

WORKSHOP DETAILS

When: October 26-30, 2026

Where: Ootsa Lake Bible Camp

Who: Ages 18 and up

Cost: 250.00/person, 400.00 per couple. Sponsorship is Available.

Free Accommodations and food will be provided at this event!

Register online at:

<https://www.cognitofrms.com/>

OotsaLakeBibleCamp1/

OLBCEventRegistration



For more information, contact
Mark at 250-691-1912 or at
mpowell.mail@gmail.com.

We are located on beautiful Ootsa Lake at 21041 Ootsa Nadina Road.

Since 1956, Ootsa Lake Bible Camp has been serving the kids and families of the Lakes District area of BC.

Driving from Burns Lake to the Camp

- From Burns Lake, travel south on Highway 35 for 23km to a T-Intersection at Francois Lake.
- Turn right at the T-Intersection and go a short distance to the Francois Lake Ferry on your left.
- Travel by ferry (no charge) to Southbank (The ferry takes about 15 minutes to cross)
- When you come off the ferry, go straight and follow Keefe's Landing Rd. for 18km.
- When you reach the junction of Keefe's Landing Road and Eakin Settlement, turn right onto the road that continues on to Keefe's Landing Road (Signs indicate Ootsa Lake and Wisteria).
- Follow Keefe's Landing Rd. for 18km
- Turn left onto Ootsa Hill Road and travel 1.4km
- Turn right at the junction of Ootsa Nadina Rd.
- Travel 2km to the camp on the left side of the road.

Healing the Pain of the Heart Workshop



Ootsa Lake Bible Camp

October 26th to 30th

Pain of the heart is a core problem of humanity. It is the main reason for addictions, anxiety, depression, and suicide. Healing the Pain of the Heart is a 30-hour workshop that helps students identify and process personal struggles. It uses a Christian counselling model that exposes and addresses heart issues. Students learn to know God better, leading toward resolution of painful personal issues.

Our Vision:

To see lives transformed through biblically-based teaching and counselling.

Our Mission:

A biblically-based counselling program that provides the theoretical foundation and skills to understand God, people, problems, and solutions.

Our Core Values:



Evangelical in practice.



Healing journeys that bring hope through the power of God.



Empowering responsible maturity through the love of Christ.



Pursuing excellence in faith, life, and practice.



Encouraging community through the ministry of the Holy Spirit by connecting, partnering, teaching, and prayer.



For more information see:
www.ibcinternational.net
Facebook: Institute of Biblical Counselling International



Workshop Sections

Dignity and Depravity

Presents a Biblical view of God, people, problems, and solutions. Human dignity (made in the image of God) and depravity (results of Adam and Eve's choices) are explored. Who you are including your personhood, beliefs, choices, and your emotions are discussed as they relate to conducting daily life.

Issues of the Heart

Discusses how you handle the pain of your heart. "Where was God when I was hurt? Why do I act as I do and hurt other people?" How you speak and relate to other people has power. Your words to loved ones can be a blessing or a curse. Explore who your true God-self might be.

Issues of Abuse

Presents the problem and dynamics of sexual abuse, including its' internal and external damage to the sense of self. Also discussed are associated spiritual issues, denial, post-traumatic stress, and the healing process. Find hope by facing the truth, comfort by embracing sorrow, and joy by pursuing love

Family Issues

This section explores intimacy, children, and a Biblical view on parenting. Parents wound their children resulting in hurtful generational patterns. Adopt Godly parenting power and break the negative patterns so future generations can be free and move forward.

Loss and Grief

Stages of loss and grief are discussed. How do you cope with loss? How do you help someone who is grieving? What if they are just children? Unresolved loss and grief distort relationships in family and beyond. Rebuild your ruins and explore a process for change.

Testimonials

"My heart has softened after hearing comments and testimonies from other students."

"I learned how to deal with hurtful issues and let my pain out."

"I was angry with God but now I understand my pain and feel better to build relationship with him."

"I realized that stuffing my feelings made me sick. Now I want to deal with grief and unforgiveness."

"I was so put down that my feelings died. Now I can see that God created us with feelings to be alive."

