

Registration Form



Name: _____

Birthday: _____

Grade: _____

Email address: _____

Health Card Number: _____

Allergies/ Dietary Requirements:

Health Concerns/ Medications: _____

Parent or Guardian: _____

Home Number: _____

Cell number: _____

Alternate Emergency Contact & number:

Payment Information on back...

For more information or if you have any questions concerning the FLOW retreat, please contact Nicole Davis, at Mount Traber Bible Camp, contact information can be found below or feel free to send an email to nicoledavis_100@hotmail.com



Mount Traber Bible Camp

Where to find us: 14015 Hwy 224
Cooks Brook, NS

Mailing Address: PO Box 36
Middle Musquodoboit, NS
B0N 1X0

Phone: (902) 384 2238
Fax: (902) 384 2539
Website: www.mountraber.org

FLOW



Fulfilling Lives of Worth

Spring and Fall Retreats

Visit

www.mountraber.org
for the upcoming date

What is FLOW?

FLOW, which stands for Fulfilling Lives Of Worth, is a weekend retreat, put on by Mount Traber Bible Camp, for teenage girls in grades 7-12.

The retreats began in 2009 and we always have lots of fun, fabulous food, awesome music and worship, and a great time learning more about God and His Word!

The retreat takes place at Mount Traber Bible Camp (location can be found on the back panel of this brochure) and begins on Friday night at 6 pm and ends on Sunday at 2 pm.

What to Bring?

- Bedding (sleeping bag, blanket, fitted sheet, and pillow)
- Towels and face cloth
- Toiletries
- Clothing (be prepared for any type of weather or any type of activity, you may get a bit dirty!)
- Shoes that you can run in or potentially get dirty
- Bible

What to leave home?

- Any electronics (cell phones, iPods, MP3 players, etc.)

Please note

If you would like to attend the retreat but are unable due to cost, please contact Nicole Davis- contact information can be found on the back panel of this brochure.



Payment Information

Full payment, \$35.00 for the retreat, MUST accompany your registration form.

Cheques can be made payable to Mount Traber Bible Camp, confirmation of your registration and payment will be emailed to you.

Mail registration forms and cheques to...

Mount Traber Bible Camp
Attn: FLOW Retreat
PO Box 36
Middle Musquodoboit, NS
B0N 1X0