

June 11, 2026

The Second Chance Foundation holds wellness and healing retreat at Five Oaks Centre

Scarborough – From June 11 to 14, 2026 The Second Chance Foundation (TSCF) held a wellness and healing retreat at Five Oaks Centre. Time to reflect, connect with nature, establish deeper connections – both with nature and with each other – was facilitated by therapeutic resilience workshop, dancing to the elements, reflexology, hiking, as well as pool side relaxation.

“I was glad I accepted the invitation to come to the retreat.”, said one of the retreat facilitators. Adding, “I am more happy by giving reflexology hand sessions to these women. I have found more purpose to my life.”

“The Second Chance Foundation created more than a retreat; they created a space for healing, reflection, and connection that renewed my sense of self-worth, strengthened my hope, and reminded me of the possibilities that lie ahead.”, said one of The Second Chance Foundation’s retreat attendees.

Transportation was arranged by The Second Chance Foundation (TSCF), as well as snacks throughout the stay. Meals were included in the retreat.

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The Second Chance Foundation serves Scarborough, Toronto and GTA area’s marginalized, racialized, underhoused, unhoused, incarcerated, formerly incarcerated women and their children, and women transitioning back into the community from the criminal justice system. Operating since 2017, the organization delivers food security, clothing and other needed items, as well as training, programs and workshops to uphold material, social, cultural, as well as general wellbeing needs. For more information visit: www.thesecondchancefoundation.ca For media inquiries: info@thesecondchancefoundation.ca or +1 416-792-6702 Ext. 11