

## Directions

### Getting there (1 hr drive from downtown Victoria):

1. From Victoria take Hwy 1 and follow signs to Sooke
2. In Sooke turn right at the 3rd stop light on to Otter Point Road
3. Stay on Otter Pt. Rd. for about 5 Km, turn right on to Young Lake Road

### 4. Young Lk. Rd. leads right into Camp Barnard From Nanaimo(1 hr 43 min drive)

1. Head south on Ferry terminal toward Trans-Canada Hwy/BC-1
2. Follow Trans-Canada Hwy/BC-1 to West Shore Pkwy in Langford (1 hr 19 mins), turn right
3. Follow West Shore Pkwy,
4. Turn right onto Juan De Fuca Hwy/Sooke Rd/BC-14 W
5. Turn right onto Otter Point Rd to Young Lake Rd



## DONATION FUND

For participants with Financial Challenges  
To contribute to participants camp fees we have a Donation Fund.

Please consider

contributing if you are able.

Do you need help to come to the retreat?

Are you willing to assist with a  
service contribution?

The committee will review individual  
applications for approval.

All applications are confidential.

### Total Cost

**\$100 Early Bird by Sept 4/25**

**\$120 after Sept 5/25**

### REGISTRATION FEE COVERS

Check in begins 5:00 pm Friday  
(No dinner meal).

Friday and Saturday night accommodation

Everyone gathering at 7:00 pm

Saturday: Breakfast, Lunch and Dinner

Sunday Breakfast

(All meals prepared by our Camp Cook)

Recreational Opportunities

(Games, Hikes, Swimming)

**RETREAT ENDS AT 11:00 am Sunday**

**PLEASE REGISTER @  
[www.viretreat.ca](http://www.viretreat.ca)**

## PERSONAL GROWTH RECOVERY RETREAT



*Come spend a weekend away from the  
comforts of home and back in touch with  
Community, Capability and Connection*

**Vancouver Island 12 Step  
Personal Growth Retreat  
Sept 19,20,21 2025**

**At Camp Barnard in Sooke**

**Location info: [campbarnard.ca](http://campbarnard.ca)**

**Sponsored by Generous Community Support**

**More info at:**

**[www.viretreat.ca](http://www.viretreat.ca)**

*This isn't Glamping It's Growth*

## *Suggested Retreat Packing List*

*Keep in mind this list is not all encompassing but it is what we have discovered over time to be the minimum items suggested.*

*Bring A Sense of Adventure*

### **LABEL EVERYTHING**

Leave Electronics at home / there is Limited Cell Service

*Bedding Materials:*

Bedding - Cot Size Sleeping Foam

Sleeping Bag

Blanket & Pillow

*For Meals:*

Water Bottle

Plate, Bowl, Cup, Knife, Fork, Spoon; in net bag to hang

(Campers are responsible for cleaning their own dishes)

*Personal Needs:*

Shoes or Hiking boots

Jacket

Long Pants, Shorts

Pajamas & Slippers

Underwear & extra socks

Comfortable layers of clothing the weather may go from a warm day to a cold night.

Warm clothes for outdoor activities: hiking, campfires etc. it may be chilly at night

Rain wear or an umbrella. Rain is always possible.

Swimsuit & Towel

Toothbrush & Toothpaste

Toiletries

*Other Possible Items:*

Non perishable Snacks for the weekend to share

Musical Instruments, card games, journal

Notebook & Pen/Pencil

Books for exchange

Yoga and/or meditation mat

Folding Chair

Flashlight

*Notes:*

Scent Free

There will be a designated smoking area

Boy Scouts Canada will enforce zero tolerance for alcohol or drugs

## TYPES OF WORKSHOPS

- Self-Identity Awareness
- Locus of Control
- Decision Making
- Feelings Surfing
- Resilience & Self Care
- Purpose & Direction
- Creative & Embodied Growth
- Reframing & Reclaiming
- Tending the Inner Critic
- Rituals for Release
- Regulate instead of Reacting
- How Emotions work
- Tools for Nervous System Grounding
- Shift from Self-Judgment to Self Compassion
- Create your own Self Care toolkit



Our retreat is Participant led

**PLEASE SIGN UP on the website to volunteer for the following:**

◇ **Facilitate a Workshop - Saturday**

◇ **Lead a Meeting** (Please state which group & can you bring readings) **Saturday**

◇ **Lead a Yoga / Meditation Session** (Saturday and/or Sunday)

◇ **Clean up General**

◇ **Assist Wherever Needed ( Kitchen Etc.)**

◇ **Play Guitar / Instrument / Sing at the Campfire**

◇ **Swimming / Hiking Buddy**

Welcome to the Wild side of Personal Growth

Join us for a transformative weekend

set in a rustic lakeside camp.

We encourage all participants to come prepared to care for their

own needs with adaptability & a spirit of personal

responsibility. Accommodation is shared cabins,

8 Plywood bunks per cabin

(No electricity or heat)