

# News & Views

## OVERCOMING THE STORMS OF LIFE

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What a busy summer this has been for Hope4Healing Staff and Volunteers. This summer, we held a youth camp at each elementary school in Marshalltown, Iowa and worked with K-2nd graders who were attending summer school for reading/language proficiencies. Our camps were a joint collaboration between numerous volunteers, mental health therapists, Marshalltown police officers, equine helpers, and more. We all joined our talents together, and the camps were a wonderful success.

Our camp theme was “Overcoming the Storms of Life.” The goals for our camps included teaching youth methods to reduce worries and anxieties, and understanding how to be prepared for and respond to emergencies. Each camp had five stations, and youth were divided into small groups as they navigated each camp station.

Volunteers helped youth put together their own emergency/first aid kits, and make blankets out of a plush felt material with horse fabric. The kids absolutely loved the soft fabric, and were so excited to take these items home!

The camps also focused on ways to help youth

reduce anxiety and be prepared when the storms of life come.

Another fun activity was the “Tell Your Story Time” in which youth were able to listen to a story about a dragon who learned to overcome his anxieties. Youth were then able to draw and share about their own fears with their peers, and caring adults. This was a moment of healing for many youth this summer as many of them were finally able to put their feelings into words.

It is our prayer that God will use the time we spent together to work in ways to help meet the spiritual needs of each student.

- Interested in having Hope4Healing help you host a camp?
- Interested in becoming a volunteer?

**Contact us at 866-584-4673.**

Want to support our ministry financially?  
Send your gift of any size to:

**Our mailing address is:  
PO Box 48 Gladbrook, IA 50635**

Your support allows us to continue to serve!

