

THE PROGRAM

On Belay provides age-appropriate challenges to help participants gain a sense of personal power and control. Participants take turns as climbers and belayers and can choose which challenges they are comfortable with, but all participants are expected to be **on belay** for each other, both literally and figuratively. This helps participants realize the value of finding people who are on belay for them, and what it means to be on belay for someone else – an important lesson to remember, regardless the challenge.



GOALS

- To create an atmosphere where participants support each other as they tackle new challenges.
- To create an environment where participants feel comfortable and supported.
- To provide participants a place to make new friends.
- To give children the freedom to focus on themselves and have fun.
- To help participants identify their connection with other children in the program.
- To offer opportunities for participants to challenge themselves in new ways.

BELAY

an old sailing term; to secure, to hold fast; in rock climbing *belay* refers to the use of a rope and friction system to arrest a fall

GET INVOLVED

- Volunteer at a program
- Join an advisory committee
- Recommend a child for the program
- Make a financial contribution
- Make an in-kind donation
- Get your business involved
- Get your civic organization involved



If you would like to learn more about On Belay contact Sasha Eisele, Program Director, at sasha@on-belay.org.

WHAT IS ON BELAY?

On Belay is a non-profit dedicated to creating unique, outdoor-adventure-based programs for young people ages 10–18 who are living with or have lost a family member to cancer or other life changing illness.



Participants work together to build a community rooted in **Fun, Safety, Trust** and **Support**. Throughout the day participants take on challenges designed to help them reach new physical and emotional heights.

A special thanks to:

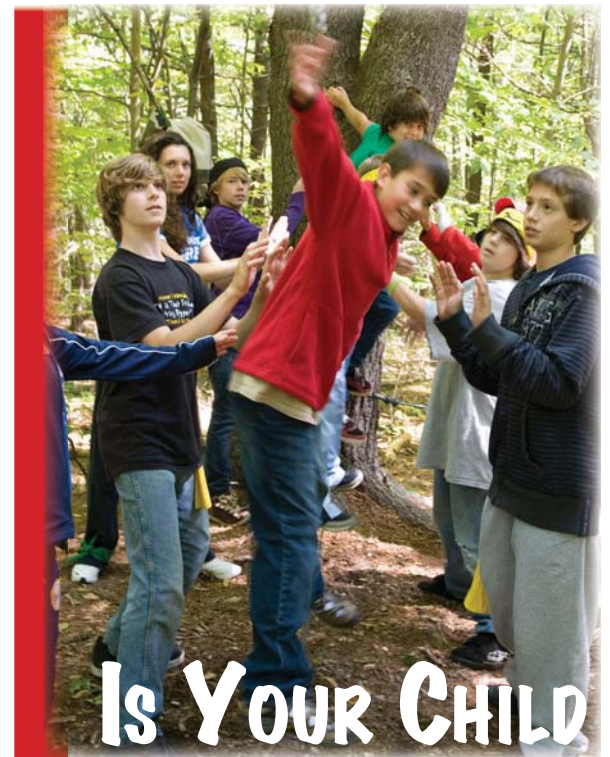
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for making it possible to spread On Belay's message.



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Is YOUR CHILD



HELPING YOUNG PEOPLE DISCOVER THEIR OWN POWER TO FACE THE **CHALLENGE** OF LIVING WITH A LOVED ONE'S DIAGNOSIS OF **CANCER** OR OTHER LIFE-CHANGING ILLNESS.

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