



Kamisha

Surrounded by the White Mountains of New Hampshire, long-time participant Kamisha felt a moment of freedom. As part of Waypoint's Leaders-In-Training program, Kamisha and a group of her peers enjoyed a 2-day backpacking trip. At the end of that trip, the friends closed out the weekend by each throwing a stone into the river, with each stone symbolizing "worries we can leave behind." As Kamisha threw her stone into the river, she said she was "free to discover aspects of herself that she never knew were there." Kamisha finally felt grit, determination, and perseverance—empowering her at home and on her many adventures to come.



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