenience.



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## YOUTH PROGRAM

With so many potentially streams for our youth campers to choose from in the summer, we made the decision to have one centralized program for our youth campers so they can connect with fellow young adults – maybe even some campers they haven't met in their camp career before! Our Youth Program will focus mainly on social interactions through a variety of activities.

Offered to our 15 – 21 year old campers, the Youth Program will take place weekly over the course of 6 weeks in July & August. Each Youth Program will take place on the same weekday at the same time and will be about an hour and a half to two hours in length.

### Before Youth Program

All campers participating in the Youth Program will receive a detailed program schedule and any materials they may need for the sessions.

The day before the Youth Program starts, an email will be sent out to all campers with the necessary links for the sessions.

### During Youth Program

Taking place on a weeknight evening, the youth campers will all come together in the same “virtual room” where they will be hosted by an activity facilitator and another Camp Goodtimes staff/volunteer. We hope to host arts & crafts nights (Paint Nite, --) and games nights (Jeopardy, Family Feud) so participants can work on their own projects while socializing and also work in teams to meet some new peers.

If for some reason your camper cannot make one of the sessions, please let us know at your earliest convenience.



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## CAREGIVER SESSIONS

Providing time for caregivers to connect and share during our Family Camp sessions is an important part of respite and community that we hope to provide in the summer. Since our Family Camp session has no space for caregiver exclusive activity time, we have decided to separate it out and offer 2 different caregiver sessions in the last two weeks of July. Centered around self-care and community connection, we will be offering an introduction activity followed by time to connect and talk with other caregiver's in the community. Both the activities and discussion at the end will be facilitated by professionals from the field.

### Before Caregiver Sessions

Any necessary materials need for the sessions will be provided ahead of time via mail. The links for the sessions will be emailed out to all participants the day before the first session.

### During Caregiver Sessions

The caregiver sessions will take place in one room that all caregivers will sign into. There will be a Camp Goodtimes staff there to let participants into the room for the starting activity which will take between 30 – 45 minutes. After the activity, there will be a facilitated discussion where caregivers can share and support.



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