ABOUT US
Tools for Peace™ “TFP” inspires people of all ages to develop kindness and compassion in everyday life.

Founded in 2000, TFP is a 501(c)(3) organization dedicated to strengthening and supporting emotional and social intelligence as well as academic and professional success. TFP has partnered with over 20 organizations, universities, and schools. We support teens in middle and high school with our highly rated Stop, Breathe & Think App, as well as in-school, after-school, and summer camp programs that teach practical methods for cultivating compassion, peace, and wellbeing through training in mindfulness and meditation. By working with our curriculum teens develop leadership skills useful in everyday life.

ABOUT CAMP
Tools for Peace Summer Teen Camp is located on 475 acres of beautiful forest in the mountains of Tehachapi, CA. Teens stay in cabins and tents with counselors and peer mentors, returning campers who are on their way to becoming counselors.

Accepting only 50 applicants, Summer Teen Camp has an incredible 1 : 3 counselor to camper ratio. Summer Teen Camp staff is made up of talented, professional artists, musicians, athletes, and trained facilitators who are dedicated to serving teens.

Our camp chef provides tasty, wholesome, well-rounded meals, and is prepared to accommodate a wide variety of dietary needs. There are always abundant and generous portions, plenty of choices, and delicious desserts.
Each day at camp begins with breakfast and morning circle, where teens and staff come together to go over the schedule and share “shout-outs” of appreciation.

The morning continues with yoga and the Stop, Breathe & Think™ workshop, where teens learn to settle their minds to work with difficult emotions and thoughts, and practice mindfulness to direct and hold attention. They also practice cultivating compassion to develop a broader point of view, and actively listen to and communicate with each other. The Stop, Breathe & Think workshop offers sitting and active mindfulness meditation, dynamic small group discussions, and engaging activities that enable teens to connect with each other in a safe and supportive environment.

Afternoons at camp are full of enrichment activities like sports, yoga, music, art, crafts, and the creation of a Tibetan Community Sand Mandala. There are many opportunities for teens to go hiking, swimming, and horseback riding throughout the week.

Evenings at camp provide fun and festive activities including campfires, movie nights, and karaoke.

**SAMPLE SCHEDULE**

- 7:30  Breakfast
- 8:00  Morning Circle
- 8:15  Yoga
- 9:00  Stop, Breathe & Think Workshop
- 12:00  Lunch
- 1:00  Enrichment Activities (Art, Sports, Swimming, Yoga & Horseback Riding)
- 3:00  Music
- 4:30  Community Sand Mandala, Crafts
- 6:00  Dinner
- 6:45  Free Time
- 7:15  Evening Activity and Snack (Campfire, Movie Night, Karaoke)
- 10:00  Bed Prep, Cabin Time
- 10:30  Lights Out

**SCHOLARSHIPS AVAILABLE!**

**TRANSPORTATION**

Buses to and from camp are provided from central locations in both Los Angeles and the Bay Area.