

**The Arc of the Mid-South's
2010
Respite Weekend Retreat and
Camp Dates**

January 15-17, 2010
Nelson Woods Retreat Center
★★★

February 12-14, 2010
Nelson Woods Retreat Center
★★★

March 12-14, 2010
Nelson Woods Retreat Center
★★★

April 16-18, 2010
Nelson Woods Retreat Center
★★★

May 14-16, 2010
Nelson Woods Retreat Center
★★★

June 11-13, 2010
Nelson Woods Retreat Center
★★★

September 10-12, 2010
Nelson Woods Retreat Center
★★★

October 15-17, 2010
Nelson Woods Retreat Center
★★★

November 12-14, 2010
Nelson Woods Retreat Center
★★★

December 17-19, 2010
Nelson Woods Retreat Center
★★★★★

*Camp 1

July 7-11, 2010
(To be announced)

★★★★★

*Camp 2

July 28-August 1, 2010
Pinecrest Retreat Center



The Arc of the Mid-South has provided Respite Weekend Retreats for individuals with developmental disabilities for over 30 years. These retreats offer social, recreational, and educational activities to participants while helping them achieve greater independence. Any individual capable of participating in a group setting, and at least the age of 8 may be eligible to attend. The Arc of the Mid-South offers 10 retreats each year and two summer camp sessions. Our retreats start on Friday evening (check-in 7pm) and end on Sunday afternoon (check-out 12 noon). Your child/family member will enjoy a variety of activities including a field trip.

**RETREAT DATES AND LOCATION ARE
SUBJECT TO CHANGE.**

If you are interested in registering your child/family member, please call Michelle Alexander or Bruce Cole at (901) 327-2473.

“Empowering People with disabilities to reach their full potential”

**Retreats: \$150
Camps: \$375 members/\$400 nonmembers**