



Dare to Dream Sleepover to Self-Esteem Project

SLEEPOVER WEEKEND

February 27-28, 2009 Roy Hobbs Community Centre

- Participants will not need to bring anything to the Pre and Post Sessions. All material/ supplies will be provided.
- change of clothes -pajamas -slippers -sleeping bag -pillow -toothbrush/toothpaste
- Mouthwash and Dental floss
- hairbrush
- Washcloth / facecloth
- Soap (if you prefer your own brand)
- Hygiene Products
- Medication (if required)

Optional

- Camera

What participants will need to bring to the Pre and Post Sessions:

What participants will need to bring to the Sleepover:

- - -

Cuddly Toy/Doll (optional) Cell phone Ipod / Music

**Please note we will be asking participants to turn their cell phones and iPods off during the sessions. There will be times set aside where participants may use them.

-Lunch/Dinner/Breakfast and Snacks -All supplies needed to partake in the program