

Friday Aug 17			
Time			
14:00 - 15:00	2:00PM - 5:30PM Arrival & Set Up Free Play		
15:00 - 16:00			
16:00 - 17:30			
17:30 - 18:00	Camp Opening		
18:00 - 19:00		Family Banner: WHO ARE WE?	
19:00 - 20:00		Campfire Feast (smores, bushpies, and more...)	
20:00 - 21:00			
21:00 - 22:00			

Saturday Aug 18			
Time			
8:00 - 9:00	<b>BREAKFAST</b> Community Kitchen		
9:00 - 10:00			
10:00 - 11:00	Family Yoga	Family Wilderness Walk	
11:00 - 12:00	Mother / Father Mindfulness Circle Talks: Being the best parents we can be!	Kid Mindfulness: Mini-adventure Games	
12:00 - 13:00	<b>LUNCHTIME &amp; FREE PLAY</b> (Crafting, Nature Playground, Forest Library, Chill Out Tent)		
13:00 - 13:30			
13:30 - 15:00	Creative Expression Exploration: Practicing positive outlets for expression through art, music, writing & more!		
15:00 - 16:00	Family Pond Play Swimming, water slides, kayak, canoe & more! All ages *supervised*		
16:00 - 17:00			
17:00 - 18:00	<b>Saturday Night BYOBQBQ &amp; Salad Potluck</b>		
18:00 - 19:00			
19:00 - 20:00	Parade to Campfire & Official Lighting of Campfire		
20:00 - 21:00	Ultimate Campfire with Dad & Kid		

Sunday Aug 19			
Time			
8:00 - 9:00	<b>BREAKFAST</b> Community Kitchen		
9:00 - 10:00			
10:00 - 11:00	Laughing Lion Yoga with Tim Barlow	Family Wilderness Walk	
11:00 - 12:00	What the 'F' are we doing: Parenting with a Forgiveness Mindset	(Age 7-13) Navigating School, Friends & Emotions	Sunshine Kids Yoga
12:00 - 13:00	<b>LUNCHTIME &amp; FREE PLAY</b> (Crafting, Nature Playground, Forest Library, Chill Out Tent)		
13:00 - 14:00	Creative Expression: Mandala Workshop with Amelia MacDougall		
14:00 - 14:30	Closing Ceremony at Centre Camp		
15:00 - 17:00	Family Pond Play Swimming, water slides, kayak, canoe. All ages *supervised*	Pack Up & Say Farewell	