

flok

Adult Retreat

May 28-30, 2024

Washington Family Ranch

Currant Creek Lodge

Antelope, Oregon

flok is excited to host our first adult retreat. This 2-day event is inspired by adults for adults! Our primary goal is to provide a relaxing and enjoyable opportunity for connection, learning, and fun for community members 21+ with Classical HCU, MSUD, an Organic Acidemia, PKU, Tyrosinemia, or a Urea Cycle Disorder.

Activities

In addition to taking in the breathtaking views, participants will have access to hiking trails, sand volleyball, an 18-hole disc golf course, and an 88,000 square foot Sports Center with basketball, indoor volleyball, dodgeball, foosball, octaball, ping pong, billiards, climbing walls, a skate park and workout center. Participants will also have time for group discussion, low-protein cooking, and space to relax and connect with old and new friends.

Housing

Our reserved lodge has 13 bedrooms, each equipped with bunk beds to comfortably accommodate up to 30 adults. Currant Creek is not just a place to stay; it offers a spacious great room and open kitchen, providing the ideal setting for fostering connections and creating memorable experiences.

Accessibility

If you have special housing needs, let us know during registration or contact camp@flok.org. All walkways around camp are paved and all main buildings are designed with accessibility in mind.

Medical Accomodations

Your health and safety are important to us. We will have an onsite OR certified medical professionals (MD, RN, or EMP-P) to provide immediate assistance. However, it is important to know the St. Charles Madras Hospital is 50 miles from camp and there is a 90-minute EMS response time. Washington Family Ranch has a Life Flight contract in place. If you have questions or concerns, please reach out to us at camp@flok.org.

Cost
\$20

Registration

Contact
kristen@flok.org
for additional
information and
registration details

Questions?

Contact
camp@flok.org