

# Family Camp at Montvale

June 7-9 • August 23-25 • October 4-6 • November 1-3



Today's families face unprecedented challenges. Demands for our time (work, school, sports, and other activities) make it increasingly challenging for families to connect with one another in meaningful ways. Designed with adoptive families in mind, the Montvale family camp experience provides an opportunity to heal, grow and connect with one another in a fun, outdoor environment.

## The goals of family camp are to:

- Provide an emotionally & physically safe environment
- Promote attachment & strengthen relationships between caregivers & children
- Provide therapeutic & experiential learning through nature, art, animals, music & movement
- Acknowledge, honor & embrace each child's journey
- Create an experience that builds trust & connection
- Encouragement imagination, creativity & curiosity through play

## Camp activities include:

- Arts and Crafts
- Hikes and Nature Walks
- Equine Therapy
- Yoga and Drumming
- Educational groups for parents
- Challenge Course
- Swimming in our expansive pool
- Sports and recreation activities like basketball, sand volleyball, GaGa ball, and frisbee
- Campfires, s'mores, and much more!

## Camp Montvale

Harmony's Family Camp takes place at historic Montvale, now owned and operated by Harmony Family Center. Located just eight miles from Maryville, Tennessee on 364 acres at the foot of Chilhowee Mountain, adjacent to Great Smoky Mountain National Park, Montvale's tranquil woodland setting is the ideal location for families to play, relax and reconnect.

The newly-renovated lodge provides a comfortable meeting place for meals, meetings, and programs and offers a spectacular view of Chilhowee Mountain. Families will enjoy their stay at Family Camp in our Ridge Top or Creek Side cabins. Montvale's natural setting is perfect for a wide range of recreational activities from nature walks and hikes to basketball, and sand volleyball. And for the adventurer in you, the challenge course, complete with a 60-foot climbing wall and team-building low elements provide adrenaline packed fun!



harmony's  
Family Camp

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1-888-848-2727 • go to:

[www.harmonyfamilycenter.org](http://www.harmonyfamilycenter.org)

for more information