



# Youth Retreat

**AGES 13–24 | FREE OVERNIGHT RETREAT**

✨ **BE SEEN. BE HEARD. BE YOU.**

This retreat is built for young people ages 13 – 24 living with HIV who want to connect, feel supported, and gain tools to thrive.

Spend 2 nights, 3 days in a peaceful, beautiful space surrounded by people who get it – other youth who are walking a similar journey and ready to grow, laugh, and feel empowered together.

**WHEN: SEPTEMBER 5–7, 2025**

## WHAT'S INCLUDED?

- 2-NIGHT STAY IN GROUP-STYLE ROOMS
- ALL MEALS & SNACKS
- FULL SUPERVISION BY TRAINED STAFF
- MEDICAL SUPPORT AVAILABLE ON SITE
- TRANSPORTATION SUPPORT AVAILABLE UPON REQUEST

## WHAT TO EXPECT

- 🗣️ Real Talk – Open convos about life, stigma, dating, and health
- 🧠 Workshops that Empower – Learn how to take charge of your care and future
- 🧘♀️ Chill Vibes – Reflection, nature, journaling, and wellness activities
- 🎨 Creative Sessions – Art, writing, and self-expression
- 🤝 New Friendships – Safe, supportive spaces to be 100% YOU
- 🎯 Games, Giveaways & Swag – Because we're keeping it fun too!

**INTERESTED? CONTACT US:**



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