



2020 registration



Registration is now open! to register click here [Beat Retreat camp registration](#)

What is the Beat Retreat?

The Beat Retreat is a fun-filled, four-day annual retreat for adults (18+) living with congenital heart disease (CHD). You'll have an opportunity to participate in a mix of traditional camp activities - all geared to your physical ability and comfort level. Equally important, you'll have an opportunity to build life-long friendships, share and learn from the experiences of others living with CHD. And, you'll have an opportunity to chat with healthcare professionals in a relaxed and informal setting. In short, it's a weekend of fun, friends, firsts, and great food.

When is the Beat Retreat?

Join us this year for the first ever virtual Beat Retreat! Don't miss out on the opportunity to see old friends and make new ones! The Canadian Congenital Heart Alliance (CCHA) along with the Beat Retreat is happy to present our first ever Virtual camp experience.

Due to the current COVID-19 global pandemic and advice received from the medical community, camp will be online this year to ensure everyone's safety. Our goal is to serve up a 3-day virtual camp experience that includes many of the same fun-filled activities, social gatherings and learning opportunities as our traditional camp, including... wait for it... our first ever virtual campfire. (CAMPFIRES?? WE LOVE CAMPFIRES!!)

The Beat Retreat is a place where you can...

- Connect with and learn from others with a similar heart history.
- Develop skills to better manage your healthcare needs and cope with the challenges of CHD.
- Have lots of fun!

Although it's still a work in progress, here's what's planned so far:

SESSION 1 - Thursday September 17, 7:00PM to 10:00PM

- Welcome
- Icebreakers
- Opening campfire
- Post-campfire socializing & games

SESSION 2 - Friday September 18, 9:45AM to 1PM

- Daily opening

- Education session (TBD)
- Chair Yoga
- Camper stories of their CHD journey

SESSION 3 – Friday September 18, 2:00PM to 5:00PM

- Paint party (led by a professional painter)

SESSION 4 – Saturday September 19, 9:45AM to 1:00PM

- Daily opening
- Q&A session (Doctors and/or nurses TBD)
- Stress and sleep management (Dr. Jaan Reitav)
- Camper stories of their CHD journey
- Wrap-up & Awards

The 2020 registration fee is \$40, which will cover all four sessions and includes a few essential camp goodies (keep in mind, however, that if you join our Saturday afternoon Paint Party, you'll have to supply your own paints, brushes and canvas).

There are 50 spots for campers so be sure to register early. Registration will be open until August 14, 2020. Spirit boxes will be mailed mid August.

[Beat Retreat camp registration](#)

Where can I get more information?

You have three options:

- You can send us an email at thebeatretreat@cchaforlife.org
- You can call or text Toby Cox at 647-549-1198.
- You can go to our Facebook page <https://www.facebook.com/groups/thebeatretreatcamp>

Tags:

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