

Residential Healing Program

PLEASE NOTE - EMERGENCY CONTACT NUMBER

613-476-7000

(For your next of kin to reach you in case of emergency.)

THINGS TO BRING

We are not responsible for lost or damaged property

- Personal care items
- Weather appropriate clothing – ie. Jacket/sweatshirt/rain poncho
- Bathing suit for kayak activity
- Beach towel
- Bathing towel
- Sunscreen
- Comfortable clothing
- Comfortable shoes for hiking
- Slippers/indoor shoes – (no outdoor shoes will be worn inside the facility)
- Water shoes (optional)
- Mosquito repellent (optional)
- Personal reusable waterbottle (optional)

DO NOT BRING

- Alcohol or drugs (most prescription drugs allowed)
For questions regarding acceptable medications, please call (613)967-6300
- Cell phones
- Products containing perfume or scents
- Personal computer/iPad/Notebook
- Weapons
- Tablets, Mp3 players ect.
- Pocket knives

WE WILL PROVIDE

- Journals, pens
- Food, snacks, and beverages
- Bedding