



## A Peek Inside the AboutFace Adult Retreat

By Adele Liu

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Imagine spending a glorious relaxing weekend lakeside chatting, swimming, drumming, dancing, creating, dining on exceptional food, or just simply having time to explore nature and rejuvenate your inner being. All of this comes as part of my participating in the AboutFace Adult Retreat at Pow Wow Point Lodge; but most importantly it was a weekend that manifested lasting friendships and community building that is supportive, sensitive and caring.

It was an exceptional privilege to share unique bonds and connect with others who share similar challenges and experiences. During the weekend retreat, we had workshops that helped us evolve and transform to become confident and comfortable with who we are and to stand tall in any given situation. We had many lively discussions that allowed us to express our thoughts and feelings in regards to coping with facial differences.

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What totally struck me during my stay was how there were absolutely no barriers to break, we were all in a comfort zone, like slipping into a pair of warm fuzzy slippers. We were all in this together. We let down our guard and enjoyed a great weekend in the company of friends. Very importantly, we shared our stories of who we are! This was an experience of a lifetime! I've always imagined an adult retreat for persons with facial differences and when I heard that AboutFace was hosting an event, I

purchased a ticket and booked a flight from New York to Toronto. For me, it was "a dream come true". The weekend retreat was a time to let go and be free of any verbal or silent judgment from others.

In my treasure of memories, the experience of relating to others, who also have facial differences, and to have the opportunity to be embraced and accepted unconditionally was pure and genuine. It was an inspirational and beautiful weekend, for all who attended.



**Registration for the 2013 Adult Retreat is now open!! [CLICK HERE](#) for more info or to sign up.**