



JOURNEY HAVEN

a rooted system of growth & gathering

PARENT GUIDEBOOK

WWW.JOURNEYHAVEN.CA

PHILOSOPHY, MISSION, VALUES + VISION

PHILOSOPHY

“To raise a nature-bonded child is to
raise a rebel, a dreamer, an innovator...
someone who will walk their own verdant, winding path.”

– Nicolette Sowder

Have you ever noticed how much happier we are outside. Working with children and youth, we noticed how necessary it was to help them disconnect to reconnect. Disconnecting from technology, not feeling like they are at a crossroads, fitting into a box – reconnecting with themselves, slowing down, and exploring the world around them.

We have found that cultivating + fostering a mindful + nature-based approach to our children + youth gives them respect, aspirations, a whole new world to navigate, and finding that haven that allows them to be authentic.

Working together to tear down walls for children + youth, to discover the world they are in, in a natural environment, where all they have to do is explore and be adventurous in the environment, while learning new mindful tools to help regulate their emotions and social skills.

Our MISSION

To cultivate Journey Haven as a diverse + inclusive community. Fostering opportunities that incorporate, but do not limit, our physical, emotional + spiritual growth into a transformative connection through mindfulness + nature-based environments.



Our VISION

We accept + encourage our own authentic self + those we interact with.

We love + respect with integrity.

We connect with inner bravery + courage.

We foster humility + insight for emotional growth.

We guide empowerment + inspire confidence.

We encourage independence + creativity.

We foster + cultivate an inclusive space for all individuals with respect + love.





Our VALUES

Safety is always at the top of our priorities for all of our programs and events to ensure that you are safe while receiving high quality programs.

Mastery is always integrated into the cultivation of every program, as we know that everyone is at different stages in their lives.

Play + fun is always had with Journey Haven, as we learn best when we are in a positive mindset and space.

An inclusive environment for all persons who gather + grow at Journey Haven is at the top of our list, ensuring that our Missions, Vision + Values are implemented and adhered to for everyone.

Generosity is always given so that we may learn the art of gratitude + service to our community + families.

Striving for a high excellence standard, so that everyone who comes to gather and grow at Journey Haven, knows that they will receive high quality program and services that are planned and implemented with high standard policies and procedures.

A stewardship to the earth that we live on will be our focus as we encourage exploration and show respect as we navigate nature.

Encourage the fostering of a nature-based learning and development through engaging in experiences + play outdoors.



LAND ACKNOWLEDGMENT

We acknowledge the truth + reconciliation that we live + work on the traditional territory of the Anishinaabe and Haudenosaunee Peoples.

We are expressing a gratitude + appreciation to the territory of land in which we live on, as we honour the Indigenous peoples who have been living on this land from time immemorial.

Our ability to be working and living here now—is a direct benefit of policies of expulsion and assimilation of Indigenous peoples during the time of settlement and Confederation, and since. The harms of these policies are many and are still being felt in Indigenous communities today.



MEET THE TEAM

JENNY STASIK-CATES

Jenny Stasik-Cates is the founder of Journey Haven and Jenny Lynn Coaching + Wellness. Both businesses were created by Jenny so that people have an opportunity to connect with their own authentic selves, in their own way and time. A mindful and nature-based approach that integrates a holistic anchor in both businesses.

Jenny is a steward of the earth and the people's advocate, working for both her community and international humanitarian efforts. She has coached professionally since 2020, incorporating different modalities and tools to empower each unique person. Using yoga, astrology, nature thereapy, among other tools, to assist in each clients journey.

Jenny is excited also with providing services to the youth in her community through Journey Haven. Having children connect mindfully and to nature, so that they can find friendships, fun and tools that will be forever used far into their adulthood.

Journey Haven was also founded by her two daughters, who give their own insight and vision into making the program fun and innovative. Ally being soft spoken has been able to show the youth how to connect to nature in unique ways. Jaseena doesn't stop, she ensures that you are kept active, and her sportman skills are shared.



LOCATIONS

MINDFULLY NATURED KIDS DAY CAMPS

Site: Exeter

Location: South Huron Rec Centre - Community Centre

94 Victoria Street East, Exeter, ON

Phone: (519) 301-9266

Trails: McNaughton + Morrison Dam

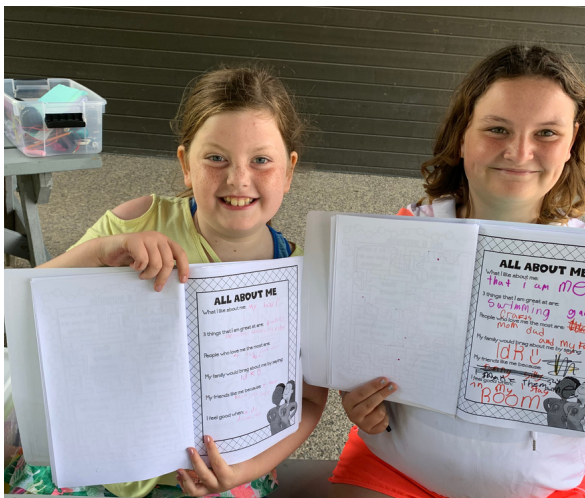
Site: Mitchell

Location: Mitchell Lion's Park

19 Bleinham, Mitchell, ON

Phone: (519) 301-9266

Trails: West Perth Thames Nature Trails



PROGRAM

MINDFULLY NATURED KIDS DAY CAMPS

While at the day camp, whether it is during the summer or school year, you can expect to find adventures and fun opportunities to learn in a mindful + nature-based environment.

WHAT TO BRING

lunch + snack, email will specify if it needs to be peanut free
refillable water bottle

hat

sunscreen, SPF 30 or higher is recommended

insect repellent, deet recommended

water shoes, can be crocs, sandals, etc

swim suit + towel

backpack

lots of fun energy

FULL DAY - SUMMER

9.00 - arrival at site + welcome (COVID screening)

9.15 - opening, check in, games/crafts, hike

10.30 - mindful moment + snack

10.45 - discovery time, games + activities

12.00 - lunch + free time

12.30 - games

1.00 - water activities

2.30 - snack

3.00 - hike back, games, cool down

3.30 - story time + mindful moment

4.00 - pick up



POLICY + PROCEDURES

PHOTO + VIDEO RELEASE

Journey Haven frequently takes video and photos of campers, volunteers and team members over the course of each camp session.

- Photos and videos may be used for various advertising and marketing campaigns including but not limited to brochures, websites, flyers and social media.
- Photos will also be made available for parents/guardians to view on our website after their camper's time at camp.
- As part of the registration process, parents/guardians must indicate whether photos or videos of their child(ren) may be taken while at camp by indicating their consent on the registration form.
- Team members under the age of 18 will have parents/guardians complete the photo and video release as part of their staff file requirements.
- Journey Haven will not provide photos or videos of individuals obtained through such a release to another institution or agency without that individual's permission.
- Team Members will make every effort to ensure that these individuals are not photographed or videoed throughout the week.

CHILD CHECK IN/OUT

1. For the safety of the students, we ask that you follow the procedures for dropping off and picking up your children for each class they attend.
2. When dropping off children for classes, parents/guardians must escort children to the front desk in the lobby and initial the enrolment/sign in sheet. At the end of the day, parents/guardians will need to initial the sign-out sheet.
3. If there is someone new picking up, please have a piece of ID to show the head leader doing attendance.
4. A \$5 fee will be charged for every 5 minutes, if the child is picked up after 4:00pm.



REFUNDS

1. You can cancel a Summer day camp experience up to 2 weeks prior to its start date, and receive a full refund minus the transaction fees of 3%.
1. You can cancel an experience 1 week prior to its start date and receive a 50% refund, minus 3% transaction fees.
3. You can cancel 48 hours before its start date but will not receive any refund.
4. If we need to cancel due to COVID regulations, you will receive a full refund minus the transaction fees of 3%
5. If we need to cancel the experience for any other purposes you will receive a full refund.
6. There will be no reduction or refund of camp fees for campers arriving late, leaving early, missing days, or who are unable to further attend because of disruptive or dangerous behaviour.

DISCIPLINARY POLICY

1. To ensure that everyone has an enjoyable and safe camp experience, disruptive or dangerous behaviour will not be tolerated. While counsellors will make every effort to redirect behaviour, parents will be called and asked to pick up their child if problem behaviour persists. There will be no refund of class fees if a child is required to leave due to behavioural issues.
2. The parent or guardian hereby agrees to reimburse the Camp for any property damage caused by the camper.
3. While every precaution is always taken to ensure the good welfare and protection of the camper, Journey Haven, it's directors, staff members, employees, the locations of which the summer day camp take place are hereby released from any and all liability in the event of any accident or misfortune that may occur to the camper.



EXTREME WEATHER POLICY

Staff members regularly check the weather forecast to ensure that the weather is safe for each of the campers that are in attendance.

During the summer there are times when there is extreme heat or severe storms. In the case of extreme heat, each camper is continually assessed for their safety and comfort. Staff will limit exposure, and take into consideration activity, clothing and age, and will monitor for heat exhaustion. Inside activities might be called for, if water or shade activities are to unbearable.

In the event of severe weather, staff members stay on high alert, and will continue to watch the environment and weather forecast. Staff and campers will head back, with plenty of time to the buildings, so that coverage can be taken.

FOOD POLICY

Each camper is to bring their own lunch and snacks with a water bottle. We encourage each camper to pack a garbage-less lunch, that can be easily carried in their backpacks. We do not share food, with the exceptions of family members, and this is for safety reasons. Each camper will be asked to wash their hands before they eat, and after they have used the bathroom.

Sanitizer is available if running water is not in the environment.

If there is a food allergy for one of our campers, you will be advised the week before your camp if it is a nut-free lunch. We thank you for keeping safety a top priority for each of the campers.



MEDICATIONS

A camper is NOT allowed to administer their own medication.

TICK SAFETY POLICY

The best way for each camper to limit exposure for the campers to ticks is to wear long pants, socks and closed toed shoes, during all seasons. We do understand, that during the summer months it can be too hot and unbearable to do this. We recommend that each camper use insect repellent that will assist in deterring the ticks. Our team will be carrying insect repellent with them, which will contain DEET as one of the ingredients.

POISON IVY POLICY

Poison Ivy may be present in the McNaughton-Morrison Trails, it is not in all areas. Our programs will outline the areas of where it is safe, but to limit exposure we suggest that campers wear long pants, long socks + closed toed shoes while taking part in our programs. This may not be possible during the summer, and if the camper comes in likely contact, the affected skin will be washed within 15-60 minutes of exposure. This will be done to remove oil that can lead to the reaction. Staff will be carrying potable water and soap at all times.

SUN SAFETY POLICY

When possible wear sun protective clothing, sunglasses and a hat. Wearing sunscreen that is 30 SPF is recommended.

Campers will be reminded to apply sunscreen before heading out, after a water activity, and about mid-day to help prevent sun damage.

We will be monitoring the campers sun safety, especially between the hours of 11-3pm. We are Sun Aware certified.

