



(S2T 2.0) REGISTRATION FORM
May 17 @ 12pm – May 20 @ 12pm 2019

Name _____ Phone _____

Email _____

Emergency Contact

Name _____ Relationship to you _____ Phone _____

List **medical conditions/issues** we should be aware of:

List **food allergies** we should be aware of:

Initial	Things to be aware of (when you agree and understand each item; initial in the left column):
	Bed and washrooms are shared with 2 – 6 individuals and all rooms have bunkbeds
	I can manage an upper bunk (not everyone can have a lower bunk) Yes No
	Check the items to bring on the next page very carefully, DO NOT BRING VALUABLES (money, jewelry, keepsakes) We are not responsible for lost/stolen items.
	We are travelling by car, are you able to provide rides for other participants? YES NO
	Our Venue: Crieff Hills Community, 7098 Concession 1 R.R. # 2 Puslinch www.crieffhills.com
	This retreat is a privilege; a place to learn new things and to fully participate in activities
	When a participant does not show up to the retreat it costs the agency \$300.00 and also means that another individual was not able to register. Peers will check in with you about attendance, including the orientation and follow-up events on May 10th and June 7th
	Cell phones will be placed in a basket with a facilitator during program times
	This is a camp atmosphere, dress accordingly for weather and bugs. Campfires are planned in the evening for those who love the outdoors.
	We will prepare all meals and all snacks and there is an expectation of team work and helping out where needed around meals and cleaning up dishes (there is a chore list that assigns everyone tasks posted on your camp-house fridge in kitchen).
	There will be free time in the agenda for you to enjoy the campgrounds and each other!
	If you miss a meal time you are expected to grab a snack from your camp-house kitchen so that you can fully participate in activities until the next mealtime.
	Please note the start and end times of the retreat because no one will be allowed to leave the campground during the retreat.

The top 2 choices of Self-Care Activities that I would be interested in attending during the retreat are:

1. _____ 2. _____

You choices are not guaranteed to be available but we will try our best!

I have read and understand all points listed above. _____
My name S2T Facilitator's name

Tell us why you should attend Survive To Thrive:

Checklist of what you need to bring with you:

Linens:

- Bed sheet and pillow case blanket or sleeping bag



- towel and washcloth



Personal Items:

- Your medications



- Bug spray Sunscreen Alarm clock



Toiletries:

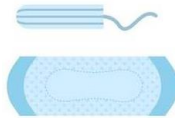
- Toothbrush and toothpaste Soap Shampoo Hairbrush/comb



- Deodorant

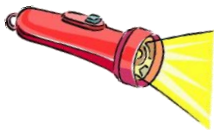


- Feminine Hygiene Products



Things you might enjoy having:

- a flashlight Sun umbrella Camp Chair Earplugs



Deadline: Complete this form and return to ACCKWA by email volunteer@acckwa.com no later than April 18th **THERE ARE LIMITED SPOTS!**

Individuals accepted to attend Survive To Thrive 2.0 2019

May 17 @ 12pm – May 20 @ 12pm

must also attend: Orientation: Friday, May 10th and Follow-Up: Friday June 7th at ACCKWA

Let us know if you require help completing this form!

Our Venue: Crieff Hills Community, 7098 Concession 1 R.R. # 2 Puslinch www.crieffhills.com

For further information contact Lynn 519-570-3687 ext. 305 or volunteer@acckwa.com

SURVIVE TO THRIVE! 2.0

The AIDS Committee of Cambridge, Kitchener, Waterloo & Area (ACCKWA) participated in many Survive To Thrive (S2T) Retreats with The AIDS Bereavement & Resiliency Program of Ontario (ABRPO) throughout our history.

Since the creation of ACCKWA's Turning To One Another Working Group (TTOA WG), PHAs/Peers have been trained in facilitation so that they could create a larger scope for supporting PHAs in growth.

Today our S2T Retreat looks much different than the multiple loss journey. The agenda is all about building skills and self-care learning and we have renamed it Survive To Thrive 2.0!

The retreat is 3-4 days at Crieff Hills Retreat and Conference Centre - 7098 Concession 1, Puslinch in a camp setting with shared accommodations in rooms of 2-3 bunkbeds. Participants will not come and go from the camp during the retreat.

This is a working retreat with self-care activities during free time, this is not a vacation. Self-care activities include things like: massage, nature hikes, manicures, crafting, cooking, etc.

Participants are placed in 1 of 3 Pods for programming which provides a more intimate atmosphere. We learn about ourselves and our peers; self-care; supporting each other; journaling activities and so much more!

After dinner we present a full group activity such as: art night, drumming, improv, collage art, Colours, Music & Art Therapy, tie-dying. There are different workshops each night and they change every year.

ACCKWA partners with The HIV/AIDS Resources & Community Health (ARCH) and all retreat fees for registered clients of both agencies are covered.

If you are not a registered client the costs vary each year depending on length of retreat and activities. Past registration fees were: 2015 - \$270, 2016 - \$350, 2017 - \$215, and 2018 - \$300.

History of S2T

Survive and Thrive (S2T) is an effort by (ABRPO) to respond to the needs of long-term survivors for supportive ways to address multiple loss.

ABRPO works in partnership with programs for people living with HIV/AIDS (PHA) of the Ontario AIDS Network (OAN) to help transfer the knowledge and skills that participating community members and AIDS Service Organization (ASO) staff require when responding to the impact of catastrophic loss.

Further information can be obtained from
Lynn Cashubec
ACCKWA's Coordinator of Volunteers & Peer Engagement
volunteer@acckwa.com 519-570-3687 x305

Feedback from participants:

- *I enjoy the Pod work, an open and comfortable group, I feel like I belong.
- *I am opening myself up to things I never would have had the chance to do elsewhere, very positive!
- *I enjoy the humour, pushing my limits, the creativity and new experiences.
- *I came in as a newbie; blindly; zero expectations. I leave with new found friends, self-awareness and enlightenment.

