

Friendships & Networking Information

Our society tends to dismiss play for adults. Play is perceived as unproductive, petty or even a guilty pleasure. The notion is that once we reach adulthood, it's time to get serious. And between personal and professional responsibilities, there's no time to play. Play brings joy. And it's vital for problem solving, creativity and relationships. Play can even facilitate deep connections between strangers and cultivate healing. For some people knitting is pure pleasure; for others, its pure torture, the same can be said for tennis, walking a dog, reading, cooking, etc...We don't need to play every second of the day to enjoy play's benefits. But short bursts of play can be a catalyst towards, boosting our productivity and happiness. So how can you add play into your life? Come to Women's Weekend for a kick-start! We play a lot during Women's Weekend! We encourage participants to try new things, which cultivate opportunities for growth and knowledge... This all helps build self-confidence, self-esteem, and friendships among participants and fond memories established. During the weekend there are safe places where we can be vulnerable, witnessed, and supported by other women who are big, bright, and imperfect.

Circle of Women – The magic of women's weekend often comes with in our circles, planned activities, simply hanging on the porch sipping on tea, or dining at the breakfast buffet. During the weekend all participants are invite and encourage to attend the planned offerings, but please know that all of the planned activities and offerings are optional, and can be arranged on your desired outcomes for the weekend. Here is what we know about being in circles with other women: it invites brainstorming, feedback, ideas to be expressed, invites accountability, fun and play! Being in these Circles never "just happens." Your calendar will never just automatically pop up an alert that says "Women's Circle" without you putting it there. Intention is necessary. Admitting what you want is important. Extending invitations is part of creating a Circle. If you crave being in Circle with other women, or feel like you'd just like to try it... this is your invitation!

Check out the video year book to see how 2017 women weekend participants played!

<https://www.youtube.com/watch?v=caxR5CJqLAI&feature=youtu.be>

Testimonials from Past Women's Weekend Participants

"I was surprised at how nervous I was the night before the first day of WW. I laughed to myself because I was having the same worries I would as a child before my first day of camp, 'Will I like my bunk mates?', 'What if I hate it and then I have to endure the rest of the weekend?', and a new, adult worry, 'Will I be able to eat the food?' (I have pretty difficult dietary restrictions). Well, none of my worries came true. The women I met, the activities I participated in, and the speaker we had just blew me away. And the food was great! If you're looking for a down to earth retreat where you can meet genuine women, relax, and have quality conversation in a gorgeous setting, this is it!"



- Allie W. 2017 WW Participant and Workshop Presenter



"Women's weekend at Camp Hochelaga was a truly unforgettable experience. I created memories that weekend that I still find myself thinking about with a giggle or smile. From the thought provoking programming to bonding with women over wine and bingo or singing old timey songs around the campfire Women's weekend was more than I could have hoped for. Plus the food was really good! It's more than 6 months away at this point but I've already made sure that I'll be going back again this summer. I can't wait to return to Hochelaga!" - Samantha D. 2017 WW participant



"I cannot say enough wonderful things about my experience at YWCA's 2017 Women's Weekend. We so easily get caught up in the hustle of every day...the weekend was a welcome escape to simply take a step back, see where I am, and just relax and enjoy the moment. This is the perfect little getaway if you enjoy being around strong, amazing women, singing by the campfire, and learning some fun new skills. The guest speaker, the company, the workshops, the food, the price - really hard to beat. I cannot wait to return for 2018, and I know I'm just one of many that feel this way."

- Megan B. 2017 WW participant