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## So long, farewell, auf wiedersehen, adieu

We are letting our old website address go. You might not have even noticed the change, because you were redirected to our new address for several years, but the redirection will soon be gone – take a minute now to be sure your bookmark is the “new” address:

<https://www.presbyterianmusiccamp.ca>

## PMC 2023



### DATES

**Sunday, August 20**, in the afternoon to **Friday August 25**, after lunch.

### FEES

The June 1<sup>st</sup> early bird deadline has passed. Fees are now:

Adults - \$550.00; Youth (aged 5-12): \$300.00.

Daily fee \$100 for adults, \$50 for youth.

### REGISTRATION

There has been some movement on the waiting list. If you want to register, contact the registrar, [Cathy Whiteside](#), who will advise you of the current status. You may be able to register depending on accommodation needs.

Waiting List

## Transportation

The PMC board is thrilled about our new location at Camp Kintail but we recognize that the change presents travel challenges for some campers. If you'd like some help in coordinating travel, please contact [Taras Broadhead](#). Taras will be reaching out specifically to campers in the Ottawa, Kingston, and Montreal areas.

There are also options for “rest stops” along the way – these might include a hot meal, laundry facilities, a bed...

## Merchandise

The pre-order deadline has passed, but don't despair - non-clothing items will be available at camp, on a first come, first served basis.

## Book Club!

In case you missed it, or forgot to put a hold on the books, here's the list again...

Young Adult/Dystopian: **Scythe**, by Neal Shusterman

Contemporary Fiction: **Someone Else's Shoes**, by Jojo Moyes

Indigenous and Canadian Voices: **Five Little Indians**, by Michelle Good

Historical Fiction: **The Nightingale**, by Kristin Hannah

Liz and Lindsay will discuss one book each day at camp; join for as many as you want, or have time to read...

## Caring Community Initiative

More great news from CCI – our request to the Presbyterian Church in Canada for Special Projects Funding was approved! We are using this funding to facilitate the Mental Health workshop at camp, and provide reimbursement for Mental Health First Aid training for selected campers.

## Mental Health Links

One of the recommendations from the CCI is providing online Mental Health resources to the Teen Counsellors and other interested PMC Community members. Please note these 3 important things:

- The emergency number referenced in the resource on self-harm is not yet active in Canada. Use the KidsHelpPhone - 1-800-668-6868
- You'll need to set up a free account to access the Sanctuary video. You will be on their mailing list, but you can unsubscribe.
- Total time to review all the resources is about an hour.

Panic Attack	<a href="https://www.youtube.com/watch?v=HcVAuHxEQfQ">https://www.youtube.com/watch?v=HcVAuHxEQfQ</a>
Self Harm	<a href="https://www.youtube.com/watch?v=Qq-xrQKx1Pg">https://www.youtube.com/watch?v=Qq-xrQKx1Pg</a>
How to talk to someone about self harm	<a href="https://www.youtube.com/watch?v=tFc_l_oNS4o">https://www.youtube.com/watch?v=tFc_l_oNS4o</a>
Greening out on marijuana	<a href="https://darta.net.au/wordpress-content/uploads/2017/03/YPA-2017-LOOKING-AFTER-GREENING-OUT.pdf">https://darta.net.au/wordpress-content/uploads/2017/03/YPA-2017-LOOKING-AFTER-GREENING-OUT.pdf</a>
Mental Health in general	<a href="https://portal.sanctuarymentalhealth.org/the-sanctuary-course/session-01">https://portal.sanctuarymentalhealth.org/the-sanctuary-course/session-01</a>
De-escalation Techniques	<a href="https://institute.crisisprevention.com/Refresh-De-Escalation-Tips.html/">https://institute.crisisprevention.com/Refresh-De-Escalation-Tips.html/</a>