

## Registration Form

Name: \_\_\_\_\_

Mailing Address \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_

Prov/State Zip \_\_\_\_\_

Phone Nos.( PLS. INCL. AREA CODE) \_\_\_\_\_

Email: \_\_\_\_\_

I'm requesting a recoveryship: \_\_\_\_\_

Emergency Contact # \_\_\_\_\_

Recoveryship Donation \$ \_\_\_\_\_

Dietary Requirement? \_\_\_\_\_

Medical condition we should know about? \_\_\_\_\_

I need a ride \_\_\_\_\_ I can give a ride \_\_\_\_\_

### Total Cost:

**\$160.00** (This covers registration, meals and accommodation.)

**Make your cheque payable to:**

**Vancouver Island CODA Retreat**

### MAIL CHEQUE

**WITH THIS REGISTRATION FORM TO:**

**VANCOUVER ISLAND RETREAT**

**211- 107 EVANS STREET**

**DUNCAN BC V9L 1P5**

**OR SEND EMAIL MONEY TRANSFER TO**

**codaretreat@shaw.ca**

**No refunds after Sep 1st.**

Sorry we can't take registrations or payment at the door.

## PLEASE BRING

Heated lodges & beds with  
mattresses provided.  
Bring bedding necessities,  
hiking boots/shoes/slippers  
toiletries, flashlight  
towel, snack food for sharing,  
bathing suit, yoga mat,  
recovery books for a book swap,  
musical instruments.

**Please bring a picture of  
yourself as a child, a soft  
cuddle toy or other  
important item from your  
childhood.**

### REGISTRATION FEE COVERS:

Registration begins **4:00 pm Friday.**

Friday and Saturday night accommodation.

Retreat begins with Fri. evening meal at 6 pm

Saturday: breakfast, lunch, and dinner.

Sunday: breakfast and lunch.

Retreat ends at **2:00 pm Sunday.**

When this Child Within is not nurtured or allowed freedom of expression, a false or co-dependent self emerges. We begin to live our lives from a victim stance, and experience difficulties in resolving emotional traumas. The gradual accumulation of unfinished mental and emotional business can lead to chronic anxiety, fear, confusion, emptiness and unhappiness."

– [Charles L. Whitfield, \*Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families\*](#)



**Sep 11, 12, 13, 2015  
At Camp Imadene**

**7th annual!**

# Healing The Child Within

**250-701-6727**

**250-748-5965**

[www.cdrs.ca](http://www.cdrs.ca)

[codaretreat@shaw.ca](mailto:codaretreat@shaw.ca)

## RECOVERY FUND

We believe everyone who has a sincere desire to recover should have the opportunity to attend this retreat. You can help make it possible. Please consider contributing \$10, \$20, \$30 or more to the Recovery Fund.

Do you need help to come to the retreat? Can you pay at least half the cost and are you willing to be “self-supporting” for the other half through a service contribution? Please email the registration contact person:

[codaretreat@shaw.ca](mailto:codaretreat@shaw.ca)

Recovery funds are matching financial assistance (no more than half the cost for those who cannot otherwise afford to attend).

**A Recoveryship will be held in your name only after we have received your funds for the first 50% .**

Recoveryships are dependent on the generosity of the fellowship and on a first come, first served basis. If matched funds are not available your cheque will be refunded regardless of the date. All applications are confidential

***Alcohol and recreational drug free!***

Join the retreat committee by emailing  
[codaretreat@shaw.ca](mailto:codaretreat@shaw.ca)

- **From Victoria:**  
Drive northbound on the Island Highway (approx. 55 mins)
- Drive through Duncan and turn left onto the Cowichan Valley Highway (#18)
- Stay to the left (at the fork) and drive through the town of Lake Cowichan
- As the trees break and the lake appears, **CAMP IMADENE** is on the right
  
- **From Nanaimo:**  
Drive southbound on the Island Highway
- Turn right onto the Cowichan Valley Highway (#18)
- Stay to the left (at the fork) and drive through the town of Lake Cowichan
- As the trees break and the lake appears **CAMP IMADENE** is on the right



**Our retreat is run by our registrants. Please participate in any of the following ways:**

(PLEASE CHECK )

- FACILITATE A WORKSHOP
- LEAD A MEETING
- PLAY GUITAR OR SING
- FACILITATE ARTS/CRAFTS
- PUT ON A SKIT
- FACILITATE A MEDITATION SESSION
- CLEAN UP-GENERAL
- VOLUNTEER
- ASSIST AT THE RETREAT
- TELL YOUR STORY
- OTHER: \_\_\_\_\_

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