

G.E.M.S.

Girls Empowered at Mountain Shepherd

Curriculum / Why GEMS?

Mountain Shepherd focuses on the positive impact of providing a safe space for girls to explore their interests. Here we encourage girls to explore and express their femininity without sacrificing their rugged strength.

Trained Staff:

Dina Bennett, the camp director, brings her extensive experience in corporate consulting and training to Mountain Shepherd Survival School's wilderness curriculum. She has been teaching survival skills to empower women for more than 7 years, and is an adjunct professor at Hollins University teaching "Survival for the Modern World".

Survival Summer Camp

Middle school girls learn our 7 survival priorities AND how she can use each priority in her daily life. The middle school years often feel like a series of survival situations. We make risks and challenges manageable.



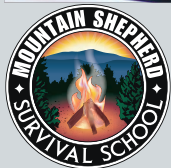
“ At GEMS Camp I found a whole new side of me. I learned that I am smart, curious, strong and confident!
- Allie

“ My favorite part about GEMS Camp was time outside with friends and learning to make fire!
- Jordan

EMPOWERING TOMORROW'S WOMEN

Cost: \$495

Full and Partial Scholarships Available.
Contact Dina for more information:
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A division of Mountain Shepherd Survival School • Catawba, Virginia

