



Round Lake Treatment Centre

The Journey to Wellness:

Addressing Our Trauma & Shame
PRE-ARRIVAL PACKAGE

Welcome to Round Lake Treatment Centre!
We are pleased to be part of your healing journey.

Culture is Treatment





THE JOURNEY TO WELLNESS

Addressing Our Trauma & Shame

PRE-ARRIVAL PACKAGE

Thank you for choosing our program! We are looking forward to seeing you soon.

Below is some information that may be helpful in your preparations. Please call or email if you have any questions (250-546-3077 or intake@roundlake.bc.ca)

HOW TO GET TO ROUND LAKE TREATMENT CENTRE:

If you are arriving by car:

Use Google Maps and enter “Round Lake Treatment Centre” in the search bar – this will bring up a map to our Centre. Although our mailing address is Armstrong, we are located between Vernon and Falkland/Kamloops on Highway 97. For more information regarding our location, please go to www.roundlaketreatmentcentre.ca/clients-families/directions-travel. If you bring your own car, there is ample parking available at the Centre.

If you arrive by plane or bus:

It will be necessary to rent a car or hire a taxi in Vernon, BC, to take you to the Centre. A taxi will cost \$60.00 one way via Vernon Taxi (250-545-3337). There is an airport shuttle service from the Kelowna airport to Vernon through Let’s Go Transportation. Reservations must be pre-booked by calling 778-821-0101 or 844-877-0101 or visit their website at www.letsgotransportation.ca. The cost is approximately \$50.00.

WHAT TO BRING

1. Casual, comfortable clothing
2. Gym Shoes (non-marking) and workout clothes
3. Jacket/hoodie – nights may be cool
4. Bathing suit for the sweat. If you prefer not to wear a bathing suit, shorts are acceptable sweat attire for men and nighties for women.



GUIDELINES

- No alcohol or drugs are allowed at the Centre
- Smoking is permitted in designated areas
- Please leave all valuables at home

Check out our website at www.roundlaketreatmentcentre.ca for photos of our Centre.

FACILITIES

You will be staying in a residence with two wings, one for females and one for males. You will share a room with one other person of the same sex. If you wish to share a room with another participant of the program, please contact intake@roundlake.bc.ca.

- Each room has two twin beds and one bathroom
- Towels, shampoo, conditioner, soap and bedding is provided
- We respectfully request that you make your own bed each day and replenish your towels if necessary
- Laundry facilities are available if necessary
- **There is no WIFI available at our Centre**

MEALS

- Breakfast, lunch, dinner and snacks will be provided in the dining room of the residence building
- Meals are served buffet style
- Snacks, juice, coffee, tea and milk will be available throughout the day and evening
- A salad bar is available at both lunch and dinner
- The lunch menu will include a choice of two soups and/or two sandwich fillings
- The dinner menu will include a choice of two entrées. If you are a vegetarian, please contact intake@roundlake.bc.ca
- Snacks include fresh fruit and muffins/cookies

PROGRAM

Program Content

Resolving Trauma on the Journey to Wellness

The program will include presentations, group work, cultural activities including smudging, drumming and sweats, and evening recreational/cultural activities such as yoga, sweats and drumming.



Program Outline

Date	Time	Activity
Sunday	1:00 pm – 4:00 pm	Arrival
	5:30 pm	Dinner
	7:00 pm	Welcome
Monday - Thursday	7:30 am – 8:20 am	Breakfast
	8:30 am	Spiritual Self Care
	9:00 am	Program
	10:15 am	Break
	10:30 am	Program
	12:00 pm	Lunch
	1:15 pm	Program
	3:00 pm	Break
	4:00 pm	Physical Self Care
	5:00 pm	Dinner
	6:30 pm	Activities
Friday	The Program will be similar to previous days but will end after lunch at 1:15 pm.	

