

December 29, 2021 - January 2, 2022
Northern California Teen Retreat
Information Letter

Dear Teens and Parents/Guardians,

We are so excited that you will be joining us for our Northern California New Year's retreat! Included below is all the information you need to set you up for a successful retreat experience. Thank you for taking the time to read this all the way through!

This Letter Contains:

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Reminders: To Do By December 8, 2021

- [Email Sarah](#) if you need to book a spot on the airport shuttle to/from retreat.
- [Email Sarah](#) if you have any special needs (food/diet, mobility, medication changes, etc) that are new.
- Make sure your tuition is paid and your e-signature email is verified.
- Check out the [packing list](#) and PLEASE NOTE you are required to bring your own sheets, blanket, pillow, and towel

COVID-19 Protocol

We require all staff and teens who attend our teen retreats to be fully vaccinated by arrival day. This means that you/your teen has received your final vaccination shot by December 15, 2021, two weeks prior to the start of the retreat.

We also require proof of a negative PCR COVID test within 72 hours before arrival on 12/29/21.

Please bring proof of your negative test result with you to registration!

For the safety of the staff and retreat participants, we will not be making exceptions on vaccination status or proof of a negative COVID test provided upon arrival.

In addition, we will be taking the following measures in an attempt to minimize the risk of anyone getting COVID-19 while on retreat:

- All staff at Black Mountain PPI are vaccinated and will be masked while indoors;
- We will be operating in full compliance with most recent guidance from the Centers for Disease Control and Prevention (CDC) and the California Department of Public Health;
- We will be sending out a waiver that each teen (and parent/guardian for those under 18) must sign, certifying that they are vaccinated and know there is still no way to guarantee safety, and that iBme will do all it can to minimize the transmission risks of COVID.

Contact Information

Retreat Manager (point person): [Selena Brown](#), (714) 681-8220

Retreat Lead Teacher: [Enrique Collazo](#) (818) 515-4838

Registration/Scholarship/Shuttle (iBme HQ) - [Sarah Wrean](#)

All cellphones and other electronics must be turned in at check-in. If teens need to contact parents/guardians during the retreat they will be able to do so through a staff person.

Getting To Retreat

[Black Mountain](#) Retreat Center - 23125 Fort Ross Rd, Cazadero CA 95421

[Directions](#). There is parking on site for any teens who drive themselves to retreat.

Please arrive between 4:00–5:00pm on Wednesday, December 29, 2021 If you arrive early, please stay in your vehicle or with your parent/guardian until 4pm. Let us know if you will be arriving *after* 5pm. **The retreat ends at 1:00pm on Sunday, January 2, 2022.**

San Francisco Airport Shuttle - [Email Sarah](#) by December 8th to save a seat on the shuttle.

12/29/21 - Shuttle departs at 2:00pm from SFO - flights should arrive no later than 12:30pm

1/2/22 - Shuttle returns to Logan Airport by 4:30pm - flights should depart no earlier than 6pm

Optional Parent/Guardian Workshop

On pickup day, January 2nd, we will be hosting an *optional* parent/guardian workshop from 12:30–1:30pm (lunch will be provided). We will give you a taste of what your teen has experienced on retreat and talk about the transition period returning from retreat back into daily life. This is also a great chance to connect with other families in your region so that you can be resources to one another. **If you would like to join us, [please RSVP to Sel](#) by December 26th** so we can plan accordingly.

Refunds and Cancellations

If you cancel more than 3 weeks before the retreat, you are entitled to a full refund less a \$35 application fee and \$100 administrative fee. **We cannot offer refunds for cancellations made less than 3 weeks before a retreat because of our commitment to the retreat center and our detailed planning based on the number of teens attending.** There is no refund if you leave the retreat early.

A note about our radical tuition structure

We are a nonprofit committed to making our retreats accessible to any teen, regardless of their ability to pay. If you would like to make a donation to sustain iBme and support teen scholarships, please visit our [website](#) or contact us directly. Your generosity is deeply appreciated.

We appreciate you and your family for choosing to join us for this week. We aim to help teens develop skills to center themselves and listen and respond compassionately to the challenges of life. The tools we provide will help all of us recognize, accept, and overcome difficulties in ways that create less suffering for others and ourselves. May our efforts also be for the benefit of your family and for your greater community.

Thank you for your trust,
Selena, Enrique, Sarah, and the rest of your retreat team

Where We'll Be: Information about Black Mountain Retreat Center

Located on a prime 485 acres in west Sonoma, Black Mountain Retreat Center consists of a cluster of one-storey buildings in the center of wooded valleys and open meadows, at around 1100 feet altitude. Rustic but very clean and comfortable, we have room for up to 125 people, although the place is just as welcoming for a small group of 12 (our minimum). Many groups have returned to stay with us year after year, drawn by the beautiful setting, great prices and friendly service.

Potential Hazards and Medical Care

There are various potential hazards on the property – both man-made and natural – which visitors should be mindful of. There are work sheds on the grounds where heavy machinery and equipment are stored. Hot stoves or sharp/heavy utensils in the kitchen may present risks. Visitors are requested to remain in designated areas and keep away from all areas marked as being off-limits.

In the event of illness or injury, there is a volunteer fire department on site and a dozen local EMTs who could arrive within 5-10 minutes. The closest emergency room is in Sebastopol at Palm Drive Hospital, which is about a 70-minute car ride, and there are also two hospitals in Santa Rosa, approximately 75-minutes away. iBme retreat staff are prepared to respond in emergency situations. Sometimes other visitors with medical or alternative health care training may offer help or advice to adults; if this help is accepted, please understand that the visitor is acting entirely on their own initiative and not on behalf of or under the direction of Black Mountain or iBme.