

# WE RISE

ECONOMIC EMPOWERMENT RETREAT



**June 11<sup>th</sup> - June 12<sup>th</sup>, 2024**

*We are stronger together!*

## Event Overview

Thurston County has one of the most diverse economies in the state. This means more opportunities for achieving economic stability and growth. Join us in the old growth forest at [Millersylvania State Park Retreat Center](#) for the first ever We Rise Economic Empowerment Retreat! This event is brought to you by the [Thurston Asset Building Coalition](#) (TABC). This year's theme is "We are stronger together!" We will focus on building community connections to strengthen our economic resilience collectively. Participants can expect opportunities for learning, connection, and receiving free resources. And we'll have some fun, too! Our goal is for every participant to walk away with more money (or savings) than when they arrived. We hope you'll join us for this unique experience!

## What is Financial "Empowerment?"

We define financial empowerment as wrap-around support that enables people and communities to rise out of poverty and into financial stability and prosperity. This includes the sharing of knowledge, resources, and emotional support to allow those most marginalized to make their own choices and determine their own futures financially.

## Who Can Participate?

This event is for people who have low to moderate incomes living in Thurston County. This event is for people of all identity groups, however, we will center people with

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marginalized identities (Black, Indigenous, and People of Color; LGBTQIA2S+ people; people with disabilities; people experiencing housing insecurity; other marginalized groups) in the design of the event, including the speakers, workshop topics, and physical space provided.

## Activities

This event is packed with a variety of activities, including:

- Your choice between 7 different economic empowerment workshops to attend throughout the day,
- Free time to explore the park and enjoy the retreat center amenities (kayaking, paddle boarding, and hiking trails),
- A community resource fair, and
- Evening entertainment.
- Optional: Overnight stay at the retreat center in one of the bunk cabins onsite.

## Meals

Free meals, coffee, and tea will be provided throughout this event. Vegetarian and gluten free options will be available at each meal. Participants can include their dietary needs in their registration form, and we will make reasonable accommodations to meet your needs and preferences. More details about menus will be provided closer to the event.

## Workshops

We're lining up a selection of speakers and facilitators who are skilled, experienced, and knowledgeable in the areas of housing, financial wellness, community resources, local food, and health. We will launch our list of selected speakers in early May.

## Overnight Accommodations

Participants can choose to arrive and depart on the day of the event they are participating in and are not required to stay overnight. Lodging is available in the heated rustic bunk cabins onsite for participants that want an immersive retreat experience. Participants staying on cabins must bring their own bed linens.

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- **ADA Accessible Cabin:**

One of the cabins is ADA accessible with an attached ADA accessible bathroom and is available first come first serve for folks with accessibility needs. The cabin is next to the event hall and parking lot.

- **Community Cabins:**

You can reserve a bunk in a community cabin, where you'll be placed with up to 3 other participants. This can be a fun way to live the summer camp experience and build community. These cabins share communal bathrooms and showers with neighboring cabins.

- **Private Cabins:**

Want more privacy? You can request a private cabin (6 available, first come, first serve). These cabins share communal bathrooms and showers with neighboring cabins.



## Parking

Participants can park at the retreat center parking lot. No Discover Pass is required to park at the retreat center. If you plan to park in the parking lots outside of the retreat center at the park, a Discover Pass is required. We can provide free Discover Day Passes to those requesting them to park closer to the Resource Fair in the main area of the park (about 1/3 mile from the retreat center). Visit [thurstonabc.org/we-rise](http://thurstonabc.org/we-rise) to request a free Discover Day Pass.

## Restrooms

There are two single stall ADA accessible all genders restrooms in the event hall. Each of these restrooms has a changing table. These restrooms will be accessible during the event between the hours of 8am and 8pm. There are also two communal restrooms and shower buildings near the cabins. One of these is for men and the other is for all genders. Participants must bring their own towels and toiletries for showering.

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**What's an all genders restroom?** All genders restrooms are restrooms where people of all gender identities and expressions can use the bathroom safely and comfortably. Having all genders bathrooms available at events allows more people, especially trans, nonbinary, and gender-nonconforming people, to feel safe using the bathroom.

## Health and Safety

Masking is strongly encouraged while indoors during the event. This helps ensure the safety of our most vulnerable participants. People staying in cabins the night of June 11<sup>th</sup> are required to test negative for COVID-19 within 24 hours prior to attending the event (they will be required to certify a negative test result upon arrival at the event). Please do not come to the event if you are feeling sick.

## Childcare

Child care reimbursement is available on for those attending the retreat. If you need child care to attend this event, please tell us in your application. A reimbursement up to \$200 is available per participant for child care costs incurred during your attendance at the event.

## Accessibility

**Parking:** There are two ADA accessible parking spaces on-site.

**Event Hall:** The event hall, where the majority of activities will take place for this retreat, is ADA accessible. The event hall has two ADA accessible restrooms. All meals will be served out the event hall.

**Covered Picnic Area:** The covered picnic area at the retreat center is directly off the parking lot on hard pavement. The nearest ADA restroom is about 100 feet away in the event hall.

**Barn:** The pathway to the barn is a compact dirt and gravel path that transitions onto a grassy path for about 400 feet. The barn is semi-compact woodchip mulch. The pathway to the barn is about 1/3 mile long from the event hall. Upon request, attendees may drive a vehicle up to the barn entrance to attend activities in that area. The nearest ADA restroom is at the all genders communal bathroom facility, about 600 feet away.

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**Kitchen Shelter #3 (Resource Fair):** The kitchen shelter where the resource fair will take place has concrete floors in the shelter and is surrounded by compact dirt that is mostly flat, but uneven in some places. This area can be accessed by the 4-foot-wide compact dirt pathway from the parking area directly next to Kitchen shelter 3 (100 feet away) or the boat launch parking lot (400 feet away). There is a restroom facility about 200 feet away with men’s and women’s marked restrooms. There are no ADA accessible stalls in these restrooms.

## Schedule

### Tuesday, June 11th:

Time	Agenda Item	Location	Description
7:30 am - 8:30am	Morning Wellness Activity	Amphitheater	<i>Restorative Morning Yoga with Julia Zhao</i>
8:00am - 9:15am	Breakfast	Event Hall	Continental Breakfast
9:30am - 10:30am	Workshop Session 1	Event Hall Picnic Shelter Barn Trails	Dependable Strengths with Tami
10:45 - 11:45am	Workshop Session 2	Event Hall Picnic Shelter Barn Trails	3 workshop options TBD
12:00pm - 1:00pm	Lunch	Event Hall	TBD
1:00pm - 2:00pm	Workshop Session 3	Event Hall Picnic Shelter Barn Trails	3 workshop options
2:00pm - 6:00pm	Free Time	Event Hall Picnic Shelter Barn Trails	Explore the park, paddle boarding, kayaking, etc.

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4:30pm - 7:30pm	Resource Fair	Kitchen Shelter 3	
4:30pm - 7:00pm	Dinner	Kitchen Shelter 3	TBD
7:30pm - 8:30pm	Evening Entertainment	Event Hall/Amphitheater	TBD

**Wednesday, June 12th:**

Time	Agenda Item	Location	Description
7:30 am - 8:30am	Morning Wellness Activity	TBD	TBD
8:00am - 9:15am	Breakfast	Event Hall	TBD
8:30am - 10:00am	Guest Check Out	Info Booth	Guests clean their cabins and check-out.

**Event Registration**

Register by June 4th. Space is limited to 50 registrants. [Register now.](#)

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