



# Rooted in Resilience

OCTOBER  
22-25

## A WEEKEND RETREAT & CITIZEN SCIENCE DAYS

HONOURING THE LAND BEFORE A WINTERS REST

### The Experience

Join us for a restorative experience at the Canadian Ecology Centre as we celebrate National Take Me Outside Week and the theme of "Hope Grows".

This retreat blends science, nature connection, and land-based healing, giving us time to slow down, learn from the natural world and honour the land as it prepares for winter.



#### SCIENCE

Explore the natural world through observation, discovery, and hands-on learning and presentations



#### CONNECTION AND HEALING

Build a deeper relationship with the land through intentional time outdoors.



#### STAY

Enjoy the comfort of the CEC cabins during the weekend retreat

### THE WEEKEND

Participate in workshops, science presentations, eco-grief support and so much more, with a host of guest experts, professionals and community supporters

### CITIZEN SCIENCE

Help the CEC with real and meaningful science data collection to record the growth and changes in the park following the devastating downburst storm of 2025

### For more info

[www.canadianecology.ca/rooted](http://www.canadianecology.ca/rooted)  
[education@canadianecology.ca](mailto:education@canadianecology.ca)

\*event proceeds will support the CEC's Educational Foundation

### The Details

October 22<sup>nd</sup> to 25<sup>th</sup>



- Citizen Science days: Oct 22/23
- Weekend Retreat: Oct 23-25
- Saturday Afternoon Only: Oct 24



Canadian Ecology Centre  
(within Samuel De Champlain Provincial Park)



- **Free** Citizen Science Days
- Full Retreat free WITH Cabin rental
- Saturday Afternoon Pass Option (\$)



REGISTER!