



Camp Strong Women

A Mother-Daughter Weekend

Inviting: Moms, Daughters, Sisters & Friends, Aunts, Grandmothers: ages 11 and up.

Dates: Friday, August 22 lunch - Sunday, August 24 lunch, 2025

Wyonegonic is offering a new program combining access to the outdoor activities a camp experience has to offer with special emphasis on a mother and daughter spending time together. The opportunity will include time for yourselves, as well as group activities and discussions. You will explore topics that will help both of you understand the challenges and rewards of being a strong girl/woman while experiencing the wholesomeness and spirit of camp. Program sessions will include topics surrounding courage, developing a young woman's voice and navigating the tricky social maze that all ages face today. The pristine setting is ideal to foster an environment for our daughters to discover ways in which they can make a difference in their communities. Join us for this powerful workshop of connection in the outdoors along Moose Pond.



Workshop Facilitator: Whit Ryan has more than 40 years of experience in camping. She has served as Director of Staff Recruitment and Leadership Training at Wyonegonic Camps in Maine. Previously, Whit was a senior staff member at Alford Lake Camp, ME and director of Waukeela Camp, NH. As a career educator and founder and owner of [Clearview Life Coaching](#), Whit focuses on working with schools, camps and individuals to build stronger citizens and communities. She designs and implements curriculums for middle school aged girls that focus on leadership development, conflict resolution, a greater sense of self, empowerment and much more. Whit has presented at both ACA National and New England conferences.

Additional Activities may include: There will be designated times where mother-daughter attendees will have the ability to mix into the Family Camp activity program. Access to swimming, the various boating options, low ropes, climbing wall, group games, creative arts, yoga, tennis and archery are examples. A campfire with

s'mores and more is scheduled as well. We will eat together in the dining hall and live together in one area of camp. Moms will have time to share the wonders of raising strong girls. Plan on lots of laughter and building memories in an inclusive, nurturing environment.

Meals: Meals are served in the Cobb Dining Hall in conjunction with the Family Camp schedule.

Facilities: Mother and daughters will live in rustic cabins shared with other attendees. The cabins do not have electricity or plumbing. Common buildings have electricity. Toilet and shower facilities are centralized. Other common buildings with fireplaces are available for games, reading, socializing and WIFI. Mother-Daughter Camp will coincide during Wyonegonic Family Camp session 2. Participants will be sharing common areas, some activities and mealtimes. with family camp guests.

Waterfront: The swim areas are open at posted hours with trained lifeguards. All boating activities require a swim evaluation and wearing a PFD.



Cost: \$325 (Includes meals, shared lodging, activities, workshop for two people (Mother/Daughter). Contact camp for information regarding alternative housing availability or extended stays.

→ [REGISTER HERE](#) ←

Wyonegonic Camps, 215 Wyonegonic Road, Denmark, ME 04022

info@wyonegonic.com

207-452-2051

Family Camp add-on program: Enrolled Session 2 Family Campers interested in the Mother/Daughter workshop can register and attend the specialized program. Registration for this add-on will be included on the [Family Camp registration form](#).

Located directly off Route 117 in Denmark, Maine. Wyonegonic sits along a freshwater lake nestled between the White Mountains of New Hampshire and the Lakes Region of southern Maine. The extensive acreage provides seclusion, on over two miles of shoreline. Pleasant Mountain rises majestically on the opposite shore of Moose Pond. Camp is three hours north of Boston, one hour west of Portland, and thirty minutes east of North Conway, NH.