

Empowerment Information

Women's Weekend at Camp Hochelaga is a perfect place to heal, and empower yourself!

We invite you to come find your voice, live your potential, express your wishes and needs, play, have fun and try something new. Feel the relief and release as you share in the magic of a fully supportive female community. We've coined our retreat as 'elevated' camping with purpose. The purpose and mission of YWCA Vermont: Eliminating Racism and Empowering Women lives and is driven by the magic of bringing women together—and the goal of providing female empowerment through purposeful, intentional and fun offerings, workshops and camp activities.

It's the women who make women's retreats so special, providing comfort, support, and serious girl-time fun. The activities, offerings and camp ground is just the container.

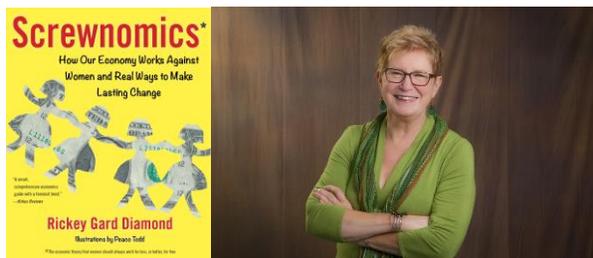
Need some peace & quiet? Re-connection to self? Give yourself the gift that will affect you and all of your relationships in a healthy and positive way. Our promise to you is to create a safe retreat environment for your personal growth, clearing and enhancement and nourishment of body, mind, and spirit. Here are some of the themes and topics that have been addressed in the weekend retreat workshops/ keynote presentations:

2017 Keynote Presentation



Author and Social Justice Educator, Debby Irving brought her book *Waking Up White*, along with sharing her sometimes cringe-worthy struggle to understand racism and racial tensions, she offered a fresh perspective on bias, stereotypes, manners, and tolerance. *Waking Up White* is the book Irving wishes someone had handed her decades ago. As Irving unpacks her own long-held beliefs about colorblindness, being a good person, and wanting to help people of color, she reveals how each of these well-intentioned mindsets actually perpetuated her ill-conceived ideas about race. *Waking Up White's* personal narrative was the supportive reading for weekend participants to explore racial and cultural issues.

2018 Keynote Presentation



Creators of *Screwnomics*, the women's book so many are praising, will join us at Women's Weekend 2018! Journalist and educator Rickey Gard Diamond will be our keynote speaker and explain why laughter and women's personal stories are keys for

demystifying economic language and ideas. She and cartoonist Peaco Todd will present a workshop on the care and feeding of important collaborations and side-hustles like theirs, keeping them energizing and inspiring. Bringing with her a wealth of knowledge and her newly released book Screwnomics, Rickey will set the tone and intention for challenging gender bias and male-dominated institutions with information, questions, conversation, and courageous passion.

Workshop Offerings / Programs

Hula Hooping for Fitness, BINGO, Star Gazing, Massage, Stress Management, Nutrition and Meal Planning, Reflexology, Reiki, Backyard Chicken Farming, Belly Dancing, Story Telling, Yoga, Bird Watching, Basics of Bicycling, Private Wine Tour and Tasting, Jewelry Making, Woodworking, Tai Chi, Improv, Mindful Eating, Tie-Dye, DIY Closet Make-overs, Cupcake Decorating, Moonlight Swims, Camp Fire Sing-A-Longs, Book Swaps, and more...

On Property Opportunities

Large Recreation Fields, Nature Paths, Comfortable Cabins and Outbuildings, Arts & Crafts Lounge, Renovated Bathhouse and Bathrooms, Large Commercial Kitchen serving delicious meals, Scenic wrap around porch, Campfire pits, Tennis / Basketball Courts, Archery, Waterfront Activities such as sailing, SUP'ing, Kayaking and Water Trampoline.

Follow Us on FB to See Up-To-Date Who's Who Spotlights for the Women's Weekend

<https://www.facebook.com/events/1508348712547929/>