

## After Childhood Cancer

2019 OUCH/POGO Survivor Conference

# Information Packet

### Overview:

POGO and Camp Ooch are delighted to welcome you to the 4th Life After Cancer Conference, a weekend for adult survivors of childhood cancer. Join us in beautiful Muskoka for a weekend filled with outdoor and indoor activities and fun, opportunities for learning, connecting with other adults who had childhood cancer, and enjoying the Camp Ooch Muskoka facilities.

### When:

September 20 - 22, 2019

### Location of Event:

Camp Ooch  
4256 Highway 141,  
Rosseau, ON  
POC 1J0

Camp Ooch is a gorgeous 400-acre property on a private lake in the Muskoka region, roughly two and a half hours north of Toronto. Throughout the weekend you will be able to enjoy the sparkling lake, forest of trees, and all the facilities at Camp Ooch. All facilities are wheelchair accessible and a staff-driven all-terrain vehicle is available at all times to help those in need of additional support to get around the site.



# Packing for Camp

## BEDDING:

Please bring a sleeping bag to camp. We do have some extra sleeping bags, but if you have one, please bring a sleeping bag. We do recommend packing a bottom sheet as well.

## LOST AND FOUND:

If you do find that if you have forgotten something at camp, please call our Camp Ooch Toronto office as soon as possible to arrange for you to come and pick it up. We hold lost and found items for two weeks before the items will be donated to a charity.

## FOOD:

As we are a nut-managed camp, please DO NOT bring any food, candy or drinks to camp containing any nuts. We will have plenty of food and snacks available.

## MEDICATIONS:

Please be advised that there will not be medical personnel onsite at the camp and that you are responsible for administering your own medication. In the event of a medical emergency for anyone on the premises, conference organizers will call 911. If you have concerns about managing your health at this conference, please contact Miriam Paas, at Camp Ooch at: (416) 961-6624.

## LAUNDRY:

We do not have laundry facilities for clothing. We ask that you have enough clothing to get through 2 active and outdoor days. The nights can be chilly, so please pack some warm clothing including long sleeve shirts and long pants. Please read the packing list carefully.

## PLEASE NOTE:

We are a non-smoking camp. Please do not use or bring tobacco or alcohol or any illegal drugs.





# Packing List

## SUGGESTED ITEMS:

- 1 Warm jacket
- 1 Raincoat
- 1 Pair of rain/winter boots
- 3 Pairs of pants (preferably not more than 1 pair of jeans)
- 2 Heavy sweatshirts/sweaters
- 2 Long sleeved shirts
- 2 T-shirts
- 1 Warm hat
- 2 Pairs winter gloves/mittens
- 2 Pairs of warm pajamas
- 3 Pairs of underwear
- 4 Pairs of socks
- 1 Towel
- 1 Pair of running shoes
- 1 Pair of slippers
- 1 Laundry bag
- 1 Sleeping bag
- 1 Pillow
- 1 Bed sheet
- 1 Warm blanket
- 1 Water Bottle

## Toiletries:

soap, shampoo, toothbrush, toothpaste, brush

## Optional items:

flashlight and batteries

games, books, comics, cards

camera

sunglasses





# Weekend Schedule

For detailed educational schedule, please visit the POGO website at [www.pogo.ca](http://www.pogo.ca)

## Friday

12:00 p.m. – 10:00 p.m.	Registration	
Various Times	Camp Tours (1:00 pm; 4:00 pm; 8:00 pm)	
5:30 p.m. – 6:00 p.m.	“Buddy Up” Meet-Up	
6:00 p.m. – 6:15 p.m.	Icebreakers	
6:15 p.m. – 7:00 p.m.	The Survivor Collective: Journeying Together	
7:00 p.m. – 8:00 p.m.	Dinner	
8:00 pm onwards	Free Time/Camp Programming	Optional Group Chat (45 minutes) <b>“Volunteerism: How to Find the Right Fit When You Want to Give Back”</b>

## Saturday

7:00 a.m. – 8:00 a.m.	Early Risers: Optional morning activity	
8:00 a.m. – 8:40 a.m.	Breakfast	
8:40 a.m. – 8:45 a.m.	Welcome!	
8:45 a.m. – 9:25 a.m.	Mental Health and Survivorship	
9:25 a.m. – 9:30 a.m.	Stretch Break	
9:30 a.m. – 10:15 a.m.	Survivor Guilt Panel	
10:15 a.m. – 10:30 a.m.	Morning Break	
10:30 a.m. – 11:00 a.m.	Cannabis Use in Survivorship	How to Implement an Exercise Routine You Can Stick With—and May Actually Enjoy!
11:00 a.m. – 12:30 p.m.	Getting to Know You: Team Exercise	
12:30 pm – 1:15 pm	Lunch	
1:15 pm – 2:45 pm	Workshop A — Self Care: A Deeper Dive <b>“Art Therapy, Music Therapy and Journaling”</b>	
	Workshop B — Intimate Relationships and Sexual Health: Your Questions Answered	
	Workshop C — Living with Grief and Loss	
	Workshop D — Practical Strategies to Tackle Memory Challenges	
2:45 pm – 4:00 pm	Exercise/Activity break (Ooch Programming)	
4:00 pm – 5:30 pm	Workshops Repeat	
5:30 pm – 6:30 pm	Free Time/Camp Programming	Optional Group Chat (45 minutes) <b>“Race, Culture, Cancer”</b>
6:30 pm – 8:00 pm	Dinner	
8:00 pm – whenever	Life After Cancer Prom: The Enchanted Forest	

## Sunday

7:00 am – 8:00 am	Early Risers: Optional morning activity
8:00 am – 9:00 am	Breakfast
9:00 am – 9:45 am	Stress Management - Practical Ways to Find Your ‘Zen’
10:00 am – 11:30 am	Workshops Repeat
11:30 am – 12:15 pm	The Survivor Collective: Reflections on the weekend
12:15 pm – 1:00 pm	Pack-Up
1:00 pm – 2:00 pm	Lunch, Evaluation and Conference Wrap-Up
2:30 pm	Buses depart



### Who can come:

The conference is open to all those who had childhood cancer ages 19 and older. There is no age limit; our goal is to create a diverse, inclusive, and supportive community. Never been to camp? No worries, there is a first time for everything!

### Transportation:

Coach buses will be departing from Ottawa and Toronto mid-day on Friday, September 20. You will be contacted by email at the beginning of September with detailed times and meeting locations. Delegates from the surrounding areas may be reimbursed for public transit fares to pick up locations. Delegates requiring transportation but not able to get to Toronto or Ottawa will be contacted individually and arrangements will be made on a one on one basis. If you have any questions or concerns regarding transportation, please contact Joni Serio at [jserio@pogo.ca](mailto:jserio@pogo.ca). If a bus isn't coming to your city, there is free parking available at Camp Ooch for those who wish to drive. Travel assistance bursaries are available for those in financial need.

### Buses available from:

- **Toronto leaving at 1:30 p.m.**
- **Ottawa leaving at 12:00 p.m.**

Locations of pick ups will be communicated at a later date.

### Accommodation:

It may be a camp, but Camp Ooch is far from rustic! Each participant will live in modern residence-style buildings that have electricity, accessible shared washrooms, and showers. Each room houses 4-8 people. Participants can request a roommate (one per person). Every attempt will be made to accommodate these requests, but unfortunately we cannot make any guarantees.



### Menu and More:

A professional catering company will provide three nutritionally balanced delicious meals each day. Breakfast includes cold and hot options and lunches and dinners will be served with salad and fruit or dessert each day. Light snacks and drinks will be available all day. We can accommodate food allergies and dietary needs at each meal. The dining hall is also a place for fun! Each meal there will sing-alongs, chants, and cheers.

### Activities:

Throughout the weekend we will offer a wide range of activities including:

- **Arts and crafts**
- **Archery**
- **Pottery**
- **Music**
- **Woodshop**
- **High ropes**
- **Canoeing**
- **Hiking**
- **Sports**
- **Educational workshops**
- **Evening games**





# F.A.Q's

## **Who can attend this program?**

Adults aged 19 and older who had childhood cancer.

## **Do I need to be a former Camp Ooch camper to attend this program?**

No, all people who had childhood cancer ages 19 and up are welcome!

## **Can I attend this program if I was diagnosed with cancer as an adult?**

No, this program is intended for people who had childhood cancer.

## **How will I get to the program?**

Camp Ooch will arrange for transportation by bus from Toronto/Barrie. Buses departing from other cities will be scheduled based on demand and these schedules will be realized closer to the date of the event. There is free parking onsite for those who are able to drive.

## **I would like to attend this program, but I can't afford it. Are there any options for me?**

Bursaries are available for individuals who cannot afford the \$75 registration fee and/or associated travel costs. Please contact Joni Serio ([jserio@pogo.ca](mailto:jserio@pogo.ca)) for further information.

## **How accessible is Camp Ooch?**

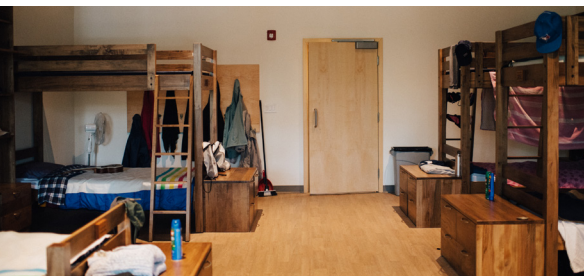
Camp Ooch is fully accessible! Please contact us if you have any questions or concerns.

## **If I have a medical issue while at the program, what resources will be available to me?**

Camp Ooch will not have dedicated staff onsite to manage medical emergencies/issues. Like any other venue, should an emergency occur, emergency responders will be called immediately.

## **Can I bring my friend/spouse with me to the program?**

Due to space limitations program participants may not bring guests with them.



### **For more information contact:**

Ms. Joni Serio  
Educational Events Coordinator  
416-592-1232 ext. 237  
[jserio@pogo.ca](mailto:jserio@pogo.ca)

Miriam Paas  
Manager, Overnight Camps  
(416) 961-6624 ext. 256  
[mpaas@ooch.org](mailto:mpaas@ooch.org)

