

5-day Overnight Camp

Phone & Screen Detox for Youth 10-16

Location: Ascend Camp & Retreat

5218 Kiwanis Rd, Dallas, TX 75236

Date: July 30th to August 4th

Dropoff: 10:00 AM, Pickup last day 6:00 PM

Director: **Kareem Hassan** Founder and Director of Darutarbiya, more than 16 years of experience in youth work

Two Age Groups

10-13 , 14-16 Boys Only

Objective:

This 5-day overnight camp is designed to help youth aged 10–16 disconnect from phones and screens, reset their relationship with technology, and reconnect with themselves and others in a supportive, Islamic environment. Through guided activities rooted in Islamic values, nature exploration, and group reflection, the camp fosters self-discipline, mindfulness, and positive behavior while nurturing meaningful friendships and spiritual growth.

1- Phone & Screen Detox

- No phones for 5 days! yup 5 straight days, phones will be kept at home
- Phones are allowed for mentors only, calling parents once at night for 5 mins

2- Phone & Digital World Disorders Crash Course

- Awareness course for youth on the danger of phones and screens
- Psychology of addiction behind reels, shorts and games

3- Behavioral Discipline

- Make your bed

- Wash & dry your clothes
- Assemble in 30 seconds
- Morning Fitness & More
- Clean Your Cabin

4- Spiritual Discipline

- Daily Adhkar Morning and Evening
- Qiyam Every Night
- Wake Up for Fajr
- Pray the 5 Prayers in Jamaa
- Duaa For Parents Every Day

5- Fun Activities

- Soccer - Volleyball - Tug of War - BB Gun - Swimming - Woodwork & More

Optional Group Add-ons

- Paintball - Horseback Riding - Archery

6- Supporting Gaza Practical Ways Workshop

- + **Business Networking Opportunity for Older Groups**

Benefits of Screen Detox:

- Better sleep
- Improved focus and productivity
- Reduced stress and anxiety
- Stronger real-life relationships
- More time for hobbies, reading, or physical activity

For Questions: Contact: 201-452-9576

For Payment 🙌🙌🙌

1- Before July 23rd: \$480/Camper +\$460/sibling

2- After July 23rd: \$600/camper

(Optional \$50 Extra Activities to bring it in cash)

Register Before July 23rd to get early bird discount

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