

Teen Retreats

When? Annie's Hope offers four Teen Retreats a year. Confirmed teen retreat dates are available on the Annie's Hope website calendar, found at www.annieshope.org/programs.

How will I know I have been accepted to the retreat? After your application is completed and returned to Annie's Hope, you will be notified it has been received. You will then be notified by email or phone call regarding your acceptance. Please keep this information sheet for your packing list and directions to Annie's Hope.

Where? Sunnyhill Adventures in Dittmer, MO (6555 Sunlit Way, Dittmer, MO 63023).

How do I get there? Meet at the Annie's Hope office at the corner of Berry and Lockwood in Glendale on the Friday evening of the retreat. A specific arrival time will be provided upon acceptance. All teens will be transported to Teen Retreat by bus. You are not allowed to drive yourself to Teen Retreat.

When will I get home? We will arrive back at the Annie's Hope office around 2:45 PM on the Sunday of the retreat.

Do I need to bring food? You do not need to bring food for Teen Retreat. All meals will be provided for you, starting with Friday supper and ending with Sunday lunch.

What do I need to bring? Below is a list of items to help you pack for the weekend:

Clothing Items

- Shirts
- Long pants/jeans/shorts
- Raincoat or umbrella
- Socks
- Underclothes
- Sleeping clothes
- Warm clothes (weather dependent)
- Tennis shoes (2 pairs, if possible)
- House shoes or slippers
- Swimsuit (if summer retreat)

Retreat Necessities

- Sleeping bag (or 2 sheets and blanket)
- Pillow and pillowcase
- Flashlight and batteries

Toiletries

- Toothbrush/toothpaste
- Hair comb or brush
- Soap
- Shampoo/conditioner
- Deodorant
- Towel and washcloth
- Eye glasses and case (if necessary)
- Contacts, case, and solution (if necessary)
- Insect repellent
- Prescription medications (if necessary)
- Sunscreen/swimming towel (seasonal)

Optional Items

- Picture of the person who died or a special item that reminds you of her/him/them/hir
- Alarm clock (if desired)

***** If you do not have a sleeping bag, sheets, blanket, or pillow, please call the Annie's Hope office, and we can bring you one.**

Can I bring my cell phone? NO, leave your cell phones at home. This is a retreat – a chance to get away from it all. For an emergency, the staff will have cell phones.

Is there anything I absolutely cannot bring? DO NOT bring cigarettes, alcohol, or street drugs. These items will be confiscated, and you will be asked to leave the retreat.

What if I have medicine I need to take over the weekend? An Annie's Hope staff member will hold on to and administer all medications. ALL medications brought to Teen Retreat must be in the original bottles/packaging with a legible prescription, dosage instructions, and the name of the prescribing physician; this includes any vitamins or over-the-counter medications. Please pack only enough for the weekend with 1 or 2 extra, and prepare the medication to be collected at check-in.

How can my family reach me in case of an emergency? Emergency contact information will be provided to your parent or guardian when you have been notified of your acceptance.

Who do I contact if I have a question? Please call the Annie's Hope office at (314) 965-5015 and ask to speak with a program staff member.

Who do I call/email if I need to cancel my attendance? Please call the Annie's Hope office at (314) 965-5015. You may also email Kaitlyn Paton, Program Director, at KaitlynP@annieshope.org.

Directions to Annie's Hope for Teen Retreat Check-in

1333 W. Lockwood • Glendale, MO 63122

Located inside
Webster Hills United Methodist Church's
Christian Life Center

From Westbound 44: Exit Highway 44 at Berry. Go right (north). Follow until Berry meets Lockwood. The Christian Life Center (CLC), white brick with red roof, will be on the far, left corner. Webster Hills United Methodist Church will be on the far, right corner. Turn left onto Lockwood and then right into the west side parking lot. Since you are going to Annie's Hope Office, enter the CLC on the West side (side with the larger parking lot).

From Eastbound 44: Follow until Lindbergh (Highway 61/67). At the bottom of the exit ramp, turn left (North). Follow Lindbergh into Kirkwood. Lindbergh's name changes to Kirkwood Road. In the heart of Kirkwood you will come to Adams. (Bank on one corner and Kirkwood United Presbyterian Church on another). Turn right (East) onto Adams. Adams' name will change to Lockwood as you enter the City of Glendale. As you sit at the intersection of Lockwood and Berry, the Christian Life Center, white brick with red roof, is on your left and Webster Hills United Methodist Church is straight ahead. Since you are going to Annie's Hope Office, turn left onto Berry Rd then turn left into the large parking lot. Come in the CLC on the West side (side with the larger parking lot).

From Highway 270, South of Highway 44: Follow 270 until Highway 44. Go East on 44. Follow until Lindbergh (Highway 61/67). At the bottom of the exit ramp, turn left (North). Follow Lindbergh into Kirkwood. Lindbergh's name changes to Kirkwood Road. In the heart of Kirkwood you will come to Adams. (Bank on one corner and Kirkwood United Presbyterian Church on another). Turn right (East) onto Adams. Adams' name will change to Lockwood as you enter the City of Glendale. As you sit at the intersection of Lockwood and Berry, the Christian Life Center, white brick with red roof, is on your left and Webster Hills United Methodist Church is straight ahead. Since you are going to Annie's Hope Office, turn left onto Berry then turn left into the large parking lot. Come in the CLC on the West side (side with the larger parking lot).