

Grief and Loss



Please Join us on March 2nd and March 3rd for a Grief and Loss Workshop with Sandra Harris

“ Sacred Paths Workshop”

Will be held at Kitselas Hall

Doors open at 9:30am and will start at 10:00am

Till 3:00pm Light lunch and snacks will be provided.

Please register by:

Friday Feb. 23rd by 12:00pm at 250-635-6172

If you are in need of a ride there and back please let us know when registering.

Thank you

Kitsumkalum Health.

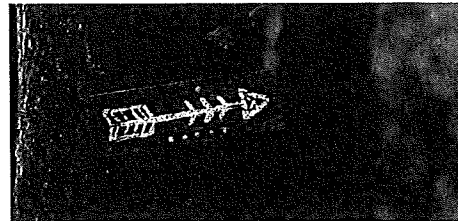
Sacred Paths Workshop

Kitsumkalum First Nation March 2-3, 2024

At Kitselas Community Hall 10-4 each day

Workshop Purpose: Sharing Body Centered and Land Based Ways of Self care in times of Complex Grief, finding our Sacred Paths.

Agenda Day 1



- 9:30 am: room prep
- 10 am Land Acknowledgement, prayer and or song
- Introductions, name and role
 - Experiential: Check in – If I were a...tree
- 10: 20 am Collective agreement group exercise, catching tears, review draft agenda
- Introductions of IFOT teachings & indigenous trauma informed practices
 - Grief as a Process; Cultural Processes, and All My Relations
- 11:00 BIO Break
- History Matters, Intergenerational Memories, My/Our Strengths List
 - Different Types of Grief: Complex grief
 - When there's overwhelm: Grandfather Stone wash, unpacking and setting down
- LUNCH BREAK noon-1:15 pm
- 1:15 pm Myths about Grief & Do's and Don'ts Dialogue
- Grief Video
 - Brain and Trauma
- 2:15 pm WELLNESS break
- sharing circle, broken hearted collective mosaic and IFOT sessions
 - Two Words and a Feather Brushing
- 4:00 pm First Day closing

Kitsumkalum First Nation: Sacred Paths Agenda Day 2

- 10 am: Land Acknowledgement, prayer and or song
- recap, questions and follow up
 - warrior grief, fatigue & symptoms, REST
 - collective grief and holding up a lot & symptoms
- Shared and Live Experiences, Getting Lemon'd and Symptoms
- Sharing Circle & Reflections on complex grief and loss
- Noon LUNCH Break
- 1:15 pm Tasks of Grief: 4 main tasks (TEAR model – same as IFOT model)
- Grief Wheel and Finding your Medicines: Ceremonies, air, water, earth and fire
- 2:15 pm WELLNESS Break
- Wellness Plan: Body Mind and Spirit, My Symptoms & Mine Stretch
- Coming Back into All My Relations, Big Love & Reflections
- Two Words and a Feather Brushing
- 4:00 pm Workshop Closing

Co- Facilitator: Sandra Martin Harris, IRSSS Northern Trauma Informed Cultural Support Worker with Blaine, and Delilah

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