

We all need support in life, because the never-ending ups and downs of growing up is hard on us all! By tapping into the third pillar of Developmental Relationships -- providing support -- we can help each other navigate whatever life throw's our way. An important way people stick together is helping each other in practical ways to stay on track to learn, grow, complete tasks, and achieve goals. Through praising other's efforts and achievements, providing feedback to help each other learn, being examples that we all can learn from and admire, and standing up for one another when we need it, we provide support to those we care for. The following activities and tips focus on this kind of support!

### Tips for providing support:

1. Praise your friend for their hard work, whether they succeed or fail.
2. Encourage your loved one to try new things they might be interested in. If they are afraid to try something new because they're worried it might be too hard, explain that everyone has to start somewhere. Tell them that if they try something challenging and it doesn't go well, it doesn't mean they failed. It is just an opportunity to try again and get better.
3. When you teach your co-worker a skill, demonstrate it by breaking it into smaller steps.
4. Model the values, attitudes, and behaviors you want people to follow.
5. Talk with your child about the need to do some things that you don't want to do in order to be able to do the things you do want to do. Share stories of things you do that you didn't (or don't) enjoy but that you did to enable you to achieve other goals that were important to you.

### Relationship builder activity: *Help reach a goal*

Help a very important person in your life select a goal that they want to achieve and that you are going to work together to accomplish. Select an intermediate goal that will take weeks (not days or years) to complete. It could involve schoolwork or a favorite activity, but it needs to be a goal this person has, not one you want them to accomplish. Work with them to brainstorm the benefits of achieving the goal. Then brainstorm obstacles to achieving it. Studies have shown that identifying both the benefits and the obstacles at the same time makes it more likely the goal will be achieved. Then help this important person think of ways to remove the obstacles if and when they are encountered. Finally, help them break the goal down into smaller steps that will lead toward the larger goal. Help them set a date for reaching the goal. While this person is working to achieve the goal, check in regularly to see how things are going. If they reach the goal, celebrate the accomplishment and ask them to think about why they succeeded. If they did not achieve the objective, celebrate the effort and discuss what they could do differently in the future to increase the chances of successfully completing goals. Whether they reached the goal or not, ask them to share what they learned, enjoyed, or found most interesting as they were working on their goal.

### Activity: *Talk About It*

How do you respond when you see an important person in your life being treated unfairly? Is it different if they're being treated unfairly by their friends, youth, teachers, other adults, or some larger system (such as police, or schools)?

What are ways we encourage, guide, model, and advocate for each other? What kinds of mutual support from others do we most appreciate?

Dig deeper by reading The Search Institute's blog post on "[How to Support Young People.](#)"



## Program Updates

We recently received a grant from the Marie Lamfrom Charitable Foundation, which allows us to hire a child care business consultant to think through and create finance models, and forecasts for a possible shift to sliding fee, or other alternative tuition model which ensures more families, regardless of their ability to pay, can access high quality developmental child care. It will also support greater scholarships for low and moderate income families in our Before & After School programming. If you have the skills necessary or know someone, please share this exciting project and opportunity! More information can be found here: <http://campfirecolumbia.org/seeking-a-child-care-business-consultant> Proposals are due September 13th, 2021.

### Teen Programs wrapped up weeks of virtual and in-person trainings in preparation for in-person school, which started this week!

Trainings focused on critical topics such as: team building, budget management, mandatory reporting, and equity work. We're always looking for ways to better equip, both returning and new teammates, to better support youth and their families! Portland Public Schools (PPS), team members have been onsite providing overall support with new school procedures and structures, while welcoming and introducing themselves to new students. Team members at David Douglas and Reynolds School districts worked closely with building administrators and community partners to welcome students back.

### Camp Namanu summer 2021 came to a close after a glorious summer full of youth campers!

Continue to relive the joy and laughter by viewing photos from all the sessions and the camp videos.

[Camp Photos](#)

[Camp Videos](#)

The Camp Namanu team has been busy supporting staff transitioning from the summer camp life back into their schools, homes, and beyond. Showing up and supporting our staff, campers, and families is very important to us, and stories from campers served like the one below is what makes our work so significant.

**"Greetings! I just wanted to share our deep appreciation for you and all Camp Namanu staff and family. Emma and Sean attended the 8/1 session in Robin Hill and Blue Wing. They both came back talking a mile a minute and sharing their experiences the entire way home. Emma shared that she struggled the first few nights but Chaos and Cedar really helped her through her fears and homesickness. After sharing her struggles and her successes, I asked if she'd go back. She said yes, emphatically without any hesitation. She was challenged and I believe learned the importance of pushing through those struggles and challenges by getting out of her comfort zone. Sean loved every moment without any issues. Thank you. Hope to see you next season!"**

So many great opportunities! **We're hiring for a handful of jobs** across departments. Available job locations are in McMinnville, Portland, Sandy and West Linn. We offer full benefits, paid holidays and vacation plus you get to work with an all-star team and super inspiring youth! Search and [apply here](#).

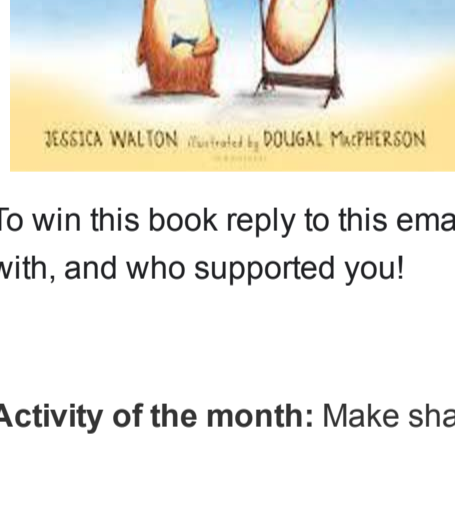
### It's back to school for our Before and After School Program!

Portland and West Linn programs have almost 500 students enrolled across 15 schools and will be launching our new program sites in McMinnville later in September. Staff trained intensively for weeks to prepare for being back in person with youth and how to best support the families that we work with.

Another exciting partnership, Chemeketa Community College Yamhill Valley Campus and Linfield University are supporting recruitment efforts in McMinnville and are working to design leadership program pathways for specific degrees (Early Childhood, Leadership, etc.) into our Camp Fire programming.



## Fun Activities!



**Book of the month:** *Introducing Teddy: A gentle story about gender and friendship* by Jessica Walton (Author), Dougal MacPherson (Illustrator).

*Introducing Teddy* introduces the youngest readers to understanding gender identity and transition in an accessible and heart-warming story about being true to yourself and being a good friend.

To win this book reply to this email and share with us a goal you had support with, and who supported you!

**Activity of the month:** Make shaving cream rain clouds!



## Events

**El Grito – Mexican Independence & Hispanic Heritage Month Celebration:** September 15<sup>th</sup>, 2021 from 11 am - 11 pm at the Moda Center, Rose Quarter Commons. Free! Lara Media Services is excited to announce that this year we will once again celebrate Hispanic Heritage Month with the "Fiesta de El Grito 2021." The day-long event will host folkloric dances, the best "Grito" contest, a contest for the best traditional costumed children, prizes, bilingual children's storytelling, arts & crafts, delicious Mexican cuisine, along with a beer and tequila garden. [elgritoportland.com](http://elgritoportland.com)

**Community Orchard Work Party:** September 18th, 2021 from 10 am - noon at Parkrose Community Orchard. Join Positive Charge! PDX for a Community Orchard Park Party. Harvest, weed, prune native plants & mulch beds at Parkrose Community Orchard with the Portland Fruit Tree Project – promoting food justice & preventing food waste. Free! Register at: [positivechargepdx.org/event-info/parkrose-community-orchard-harvesting-care-2/form](http://positivechargepdx.org/event-info/parkrose-community-orchard-harvesting-care-2/form)



## Friends of Namanu Corner

Friends of Namanu has Steering Committee and Chair openings available now with new terms starting October 1st! This is an opportunity for all current candidates to confirm their commitment, as well as pursue a new open position, and other interested alum to apply. If you already filled out an interest form from the spring of this year we do have your forms on file, but feel free to update and add more information if there have been changes. Please remember to include specific skills and details to better help the reviewers get to know you! We encourage and are grateful for all willing volunteers—and will find a place within the organization for all who apply. Closing date for submissions is Monday, Sept 17, 2021. Send to: [FON@campfirecolumbia.org](mailto:FON@campfirecolumbia.org) Questions? Contact: Josey Larsell [38windrose@comcast.net](mailto:38windrose@comcast.net); 503-327-4998 OR Janette 'Pickle' Kunkel [jkunkel@campfirecolumbia.org](mailto:jkunkel@campfirecolumbia.org)

Calling all former candy sellers! Do you have experience selling Camp Fire Candy? We are bringing candy sales back to help fund camperships for young people who otherwise couldn't afford to attend Camp Namanu. 100% of alumni sales will go to campership. Youth will have the opportunity to sell to reduce their own fees AND help another young person attend. If you are interested in volunteering and/or advising on relaunching candy sales contact Michael De Farias Moura at [mmoura@campfirecolumbia.org](mailto:mmoura@campfirecolumbia.org).



Camp Fire Columbia



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