



17th Annual  
2ND - 5TH  
of December 2024

4 days  
70 young women  
20 leaders



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Retreat  
FOR  
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CREATE IMMERSE EMPOWER CELEBRATE

# UR RETREAT INFORMATION PACK

2<sup>nd</sup> - 5<sup>th</sup> of December 2024 | [www.bridgebuilders.com.au](http://www.bridgebuilders.com.au)

Bonnie Knight – Program Manager  
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Dear wellbeing co-ordinator,

My name is Bonnie Knight and I am the Event Manager for the Bridge Builders **'UR Retreat' for Young Women**. Bridge Builders Youth Organisation is a not-for-profit youth charity based in the eastern suburbs of Melbourne, Victoria. We change the lives of young people through programs, leadership development, event management and business enterprise.

I am writing to you about the program (that you may already know about), the 'UR Retreat' for Young Women that we deliver annually for 70 young women aged 13 to 15 years from the Yarra Ranges, Maroondah, Knox and surrounding areas. The 'UR Retreat' is a four-day camp that assists young women to start their journey of self-discovery into young womanhood. The four-day program is all about how young women can Create; Immerse; Empower; Celebrate, themselves and others.

Bridge Builders will continue to change the lives of young women in 2024 for our 17<sup>th</sup> UR Retreat, as the overwhelming response demonstrates the growing need for such an experience as the retreat. We are holding the Retreat in the first week of December this year to fit in with a request to hold the Retreat at this time to fit in with schools end of year extracurricular activities week.

We understand working in a school environment can be very fast paced and you probably have a lot on your plate! But we ask that you nominate 5 girls for the UR Retreat (using the guideline below of the "at risk" behaviour we look for).

Feel free to call or email me if you need more information. Thank you!  
Bonnie

**Kind regards,**  
Bonnie Knight  
UR Retreat Event Manager  
Bridge Builders Youth Organisation

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## Introducing the 'UR Retreat'

Since 2006, Bridge Builders has been providing an annual camp experience for young women, called the UR Retreat. This phenomenal camp is specifically designed for 70 young women aged 13-15.

The UR Retreat is customised for at risk young women, or those who may be struggling with low self-esteem, negative body image, anti-social behaviour, bullying, addictions or environment related challenges.

The UR Retreat is planned and executed by an experienced team of volunteer leaders, who use their skills, experience and knowledge to create a caring and nurturing environment where the young people feel safe, loved, and free of judgement so they can begin their journey of development and discovering their value.

Along with our leadership team, the UR Retreat also provides a range of inspirational speakers and educational workshop facilitators to give the girls a wide range of skills, to learn how to live their life to their full potential, and bounce back from setbacks. Our journey is to help young women believe in themselves and learn that there is much more potential within them than they currently believe.

The retreat is tailored to benefit young women from secondary school that are considered 'at risk' or show 'at risk' behaviour such as:

- Low self-esteem/confidence
- Poor body image
- Victimised from bullying
- Bullies
- Anti-Social behaviour
- Low Socio-economic backgrounds
- Family violence
- Mental health issues
- Self harm
- Drug abuse

See more at our website <https://www.bridgebuilders.com.au/events/ur-retreat/>



## Workshops, Activities and Guest Speakers

This year we are very excited to be able to offer additional outdoor education activities, on top of the workshops we have already offered in the past. Some of the workshops and activities may include;

### *Workshops*

- Goal setting skills
- Make-up / beauty therapy
- Self Defence
- Positive body image/Fashion
- Relationships/communication
- Cyber bullying
- Self-expression / Art
- Recognising signs of depression

### *Activities*

- High Ropes Course
- Bushwalking
- Retreat Got Talent show
- Movie night

### *Guest Speakers*

*Speaking on issues such as:*

- Positive body image
- Self esteem
- Overcoming life's challenges
- Personal achievement

Where: Camp Toolangi, 235 Spraggs Rd, Toolangi VIC 3777

When: 2<sup>nd</sup> to the 5<sup>th</sup> of December 2024

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