

I'm signed up for camp ... NOW WHAT DO I NEED TO DO???

FAMILY RETREAT WEEKEND CAMP BERNIE JUNE 7-9



Don't forget to take care of these important details!

Hey campers! Our 9th annual Family Retreat Weekend is drawing near, and we're beginning to scurry around getting together last-minute details. Some of those involve you! There are just a few things we need you to do so we can excitedly receive you with open arms on Friday, June 7, beginning at 5:30 p.m. (when registration opens)!

First, we need you to follow the step-by-step process at the right for filling out/downloading the proper forms (steps 1-3), as well a couple of camp primers to get you pumped up for a whole weekend at Camp Bernie (steps 4-6). Steps 1-3 are mandatory, though, so get them out of the way as soon as you can!

**STEP 1: CLICK
HERE TO FILL
OUT THE PRE-
CAMP SURVEY**

**STEP 2: CLICK
HERE TO FILL
OUT A CAMP
WAIVER FOR
EACH FAMILY
MEMBER**

- Step 1 is the Pre-Camp Survey. It must be filled out BEFORE you get to camp, or you risk not getting a bunk!
- Step 2 is the Camp Waiver, which is mandated by Camp Bernie. There needs to be ONE form filled out for EVERY family member.
- Step 3 is the NJCTS Photo Release, so we can know if it's OK to take your picture or not! Just ONE of these is needed per family.

**STEP 3: CLICK
HERE TO
DOWNLOAD A
PHOTO
RELEASE
FORM**

Also, for those of you who haven't sent us your registration fee, please put it in the mail ASAP. Mail to: NJCTS, 50 Division Street, Suite 205, Somerville, NJ 08876

**STEP 4: READ
ABOUT PAST
FAMILY
RETREAT
WEEKENDS**

OK, now that the nitty-gritty stuff is out of the way, we can talk about the weekend's festivities. We have a dedicated team of wonderful volunteers coming to help us change up our weekend so we can all change up our attitudes.

Last week, you received an e-mail outlining the camp highlights, including our speakers -- who are open to questions from you NOW to start off their talks. On Saturday, Drs. Gayle Forman and Lisa Cox will present "Family Dynamics: The impact of special kids on marriage & siblings." On Sunday, Dr. Tolga Taneli will answer questions about TS and its co-morbid disorders. If you have a question relating to either presentation, e-mail us now at info@njcts.org with "Camp Bernie Question" in the subject.

**STEP 5: FIND
OUT MORE
ABOUT THE
CAMP**

Next: Don't forget to pack accordingly. On one day, that might mean sunscreen and shorts. On another, it could mean sweatshirts and jeans. Other than at the pool, all campers must wear sneakers or close-toed shoes. Also, be sure to bring flashlights, bug spray, snacks for the times in between meals (in a sealed plastic bag, please), bedding (including pillows) and toiletries, including a toothbrush, toothpaste, deodorant, soap and towels. There is a Wal-Mart a short 15-minute drive away, but really, who wants to make that trip?!

**STEP 6: LET
YOUR TS
FRIENDS
KNOW YOU'RE
GOING**

Lastly, we want to acknowledge our sponsors for this wonderful weekend: The [Brad Cohen Tourette Foundation](#), Wegman's and ShopRite. Brad Cohen provided a grant so that much of what you'll see at camp can take place, while Wegman's and ShopRite will be providing food items.



That's it! If you have any questions, please call Kelley in our office at 908-575-7350. We'll see you on June 7!