



YOUNG ADULT SYMPOSIUM

May 24 - 26, 2019

The Haven, Gabriola Island

Leaning into life.


This is the first of what we hope will be an annual Haven-hosted gathering of young adults, aged 19 to 35, interested in creating a more connected, passionate, and caring world. This is a space for rejuvenation, inspiration, and practical tool-building.

PROGRAMMING

Included in the programming will be key-note speakers, break-away sessions, and lightning talks on topics that affect all young adults in today's world, including:

- Anxiety, Stress and Depression
- Health, Financial Wellbeing, and Self-care
- Relationships and Sexuality
- The future of housing and impacting society
- Conversations with Elders

RECREATION



The Haven is a beautiful ocean-side retreat. Soak in the hot tub, walk on the beach, or join the group for nature walks, activities of creative expression, and yoga. Saturday night, dance and get to know everyone at a social, with music by DJ O Show.

COST




Friday to Sunday (Full Weekend) - \$280

Saturday and Sunday Only - \$220

*Meals and shared accommodation included

REGISTER



The Haven, Gabriola Island
1-800-222-9211
www.haven.ca/symposium

