



# Heart Conference FAQ

Everything you need to know to prepare for Heart Conference!

## What is Heart Conference?

Heart Conference is a two-day, multi-generational conference for women, teens and girls, to experience all that God has for us through powerful worship, personal testimonies and incredible teaching. There are workshops, gifts, swag and fun for all. A weekend spent with other incredible women like you!

## Where and when will Heart Conference take place?

**March 1-2, 2024**

Lifecentre - Orleans Campus  
2214 Innes Road  
Ottawa, ON. K1B 4C4

For more information and directions visit [heartconference.ca](http://heartconference.ca).

## Parking and Transportation

Parking is available onsite free of charge, however, spaces are limited so we do encourage you to carpool with your ladies!

## How much does Heart Conference cost?

We want to accommodate as many women as we can by keeping the cost low! Admission is \$89.00 for all ladies 19 & over. If you are under the age of 18, the admission cost for you is free!

## Who should come?

The content and programming is geared towards women age 11 and up. This weekend is for every kind of woman: sisters, daughters, friends, moms, grandmas, singles, professionals, retirees and everything in between. If you want to make some new friends and be awakened to something new in your life, then this weekend is for you! Girls under 11 can attend with a parent, at your discretion.

## Will meals be provided?

Lunch is provided on the second day of the conference; we are working hard to accommodate gluten-free, vegan & vegetarian options! Throughout the conference there will be snacks, drinks and coffee + tea provided for you as well. If you are on a very strict diet you are most welcome to bring in your own food and snacks for the day.

## What if I've never been to a conference before or don't know anyone going?

We would love to be your first conference experience! We know it can be daunting going somewhere new with people you may not know. Our team and volunteers will be there to make you feel welcome and loved. You will definitely feel at ease right away. Our hope is that, when you leave Heart Conference, you will walk away with new friends that you can be encouraged by and can grow with. If you are attending alone, connect with our Flying Solo team and make some new friends!

## Is seating assigned?



Seating is first come, first serve! We suggest you arrive early each day to reserve the best seats for you and your girlfriends! That said we do ask you to be mindful of how many ladies are also looking to get the best seat! No one loves seeing eight coats holding down one row, we've all been there!

### **Can I buy a ticket at the door?**

No. Tickets are only available while they last, online, through our website at [heartconference.ca](http://heartconference.ca).

### **Are tickets refundable or transferable?**

Tickets are non-refundable, however they are transferable on your own. This means that Lifecentre will not handle this for you but you can handle this independently with someone interested in buying your tickets if you can no longer attend or if you are giving your ticket to someone else. Tickets are needed to enter the conference but we will not be checking names at the door.

### **How many tickets can I purchase?**

You can purchase as many as you would like, while quantities last! Ticket sales will end on Friday, March 1st at 7:00 pm.

### **What is the schedule for both days of the conference?**

You can find the schedule for both adults and students on our website at [heartconference.ca](http://heartconference.ca)

### **Are there breaks?**

There will be short breaks and stretch breaks intermittently throughout the full day of the conference and your lunch break will be a full one hour. You can of course leave your seat at any time for a quick trip to the restroom or to stretch your legs, etc. You do you, just remember you might miss something awesome!

### **What are the workshops about?**

A workshop is a unique learning environment on a specific topic. Workshops are a little more interactive, personal and practical than the general sessions. The best part of workshops is that you get to choose the topic you are most interested in. You will get a full rundown of the workshops when you arrive at the conference.

### **Do I need to register for the workshops?**

You do not need to register ahead of time for your Workshop. All of our Workshops will be hosted onsite and specific details will be explained at the Conference.

### **How do I get the most out of this conference?**

It's simple — go all in! There is nothing more powerful than setting aside a couple of days to allow God to touch your heart. Come expecting fresh inspiration, healing and growth in a weekend where anything is possible.

### **What should I wear?**

Ladies, do you and whatever you feel best in! There will be ladies in blazers, jeans, leggings, heels, sneakers. Feel comfortable! We will also have some Heart merchandise for sale that you can rep over the weekend!

### **What should I bring?**

Bring yourself, your favourite pen and notebook! You will definitely want to take notes!

**Will there be Merch available?**

Absolutely! We have made sure to stock up on some amazing designs for you to choose from! You are going to want to save up some of those loonies + toonies or shine up that plastic card, because you won't want to miss out on repping our Heart 2023 Merch to commemorate your weekend experience. T-shirts are \$20 and Sweaters are \$40.

**Can I bring my friend who does not know Jesus to Heart Conference?**

Yes, you can! Many women bring their colleagues, family and friends who do not yet have a relationship with Jesus. We would not recommend bringing someone who is hostile towards Christianity because we are unapologetically going to talk about Jesus. But if your friend is curious about faith, and you are honest with her that Heart Conference is designed to awaken something new in her through Christ then she is very welcome to attend!

**Can I bring my nursing infant?**

New Moms are welcome! We will provide a semi-private area for nursing mothers with a live feed of the services. There will also be a live feed from the main auditorium in the front lobby if you do need to step away from your seats during the main sessions. Also, if you must bring a toddler with you, we ask that you do not allow them to roam around independently during the main sessions or workshops. This is in order to prevent unnecessary disruptions to the other attendees and the programming.

**Will you providing child care during the conference?**

Unfortunately due to the size of the event and the space of our building, we are unable to accommodate childcare.

**What if my question is not listed here?**

We would love to answer any other questions you might have! Send us an email at [hello@lifecentre.org](mailto:hello@lifecentre.org)