



# Mother Daughter

R E T R E A T



## Celebrate That Special Bond

**About Retreat:**

[www.power4teens.ca](http://www.power4teens.ca) | [shyanne@power4teens.ca](mailto:shyanne@power4teens.ca) | (416) 834-0331

This is for mothers and daughters who want to have fun together and build a deeper bond and understanding of each other. This is a place where communication, respect and relationships can flourish in a positive uplifting environment.

You will be led through mental and physical exercises and activities which will leave you laughing, questioning, relating and bonding with each other.

With a big focus on positive psychology you will further develop your understanding of your personal and mother/child relationship strengths and weaknesses while discovering ways to develop for the future.

As a mother you will get the opportunity to go back into your childhood/teen years and find the relationship between your personal experiences and your fears for your daughter. You will be encouraged to reflect on your observed strengths of your daughter and your hopes and desires for her future. You will have the opportunity to understand more her perceived strengths and where she needs uplifting and her hopes for the future.

As a daughter you will have the opportunity to reflect on the strengths of your mother and develop a deeper understanding of her experience at your age to encourage an appreciation and understanding of her attitudes, ways of coping and her rules.

This is a retreat where you are accepted, your values appreciated and where there is no judgement. We will learn that there is no 'right' way to be a mother and no 'right' way to be a daughter and we will try and find a way to be the best mother and daughter combo that WE can be based on who we each are. This weekend is about self discovery and the discovery of team strengths that need to be encouraged and of areas that need to be developed.

Whether you have an almost 'perfect' relationship or whether you have challenges that you face daily we will attempt to break down walls of misunderstanding and build castles from your foundation.

Our mother/daughter retreats are geared for daughters aged 8 to 16yrs.

**Empowering Activities** - finding our personal and combined strengths.

**Bonding Games** - Relating games & scavenger hunts

**Unifying Activities** - Tie dyes, yoga & zumba class, jewellery making, minute to win it challenges

**Gratefulness** - Cooking & serving our mums

Closer to our retreat, an exact itinerary and instructions will be provided in advance.

**Location:**  
**Brighton, ON K0K 1R0**

Our location changes depending on time of year and structure of each retreat. ALL retreats are no further than 2 hours out of the city from downtown Toronto. We create a unique and intimate setting for you and your daughter with incredible food prepared with love by our

amazing chef. Entertainment and fun organized throughout the weekend. Morning yoga, SUP (stand up paddleboarding) on the lake if weather holds, hiking, dancing, obstacle courses, scavenger hunt and more. Prepare to be blown away :)

### **Date & Cost:**

SEPTEMBER 23-25 2022

Friday arrival 3pm onwards (please be mindful of traffic and weather)

Departure Sunday 12/12:30pm

\$975 + HST mother/daughter combination

\$925 + HST per mother/daughter combination (**Discounted Rooms**): We currently have 3 rooms that can be shared with another daughter OR for a friend group

Room 1 - has 4 beds plus 1 full private washroom - ideal for 2 moms and their daughters (friends)

Room 2 - has 3 beds plus 1 full private washroom - ideal for mom and two daughters OR if moms sleep together on queen bed and each daughter can have their own single bed

Room 3 - has 3 beds plus 1 full private washroom - ideal for mom and two daughters OR if moms sleep together on queen bed and each daughter can have their own single bed

\$300 + HST additional daughter

All food, games, activities and entertainment included:

Friday - Delicious vegetarian dinner

Saturday - Healthy & warm continental breakfast, beautiful salad and sandwich lunch and vegetarian dinner feast (plus a fun evening snack)

Sunday - Pancakes & fruit breakfast, healthy pre- departure lunch (packed to take)

**\* drinks & snacks available throughout the day**

**YES, you are allowed to bring your own adult beverage (“mommy juice”) but we kindly ask to drink in moderation.**

**YES, you can bring your own snacks. We will confirm all allergies prior to retreat and kindly ask to bring snacks considering mild and/or severe allergies.**

### **Refund/Cancellation Policy:**

Registrations cancelled on or before August 31st, 2022 will be charged a \$150 cancellation fee, the remaining balance of any amount will be refunded.

Registrations cancelled on or after September 1, 2022 are non-refundable - NO EXCEPTIONS. Retreat spots are already limited and are hard to replace especially with short notice. You can transfer your registration to someone else however will need to be approved in advance.

### **Weather response:**

We understand that the seasons can change rapidly and highly recommend you plan for this well in advance so all factors can be accounted for. Especially for snow and rain seasons, please ensure you have:

- Proper winter tires, they are a must!
- Up to date maintenance on your vehicle before departing
- Checked the weather report before you depart
- You allow yourself extra time for travel and traffic
- Contacted Shyanne immediately if you are unable to attend last minute or will be running late

This specific retreat space is just off of main country roads that are plowed frequently, including the property driveway; however, we cannot guarantee the roads will be plowed during the time of our approximate arrival.

### **COVID-19 Response:**

Public health and workplace safety measures in effect as of March 1:

- proof of vaccination requirements are not required to run our retreat
- Bedrooms and washrooms will individually be assigned and are kindly asking for you to only use your assigned washroom throughout the duration of retreat

Due to the worldwide event, we would like to acknowledge and understand our original refund policy may not apply. If the City of Toronto & Toronto Public Health do not permit private summer camps to operate, retreats or any other Power4Teens program, you will be refunded less an administration fee of 7%. The administration fee is charged to cover a portion of our costs that we have incurred.

\*Please note: If the City of Toronto allows us to continue for summer and you wish to cancel your registration, our regular cancellation policy will apply\*