

Application for QUEER SPIRIT RETREAT Participants

(This form to filled out by teen applying)

Name/Nickname _____

Birthdate _____ Age/Grade _____

Address _____

Email _____

Phone _____

Gender Identification _____

Preferred Pronouns _____

Name of Psychotherapist: _____

Phone of psychotherapist: _____

Previous Camp/Retreat/Workshop Experience:

How did you hear about QSR?

Describe the biggest challenges in your life as a queer teen:

What/who are your supports (parents, therapists, friends, mentors, safe space, groups, etc):

What do you hope to get out of this retreat (be as specific as you can)?

What is your vision for this program (QSR)?

Do you have an interest in being involved in the development and/or leadership of the Queer Spirit Program in the future?

Do you have a history of any emotional/mental/behavior struggles (or suicidal ideation or self harm)? Please describe.

Are you currently taking any medications? Please list.

How "out" are you? (parents, school, friends, etc)

What else would you like the staff to know about you?

What To Bring To Queer Spirit Retreat

Keep this list, so you know what to bring.

- ❖ insect repellent (natural if possible);
- ❖ sunscreen
- ❖ any medications/vitamins/supplements
- ❖ walking/hiking shoes
- ❖ slip on/off shoes or sports sandals
- ❖ clothing for the weekend (bring one extra outfit in case of weather)
- ❖ rain gear, jacket/fleece or sweat shirt, optional hat
- ❖ day pack, water bottle
- ❖ journal
- ❖ favorite portable art supplies
- ❖ sleeping bag/pillow/pad flashlight
- ❖ towel, bathing suit
- ❖ toiletries
- ❖ FUN “BLING” for our Saturday Cabaret and Campfire (costumes, wings, capes, makeup—any items that help you express your queer self)!

**Teens should be prepared to do some “seva”, or service while you are here at Spirit Hollow. This will include dishes, help with meals, keeping all spaces and tent cabins tidy and general helping out. We will be a ‘tribe’ while you are here, and everyone is expected to participate.

