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
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

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 com, 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

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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