



TEEN RETREAT

When? July 16 – July 18, 2010

How will I know I have been enrolled in the retreat? After your enrollment form is completed and returned to Annie's Hope, you will be notified through an email or phone call about your acceptance. Please keep this information sheet for details.

Where? Sunnyhill Adventures in Dittmer, MO

How do I get there? Meet at the Annie's Hope office, corner of Berry and Lockwood in Glendale, at **5:15 PM on Friday, July 16th**. The facilitators will transport you to and from the Retreat. You are not allowed to drive yourself to the Retreat.

When will I get home? We will arrive back at the Annie's Hope office between **2:30 and 3 PM on Sunday, July, 18th**.

Do I need to bring food? NO, you do not. All meals will be provided for you starting with Friday night dinner and ending with Sunday lunch. You may bring a snack for sharing with a group of 16 persons if you would like.

What do I need to bring? Below is a list of items to help you pack for the weekend:

Clothing Items

- Shirts
- Long Pants/Jean/Shorts
- Rain coat or umbrella
- Socks/ Slippers
- Underclothes
- Sleeping clothes
- Warm clothes(weather dependent)
- Tennis shoes

Camp Necessities

- Sleeping Bag, or 2 sheets & blanket
- 1 Pillow and pillow case
- Flashlight and batteries
- Alarm clock (if desired)

Toiletries

- Toothbrush & Toothpaste
- Hair comb or brush
- Soap/Shampoo/Conditioner
- Deodorant
- Towel and Wash Cloth
- Eye Glasses and case (if necessary)
- Contacts, case and Saline solution (if necessary)
- Insect repellent (prefer lotion)
- Prescription Medications (if necessary)
- Sunscreen/Swimming towel

Optional Items

- Picture of the person who died or a special item that reminds you of him/her.
- Music you enjoy (appropriate lyrics please)
- Camera

If you do not have a sleeping bag, sheets, blanket or pillow, please call the Annie's Hope office and we can bring you one.

Can I bring my cell phone? No, leave your cell phones at home. This is a retreat – a chance to get away from it all. For an emergency, the staff will have cell phones.

Is there anything I absolutely cannot bring? DO NOT bring cigarettes, alcohol, or street drugs. They will be confiscated.

How can my family reach me in case of emergency? Your family can contact the Program Director, Ali Johnson, at 217-419-2338 or the School Support & Education Coordinator, Linda Grana, at 314-575-2738

**Directions to
Annie's Hope for Teen Retreat Check-in
inside
Webster Hills United Methodist Church's
Christian Life Center**

From Westbound 44: Exit Highway 44 at Berry. Go right (north). Follow until Berry meets Lockwood. The Christian Life Center (CLC), white brick with red roof, will be on the far, left corner. Webster Hills United Methodist Church will be on the far, right corner. Turn left onto Lockwood and then right into the west side parking lot. Since you are going to Annie's Hope Office, enter the CLC on the West side (side with the larger parking lot).

From Eastbound 44: Follow until Lindbergh (Highway 61/67). At the bottom of the exit ramp, turn left (North). Follow Lindbergh into Kirkwood. Lindbergh 's name changes to Kirkwood Road. In the heart of Kirkwood you will come to Adams. (Bank on one corner and Kirkwood United Presbyterian Church on another). Turn right (East) onto Adams. Adams' name will change to Lockwood as you enter the City of Glendale. As you sit at the intersection of Lockwood and Berry, the Christian Life Center, white brick with red roof, is on your left and Webster Hills United Methodist Church is straight ahead. Since you are going to Annie's Hope Office, turn left onto Berry Rd then turn left into the large parking lot. Come in the CLC on the West side (side with the larger parking lot).

From Highway 270, South of Highway 44: Follow 270 until Highway 44. Go East on 44. Follow until Lindbergh (Highway 61/67). At the bottom of the exit ramp, turn left (North). Follow Lindbergh into Kirkwood. Lindbergh 's name changes to Kirkwood Road. In the heart of Kirkwood you will come to Adams. (Bank on one corner and Kirkwood United Presbyterian Church on another). Turn right (East) onto Adams. Adams' name will change to Lockwood as you enter the City of Glendale. As you sit at the intersection of Lockwood and Berry, the Christian Life Center, white brick with red roof, is on your left and Webster Hills United Methodist Church is straight ahead. Since you are going to Annie's Hope Office, turn left onto Berry then turn left into the large parking lot. Come in the CLC on the West side (side with the larger parking lot).

Who do I contact if I have a question? Please call Ali Johnson, 217-419-2338 or Linda Grana, 314-575-2738.

Who do I call if I need to cancel my attendance? Please call Ali Johnson, 217-419-2338 or Linda Grana, 314-575-2738.

Annieshope.ali@gmail.com

www.annieshope.org