



Ganaraska Region Conservation Authority Corporate Programs and Experiences

delivered by the Ganaraska Forest Centre (GFC)

The GRCA is pleased to offer a number of programs and experiences that will enhance your event at the GFC. Choose from programs that will challenge your team and develop fundamental 21st century skills, or choose an experience that will unlock the fun of your retreat in the great outdoors. All of our corporate programs can be adapted to meet your goals and complement your itinerary, and many of the programs can be moved to an indoor or accessible location to suit your group's needs.

Skill Development Programs

Leadership Skills

Why teach about leadership when you can experience leadership! Participants develop their character and leadership by completing a series of fun team challenges and group program-solving tasks. These experiences explore the nature of leadership and create opportunities for the participants to seize the moment and test drive their new skills.

Conflict Resolution

We can only resolve conflict by creating conflict! In this program, we explore the nature of conflict by completing a series of challenging games and discussion strategies. Participants learn to identify different sources of conflict and to respond with effective resolution strategies. The participants will demonstrate their learning by completing a goal-directed but resource-limited cooperative challenge.

Group Dynamics

Participants develop their character through introduction to the GFC's four concepts of teamwork: communication, support, inclusion and planning. These teamwork concepts are tested in a series of fun team challenges and group problem-solving tasks. Engaging debrief sessions allow each participant to make connections within their own life and to gain a critical appreciation for the power of collaboration.

Low Ropes Challenge Course

Utilizing our engaging outdoor challenge course, a low ropes program provides the ultimate test of a group's ability to collaborate and solve complex problems. Brace yourself for a transformative training opportunity! This program can stand alone or it can be the perfect way to test the newly acquired skills from one of the programs above.



Ganaraska Region Conservation Authority

Corporate Programs and Experiences

delivered by the Ganaraska Forest Centre (GFC)

Outdoor Adventure Experiences

Survival Game

In this active role-playing game, each person takes on the character of a different wildlife species. It is a high-energy program designed to test anyone's endurance and cunning. There are three levels of consumers: herbivores, omnivores and carnivores each vying for food, water, and space. Everyone must search for food and water stations while watching for any other animals stalking your movements. A great game to reinforce teamwork, burn off some energy, and learn about Ontario's forest animals.

Outdoor Survival Skills

Learn the skills necessary to survive in the great outdoors. Hands-on initiatives include fire-building, outdoor cooking, and shelter-building. Different survival scenarios are explored and discussed in this favourite, action-packed program. Do you have what it takes to survive?

Map-Reading and Orienteering

This popular program gives people a hands-on opportunity to learn and apply compass and map-reading skills. Through fun, interactive teaching techniques, you and a partner will learn the skills needed to find your way from point A to point B with the ultimate challenge of finding your way through two courses ahead of the rest of the group. Winner takes all!

GPS: Geocaching Adventure

After learning the fundamentals of navigation and GPS technology, participants apply their knowledge and skills to use a GPS unit to navigate through a course of geocaches. If time and energy permits, you may also compete in the GPS Hunger Games! May the odds be ever in your favour!

Snowshoeing and Cross-Country Skiing

Every winter the Ganaraska Forest is transformed into a snowy paradise for outdoor recreation. Let us teach you how to use the equipment and then guide you an adventure in this winter wonderland!



Outdoor Recreation Program

Stress Management Techniques – Forest Therapy

Forest therapy is an emerging practice in preventative health care that utilizes intentional experiences in a living forest to generate health benefits. Along with physiological changes in blood pressure, immune functioning and improved sleep, the health benefits of forest therapy include reduced stress levels, improved mood, increased energy, as well as an increased ability to focus. On a short guided hike through the Ganaraska Forest, participants will take part in a number of place-based reflective exercises. These experiences will enable the participants to appreciate the benefits of forest therapy practice and provide them with stress reduction techniques that they can utilize in their own lives.



Staying overnight? Exclusive evening programs are available. Take a guided hike through the forest at night or warm up by a campfire. Please inquire to find out more.

Our Amenities:

The Ganaraska Forest Centre is a **modern** and **innovative** building situated among the forested hills of the Oak Ridges Moraine. In addition to a stunning Great Hall and several beautiful breakout rooms, the GFC boasts 20 **dormitory style bedrooms** that can accommodate 80 individuals for an overnight stay. Organizers can stay in **separate suite** accommodations with **private bathroom** facilities. Our expert culinary staff ensures that every meal is nutritious and meets the **dietary needs** of all visitors. And we even have **high speed fibre internet** to ensure that you have the best internet connection to serve your event needs! To see photos of our accommodations, please click **HERE**.



For Program Information:

Aaron Staples, OCT
Outdoor Education Specialist
astaples@grca.on.ca
Ph: 905-885-8173 x323

<https://www.ganaraskaforestcentre.ca/>

