



*“I really enjoyed the relaxed atmosphere, the outdoors and private personal time with my daughter. The games and activities helped me see more of my daughter’s point of view. All of it was enlightening and jam packed. Lots of quality information in these two days!”*  
 —Mother participant



## LOCATION

### Carol Joy Holling Center

**Driving Directions**

- Carol Joy Holling is located at the end of Ranch Road off Highway 66 between Interstate 80 and Ashland
- If you are coming on I-80, take Exit 426. Turn toward Ashland and go 2.5 miles past Mahoney State Park to the Ranch Road access road.
- Watch for the “Carol Joy Holling Center” directional sign.
- If you need further directions, please call toll free at 1-888-656-6254 or, if after hours, call 402-430-7070.



*“I really liked the challenge course! It gave us a chance to think hard, work together and make new friends, spend time with our moms, and it had things in it that normally I wouldn’t get a chance to do.”*  
 —Daughter participant

# STRENGTHENING FAMILY TREASURES Daughter/Mother Camp



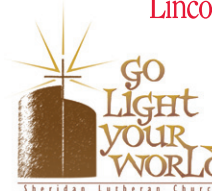
A retreat designed for 5th and 6th grade girls and their mothers (or grandmothers or other adult females)

**Friday, Feb. 19, 5 pm to  
Saturday, Feb. 20, 5 pm  
2010**

**CAROL JOY HOLLING CENTER**

Sponsored by

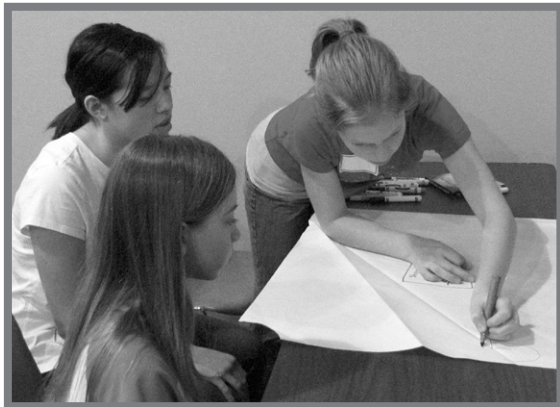
**UNIVERSITY OF  
Nebraska  
Lincoln** EXTENSION



University of Nebraska–Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.

# 2 days and 1 night of activities!

- Indoor/Outdoor
- Educational
- Fun
- Confidence Building
- One-on-One Time
- Break out Sessions
- Delicious Meals



## The beginning of middle school is the perfect time to:

- Enhance effective communication including expressing emotions
- Learn more about body image and sexuality
- Explore techniques to handle peer pressure and stress
- Discuss the importance of individual family values

### LODGING

Carol Joy Holling Camp's Circle R Retreat Center includes 15 motel-style rooms with two double beds and a sink per room—showers down the hall (linens and towels provided).

### COST

Fee is \$125 per pair (4 people per room) or \$165 (2 people per room) — each room has two double beds.

*Cost includes meals, snacks and lodging.*

### BRING

Comfortable, casual clothes, tennis shoes and toiletries.

*Arrive on Friday between 5–6 p.m. for registration.  
Dinner will be at 6 p.m.*

### FOR MORE INFO

University of Nebraska–Lincoln  
Extension Educator Maureen Burson  
**402-441-7180**

Photos from previous camps and additional forms are online at <http://lancaster.unl.edu/family>

**Space is limited!  
Register early!**

## Strengthening Family Treasures: Daughter/Mother Camp Registration Form

Mail registration form with payment (made payable to UNL Extension in Lancaster County) to:  
Daughter/Mother Camp  
UNL Extension in Lancaster County  
444 Cherrycreek Road, Suite A  
Lincoln, NE 68528

Fee is \$125 per pair (4 people per room) or \$165 (2 people per room)

Youth's name \_\_\_\_\_

Adult's name \_\_\_\_\_

Adult's Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Phone \_\_\_\_\_

Special dietary needs (vegetarian, diabetic, etc.) \_\_\_\_\_