

# *From the Heart*

*Retreat for Moms*

*May 3-5, 2024*

*Connect  
Discover  
EnJOY!*

*"...feels like the comfort of coming 'home' - where you curl up in your sweats, are fed so well and are just loved for who you are. I have never felt so accepted and welcomed into a space and into the lives of others."*

*Camp Fircom, Gambier Island Fee: \$470  
includes: all meals/snacks, 2-nights accommodation,  
programming, and transportation to Gambier Island.*

*Questions? [info@fircom.ca](mailto:info@fircom.ca) [fircom.ca/from-the-heart](http://fircom.ca/from-the-heart)*

