

Camp Cassidy

www.campcassidy.ca

Although it's open for day use only, a special mention goes to Camp Cassidy, a rejuvenating, nature-based recreational and wellness centre. Set on 150-acres with views of Cassidy Lake, in southern New Brunswick, the privately owned facility is reserved for and provided at no cost to current or former first responder and military personnel in the Atlantic provinces. "We believe it is important for [these] families to have a safe, quiet, and family-oriented environment to experience the benefits of interacting with each other in nature," says Paul Cassidy, one of the facility's directors. Cassidy's grandfathers served in the military, and his relatives were in the Royal Canadian Mounted Police. Guests can unwind through such watersports as paddleboarding, canoeing, kayaking, swimming and fishing. On land, there is a 3.2 km trail meandering through a serene forest offering scenic vistas, as well as a historic apple orchard, and a labyrinth for a relaxing, meditative experience. "...unlike a public park, our users can expect that anyone they may meet at the Camp is likely a member of a Military or First Responder family, with similar life experiences and an understanding of their circumstances," says Cassidy. A one-room church built in 1883 has been restored and serves as a non-denominational space for wellness sessions and camp administration. Adjacent to the building is a grassy area for picnickers. Camp Cassidy is open between the Victoria Day and Thanksgiving weekends, during daylight hours. Their goal is to build individual family-style cabins as well as a gathering place for programs.

"Self-care is very important for first responders to engage in on a regular basis... [as it can] lead to improvements in their resiliency, their ability to quell restlessness and a constant state of hyperarousal, as well as aid them in best handling the difficult demands of their job and help them best support others in need," explains Lennox. It's time for more paramedics to go

on well-deserved breaks to take care of themselves, ensuring they can continue in their vital work of serving others. (K. Lennox, personal communication, August 8, 2024)

References

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About the author

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