



# HOW-TO ADULT

## Camp for Rangers

Be part of a one-of-a kind Guiding camp that's all about giving teen girls an edge as you make the move to the next exciting phase of your life. How-to Adult is designed to help you take the world by storm as you blaze new trails and take on what's next in your life. Engaging, hands-on sessions will focus on helping you build the self-care tools and skills you'll need to navigate your future like a pro. Sample topics and workshops may include networking, financial planning, body positivity, mindfulness, conflict resolution and more!



Bonus – participants will help create the camp's agenda. Oh, and did we mention you'll get to spend the week with other amazing girls from across Canada at an incredible camp setting in Alberta?

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**Your future is bright – and How-to Adult will help you shine!**

**Applications due:** January 7, 2019

**Date:** July 14 – 20, 2019

**Who:** Up to 24 Rangers, currently in their 2nd or 3rd year; three adult allies (Guiders)

Cost for girls: Approximately \$1,220  
(Note: You're encouraged to fundraise to support your participation.)

**Location:** Jubilee Camp, approx. 1 hour outside of Calgary

Application, FAQs and more details can be found on our website at  
[www.girlguides.ca/adultcamp](http://www.girlguides.ca/adultcamp)

Questions? Email us: [events@girlguides.ca](mailto:events@girlguides.ca)