



Positive Women's
Network

Join Positive Women's Network for our...

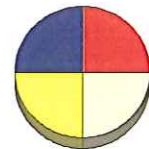
Aboriginal Women's Wellness Retreat

Connect with other **RELAX!** **Have Fun!** Participate in
HIV+ women! **Be Pampered!** traditional cultural
events & ceremonies!

Happening June 4-6th 2010 at the Chehalis Healing
House (Sts'Ailes Lhawathet Lalem) on the Chehalis River!



This retreat is open to
HIV+ Aboriginal
women living in
British Columbia.



It's **FREE!** PWN covers all retreat & transportation
costs. Childcare subsidies are available.

Space is limited so apply early.

APPLICATION DEADLINE: FRIDAY, APRIL 23RD 2010

For more information, contact Melissa at Positive Women's Network.
Email: melissam@pwn.bc.ca

Telephone Lower Mainland: [604 692 3007](tel:6046923007) or Toll-free: [1 866 692 3001](tel:18666923001)



Positive Women's Network presents:

Aboriginal Women's



Wellness Retreat



FRIDAY, June 4th - SUNDAY, June 6th 2010!

Who can apply?

This retreat is open to all HIV+ Aboriginal women living in BC. **Priority will be given to Aboriginal women who have never before attended a retreat.** You will need to register as a member of Positive Women's Network in order to apply for the retreat (membership is free!). **Due to the high number of applications for PWN retreats, space is VERY limited!**

Where?

The Chehalis Healing House (or Sts'Ailes Lhawathet Lalem) is a beautiful retreat centre on the Chehalis River, surrounded by forest and mountains, in Harrison Mills, BC (about two hours east of Vancouver). Chehalis means *the beating heart*, and the First Nation's name of the lodge, Lhawathet Lalem means *place of healing*.

When?

Friday, June 4th to Sunday, June 6th 2010!

Cost?

It's **FREE!** The Positive Women's Network covers ALL retreat and transportation costs!

What else do I need to know?

1. **We are not able to accommodate children at this retreat**, but we will provide a childcare subsidy for women who need to access childcare in order to attend the retreat. (See enclosed).
2. In order to create a safe space for all who attend, **the use of drugs or alcohol will not be tolerated during the weekend on or off the retreat site.** Women using drugs or alcohol during the weekend will be asked to leave. The Centre does not permit smoking anywhere inside the buildings.

3. To ensure the safety and well being of all women on the retreat, **ALL prescription and over the counter medications (including methadone) are to be held by, and administered through, our retreat nurse.**

We want YOUR ideas!

Do you have a creative idea for a retreat workshop? Are you interested in planning and leading a workshop at the upcoming retreat? Workshop application forms will be mailed to all members who have been accepted to attend the June 2010 retreat. So... jot down your ideas and stay tuned for more information!

How do I apply for the retreat?

Mail or fax the COMPLETED registration and medical forms to:

PWN Retreat Coordinator
#614 - 1033 Davie Street,
Vancouver, BC V6E 1M7
Fax: 604-684-3126

APPLICATION DEADLINE:
FRIDAY, APRIL 23RD 2010

*All members who have not previously attended a retreat will need to complete a screening interview with a PWN Support Staff member prior to being accepted to attend this retreat. We will let you know as soon as possible whether or not there will be a space reserved for you at the retreat. Please submit your application package **ONLY** if you are committed to attending. We understand that emergencies happen; all we ask is that you contact us if you are unable to attend the retreat after you have been accepted.*

For more information please contact: Melissa

- Lower mainland: 604-692-3007
- Toll-free: 1-866-692-3001
- Email: melissam@pwn.bc.ca

PWN RETREAT -- Frequently Asked Questions

What do I need to bring?

Your personal items & clothes for the weekend (only as much as you can carry!). Bedding & towels. Speak to the retreat coordinator, Melissa, if you need assistance acquiring bedding or towels for the weekend. And last but not least, don't forget your sense of humour!

What does the child subsidy cover?

We do not provide childcare, but we will reimburse you for the cost of childcare with your own childcare provider while you are at the retreat. The age limit for the subsidy is 18 years old. The child/children must be in your care at the time of the retreat. You will be reimbursed up to a maximum of \$90 per 24 hour period. The rate per hour if you just join us for Saturday is \$6/hour.

What about using medicinal marijuana? What about using drugs or alcohol?

Yes, you are permitted to use medically-prescribed marijuana, but we ask you to do so respectfully. You must be discreet in your use of medicinal marijuana, and, if smoked, it must be used outdoors. In order to create a safe space for all women, we cannot tolerate the use of drugs or alcohol during the retreat weekend. Please refrain from any drug discussion and/or promotion.

Is there a nurse on-site? What about using methadone? What about my medications?

Yes, there is a community health nurse present at the retreat should you require any minor care or have any medical questions. All prescription and over the counter medications, including methadone, are to be held by and administered through our retreat nurse.

How do I get there?

The retreat coordinator, Melissa, will be in contact closer to the retreat to arrange individual transportation needs. Transportation is FREE no matter where you live, whether travel arrangements entail carpooling, buses, chartered vehicles, taxis, ferries or planes.

What will I do all weekend?

The retreat is meant to be a fun, relaxing weekend during which you can connect with other HIV+ women, enjoy the beautiful surroundings, and rest. There are lots of workshops and activities happening throughout the weekend, including massage therapy, and arts & crafts. The focus of this retreat is on WELLNESS! You chose what you want to participate in, there is no pressure!

What about confidentiality?

PWN recognizes that their members have the right to privacy and confidentiality. All information that pertains to a PWN member, whether that information is verbal or written, is treated as strictly confidential. We encourage everyone who participates to keep what happens there and who is there confidential.

Is food provided at the retreat?

Yes, there are three meals per day provided for you at the retreat, plus snacks in between. We will try to address any food issues, food allergies, preferences, dislikes and nutritional supplement requests.

What about sharing rooms?

Because of cost, we ask that members share rooms. We will do everything to place you in a room with someone you choose to share with.

POSITIVE WOMEN'S NETWORK
CHILDCARE SUBSIDY POLICY

The Positive Women's network will provide subsidies to PWN members for childcare expenses incurred during specific PWN events, programs, training and retreats.

The guidelines for PWN childcare subsidy rates are outlined below.

We will reimburse members for childcare expenses as follows during PROGRAMS AT THE PWN SITE:

- \$6.00 per hour for the first child up to 12 years of age*,
- \$4.00 per hour for additional children under 12 years age

We will reimburse members for childcare expenses as follows DURING OVERNIGHT RETREATS OFFSITE:

- Each member will be reimbursed up to a maximum of \$90.00 per 24-hour period, broken down into ½ and ¼ days, depending on the length of stay at the retreat.
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PLEASE NOTE:

- Travel Time: PWN will pay for one half hour of travel time prior to the beginning of the PWN event, and one half hour of travel time after the end of the PWN event. If the PWN member lives outside of Vancouver, the Support Program Coordinator will negotiate the travel time.
- **Childcare costs/subsidies will be paid to PWN members only for children who are in their custody or care at the time of the event.** PWN will not pay out childcare subsidies to members whose children are not in their care at the time of the event. PWN staff may require, in writing, confirmation of the member's custody or legal care of the children.
- ***PWN will pay childcare expenses for children 12 and over ONLY during overnight retreats.** In situations where there are special needs, the PWN Support Program Coordinator will negotiate the childcare rate on an individual, case-by-case basis.
- **PWN will NOT pay childcare subsidies to members for school-age children (6 – 12 years) during regular school hours.** If children are not in school, prior arrangement for childcare subsidies needs to be negotiated with the PWN Support Program Coordinator.

At this time, PWN is not able to provide on-site childcare for members during PWN events.

Revised and Adopted, September 2005

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