

## Challenge Yourself and Have Fun

As a mom, you sometimes don't get sufficient time for yourself—to challenge yourself...or to just relax and play! Mother Daughter Weekend gives you both—a chance to enjoy your own mental and physical growth—and also to play like a kid again!

You excel by developing skills that contribute to your personal growth—building yourself up and maximizing confidence—becoming an even better person and mom. You can have fun, smile, and relax!



Through our super cool empowerment and camp activities—stuff you can't do at home—you do things you didn't think you could do; you get to explore, get dirty (optional), have fun singing camp songs, and live life to the fullest!



Have fun changing your world by joining us among the trees, meadows, river and lake for our next Mother Daughter Weekend. Within an amazingly nurturing, diverse environment, you will be encouraged to appreciate each individual's contributions and the value of community. You will play, imagine, sing, dance, create, explore, and become empowered to maximize your relationship.

Kupugani's Mother Daughter Weekend is exactly what you have been looking for...Spaces are limited, so call, e-mail, or visit us online soon to register or for more information. We look forward to seeing you and your daughter at camp!



# RAISING STRONG WOMEN FOR THE FUTURE



# MOTHER DAUGHTER WEEKEND



## CAMP KUPUGANI

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*Celebrate the essential bond between mothers and daughters!*



# HAVE FUN CHANGING YOUR WORLD!



## Connect with your Daughter

Time flies. Before you know it, your baby girl has grown up. Camp Kupugani's Mother Daughter Weekend uniquely celebrates and enhances the essential relationship between a mother and daughter. It helps you reaffirm maternal lessons and spend quality time together.

At Kupugani, moms and daughters of varied backgrounds live, play, and work together, instilling and reaffirming bonds of friendship and trust between you and your daughter, and among other dynamic women and girls. You and your daughter gain a life-altering experience that helps you connect in amazing ways.



"Kupugani" means "to raise oneself up." Our Mother Daughter Weekend focuses on connecting with your daughter and other moms and daughters in a fun atmosphere. You'll be challenged and enjoy unparalleled opportunities to build relationships, enjoy special mother-daughter reflection times, and play, live, and thrive together. You and your daughter—in a fun and supportive atmosphere—maximize your potential to change your world.

## Connect with Moms

Being a mom has its unique challenges. Mother Daughter Weekend lets you share hopes and challenges with other great moms, further enhancing your maternal skills. You form lasting relationships and share thoughts about raising empowered daughters.

To foster these emotional support systems, our special relationship building activities include "mom time" with targeted mom-mom activities, in addition to the benefits from living, socializing, and playing together with other fantastic women.



## Establish a Cool Community

Colleges, workplaces, and organizations are increasingly diverse. While diversity presents opportunities for cross-cultural exchange, dialogue, and growth, often people lack the tools to communicate positively. We all must fine-tune those skills to thrive in a multicultural society. At Mother Daughter Weekend—by helping build an inclusive community with a diverse group of other moms and daughters—you can model how you'd like your world to be.

You enjoy an inspiring experience connecting with each other—by learning from and befriending others with whom you may not usually interact. Together, in a beautiful, natural setting, you recognize commonalities, and respect and appreciate the uniqueness of all individuals, including yourselves. You gain the profound, personal experience of building an inclusive community.



You will be among women and girls from different backgrounds, increasing your social and emotional aptitude. The schedule allows both daughters and moms to be comfortable with structured programs yet individualize your schedule with a range of great activities like rock climbing, river walking, campfires, playing under waterfalls, and night hikes under the stars. The weekend also brings special activities and interactive games emphasizing relationship building, diversity, team building trust exercises, and self-confidence. Moms and daughters play together and learn from each other, reinforced by the guidance of our excellent staff.



## Be Safe in the Beautiful Outdoors

You enjoy a relaxing, natural environment, further enhancing the relationship between you and your daughter. Camp White Eagle—Camp Kupugani's home just 90-minutes west of Chicago, Illinois—comprises beautiful woods, trails, a swimming pool, natural limestone rock climbing walls, game fields, and a 5-acre lake for swimming, water games, and almost a mile of canoeing through the property. With 120 acres of forests, wildlife, and wildflowers galore, it offers fresh air, natural water, the robust smell of pure woods and a twinkling night sky. And you can relax knowing that we are certified by the American Camp Association.



## Great Camp Family

Camp directors Kevin Gordon and his wife Natasha—a fantastic mom herself—have decades of experience working with girls as counselors and directors at residential camps, as schoolteachers, as entertainers, and as sports teachers. They each have graduate degrees in addition to Kevin's psychology degree from Harvard University and Natasha's psychology minor from the University of Manitoba. Our fun, vibrant, spirited staff members are selectively chosen from a very large number of applicants. These talented folks help you and your daughter have fun changing your world.



## Nurture a Deeper Bond

## Grow Together

## Build your Relationship

