

FALL 2022 NEWSLETTER



Jefferson County's first LGBTQ+ Camp

By Skye Herman, 6th grader and Summer Camp attendee

For me, the Benji Project camp not only was a fun camp to try in the summer, but also a safe place to express difficult feelings with others. The instructors worked hard to make the experience helpful for everybody, while maintaining a casual sense of fun in all the activities. They took great care to use people's preferred pronouns, which I think gave everyone there the boost of confidence necessary to fully feel safe and accepted in the camp.

There were lots of fun activities to do, with a good balance between physical games, art, and actual mindfulness. Some activities were a mix of these, like when we painted rocks as both an art and a mindfulness activity, or when we went on a mindfulness walk to both move our bodies and calm our minds.

I believe the Benji Project camp is very helpful, not only for people of the LGBTQ+ community, but for people of all different backgrounds. The camp offers valuable lessons to everybody, teaching the importance of kindness, courage, and above all, self-compassion.

Mindful Parenting Circle Launches

As families emerge from pandemic isolation, many parents of teens find themselves navigating new territory, often without the community network that they had when their children were younger. In response to requests for support, The Benji Project has launched a weekly drop-in Parenting Circle.

Each circle begins with a short mindfulness practice that gives caregivers the opportunity to attend to their own emotional well-being. We then spend time sharing in a peer-to-peer support model. Says co-facilitator Aleah Lawrence-Pine, "We want to normalize the experience of parenting teens. Too often folks feel like they are the only ones struggling, which is just not true. By sharing with others we can shift from feelings of isolation or failure to connection and relief."

OFFICE OPENS OCT. 15

We are thrilled to be opening our first ever brick and mortar location! You can now find us on the garden level of the Good Templars Hall at 280 Quincy Street. We would love to show you the space or join us for a workshop upstairs.

We are looking for some angels to help us complete the office.

Items at the top of our wish list:

- Laptop or desktop computers
- Keyboard/monitor for laptop "docking station" set-up
- Free-standing storage cabinets or cupboards, ideally 16-24 inches deep.

MINDFUL PARENTING CIRCLE

Drop-In Circle
Thursdays
7:00 to 8:30 pm

Check our website for details, no registration required.

Suggested donation \$10, no one turned away for lack of funds.



Making a Difference

Consider supporting The Benji Project's work with Jefferson County youth by making a donation.

With the help of our generous supporters, we can make our programs accessible to everyone, regardless of ability to pay.

You can mail checks to
 P.O. Box 1487,
 Port Townsend, WA, 98368
 or make secure online donations
 at thebenjiproject.org/donate

Inaugural Fundraiser Set for December 3

Join us on Saturday, December 3, for those golden sunset hours on the Port Townsend Bay while sampling selections from Port Townsend Vineyards, Finnriver, and Propolis. Local music, small bites, and craft non-alcoholic beverages also included.

Support our youth programs with the silent auction and raffle. Come with a friend and save \$5 each or purchase a VIP ticket for early entry and special extras.

Purchase tickets: www.thebenjiproject.org or via QR code



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THE BENJI PROJECT IS A 501(C)3
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THE BENJI PROJECT
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