

Retreat Guide

CHANGE CENTRE



ADDRESS:

54404 Range Rd 65
Gainford, AB
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WEBSITE:

changehealth.ca

PHONE NUMBER

(780) 727-2848

ABOUT US



CHANGE Health Alberta is a registered charity committed to equipping kids and families with skills and knowledge for healthy living.

We're a group of health-care workers, educators and community members. When we launched CHANGE Health in 2016, we recognized we needed a new way to teach, train, evaluate and research health and wellness—one that incorporated the land.

We dreamed of having a dedicated retreat space to support this vision. After five years of planning, we opened the CHANGE Centre in 2021.

The Change Centre is a nature-based retreat space located on Treaty 6 land in Gainford, Alberta. With 130 forested acres, access to the Pembina River and 10 km of hiking trails, visitors can connect to the land, to our health and to each other.



CUSTOM RETREATS

HEALTH RETREATS

Our team of healthcare professionals (dietitians, exercise specialists, mental health therapists etc.) will create a land-based learning program with you that promotes physical activity, healthy eating and connection. Retreat activities can include nature walks, cooking classes with our registered dietitian, mushroom foraging in the forest, horseback riding and mindfulness activities.

Availability: year-round

Duration: half-day, full-day, overnight or weekend

INDIGENOUS TIPI TEACHINGS

We are committed to working with Indigenous communities and settler allies to support all who live on this land to understand its history, cultural significance and ongoing gifts. We partner with Indigenous Elders to provide teachings to small groups.

Availability: summer and fall

Duration: full-day

OUTDOOR ADVENTURE

Explore our 130-acres of land through our infamous Amazing Race game. Your group will be organized into small teams to find clues and complete challenges across the property.

Availability: spring, summer, fall

Duration: half-day or full-day

PRIVATE BOOKINGS

Looking to host a corporate retreat, family reunion or yoga retreat? Contact us for a custom booking.

Availability: year-round

Duration: flexible

We're open to your vision. Each retreat will be customized to your groups needs. Email us at info@changehealth.ca to start co-designing your event with us!

we're ready to host you

AMENITIES

Outside: Screened deck, barbecue with propane, firepit, patio chairs, secured parking

Kitchen/Dining: Fully-equipped kitchen with blender, microwave, fridge, freezer, coffeepot, pans, utensils, baking and cooking items; dishes for 15 people

Upstairs Living Room: 2 love seats, one sitting chair, coffee table

Basement Common Area: 2 love seats, 3 sitting chairs, 2 exercise bikes, 1 treadmill, 1 foosball table, access to front yard

Entertainment: High speed wi-fi, TV with DVD player, 2 Bluetooth speakers, board games

Other: 25 folding chairs, 25 yoga mats, 15 yoga bolsters





OVERNIGHT STAYS

INDOOR OPTIONS

Bedroom 1: Basement room with 4 single bunk beds, night stand, and small dresser/closet with hangers; option to add one single bed pull-out floor mattress (4 + 1 guests)

Bedroom 2: Basement room with 3 single bunk beds, 1 queen bunk bed, small dresser/closet with hangers (5 guests)

Bedroom 3: Upstairs room with 4 single bunk beds, dresser/closet small dresser/closet with hangers (4 guests)

Bedroom 4: Upstairs master bedroom with 3 single bunk beds, 1 queen bunk bed, small dresser/closet with hangers and ensuite bathtub and shower; option to add one single bed pull-out floor mattress (5 + 2 guests)

2.5 Bathrooms: Towels, hand soap, toilet paper provided

OUTDOOR OPTIONS

25 nylon hammocks for forest hammock camping.

Two 8-person tents, 20 sleeping bags and propane stoves available upon request.

NOTE

To protect and preserve our limited well water supply, we require:

- All guests provide their own pillow, towels and bedding; mattresses are covered and washed between bookings
- Parties of 5 or more commit to limiting their water use
- Bear Smart land use

We're here to facilitate workshops, retreats and private bookings. Email us at info@changehealth.ca for a custom quote.