



CONSCIOUS MINDS

2020 CAMP REPORT

www.consciousmindscoop.ca



Camp looked a little different this year...

Theme

This year, we took on a more focused theme of Resilience and Transformation. Looking at the world around us and Rethinking, Rebuilding, and developing ways of Restoring ourselves, and the systems around us

Summary

Our Experience started via the digital platform of zoom. Each day, for 5 days, we hosted 2 digital workshops/discussions focused around the theme. On the weekend we met at Adinkra Farm to bring together everything we learned and to culminate our experience

This was my first year joining CMC. I had an incredible weekend. The workshops were so inspiring and gave me so much perspective on topics and issues that i didn't know about. being able to escape my day-to-day life and be surrounded by nature and speak among like-minded people was not only invigorating but provided a refreshing boost of energy. Despite all the things going on through 2020, i feel like everyone at camp would agree that this experience was one of the highlights of the year

~2020 Camper~

**But we still made the
best of it!**

*We Love
Our Campers!*

The camp has been very nice and always brought me up when I was down. It helped me with my mental health by giving me a better mindset and point of view of the world around me.

~2020 Virtual Camper~

CONSCIOUS MINDS CAMP

AUGUST 2020

	MON 17	TUES 18	WED 19	THURS 20	FRI 21
Afternoon: 1pm to 3pm	Who We Are exploring Conscious Minds, expectations for the week, and right relations Online	Natural Tie Dye splashing colour. bring something white and a pot or kettle to boil water Online	Dismantling Oppression in Ontario Schools Online	Reflections on Resilience Online Dream School Online	Peer Processing nurturing skills of listening and talking with each other Online
	Creating Well-being consciously creating well-being in challenging times Online	Active Hope workshop from The Work That Reconnects Online	Human Rights 101 putting human rights into practice and learning how to implement them Online	Community Music Night music at cherry beach with evolutionary music co-op In Person	Depart for camping retreat spending a weekend together. details TBA In Person
Evening: 6pm to 8pm					

<https://www.consciousmindscoop.ca>

...With a full week of Virtually based Camp Activities!

And a small, safe weekend retreat



EXPENSES

Food \$386.72

Transportation \$348

Supplies \$72.88

Land \$200

Staff \$44,639

Merc \$16585

Total = \$62,231.60

REVENUE

Website \$22

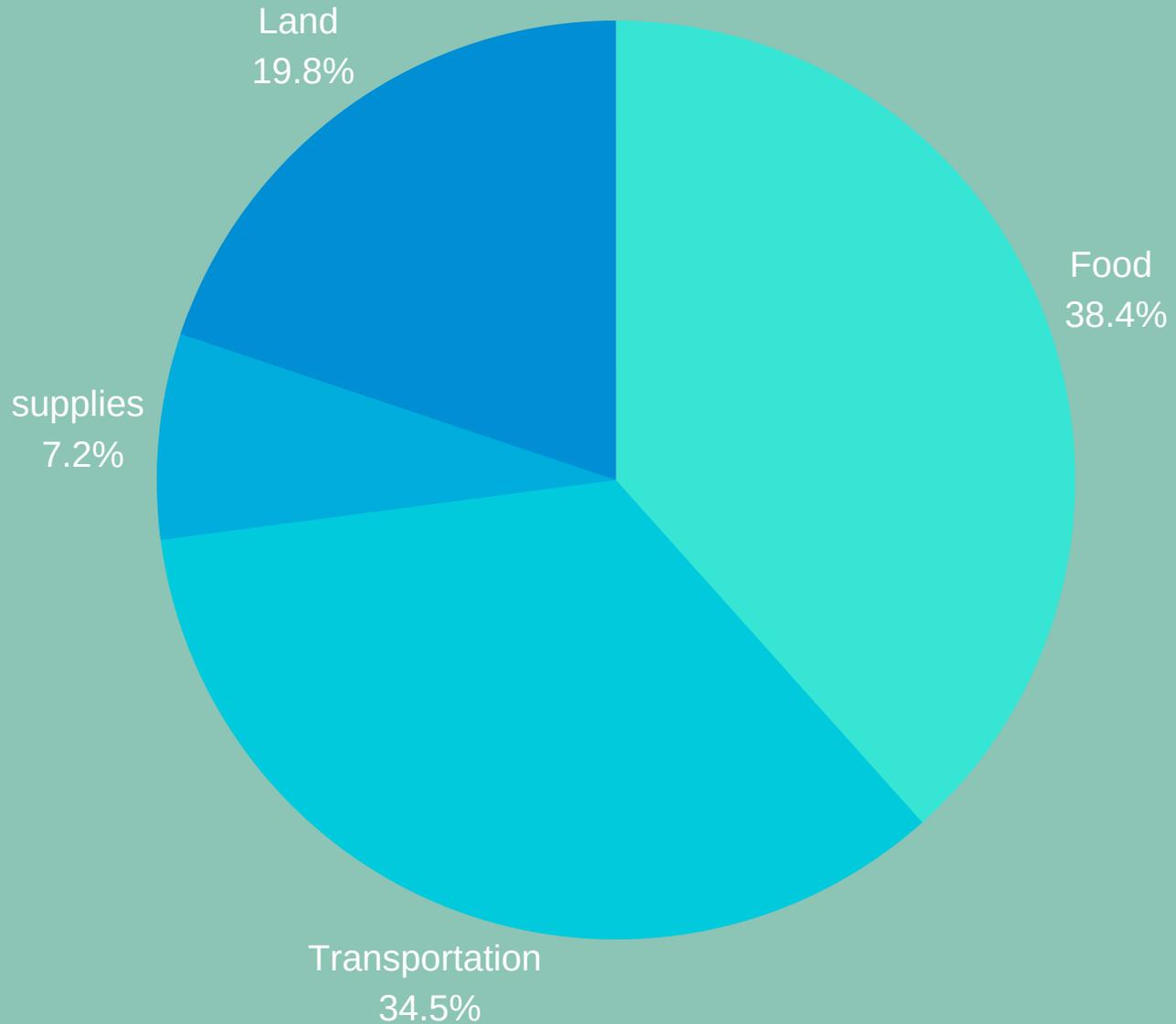
Membership fee's \$100

Donations \$1323

Canada Summer Job

Grant - \$60,986

Total = \$62,431



Financial Breakdown

Thank you for your contributions!



Julie Squires - Rekindle Solutions

Thanks for the time and energy put into running a fantastic workshop for us. And guiding us through the waters of compassion fatigue



Adinkra Farm

Thank you For Hosting us for the weekend on your beautiful land and sharing all your wisdom with us



Josephine Grey

Thank you For Always inspiring us , and opening new and exciting doors for us & everyone around you.



Online Donors and Members

Camp wouldn't be possible without the financial assistance of co-op members and friends <3 much love

Podcast

