

FINDING OUR WAY THROUGH LOSS, GRIEF AND RECOVERY



Cultural Connections Peer Support (CCPS) Program Information

Whitehorse Aboriginal Women's Circle (WAWC) is planning to deliver a series of 8 Peer Support Circles focused on Indigenous loss, grief and recovery. Women experiencing losses of any kind are welcome. The circles will be held in person and the details are as follows:

Dates: Mondays starting Nov 15, 2021 for 8 weeks Time: 7 to 9 pm weekly

Facilitators: Gaye Hanson and Elder Jerry Soltani will be supported by visiting Elders and Cultural Resource people. Jerry is an Athabscan/Tlingit nurse who is deeply committed to helping people navigate their path of discovery and healing related to loss. Gaye is a nurse of northern Manitoba Cree ancestry with experience in supporting people in health and healing including in areas of loss and grief.

Participants: Indigenous women of all backgrounds who have experienced loss and are working through grief toward recovery and are interested in a cultural approach to peer support. The group is an open group for up to 6 women (new women are welcome to join throughout the series) unless group decides to become closed to drop in participants.

Activities: Sharing food, learning skills in peer support, exploring loss and grief through an Indigenous lens, guided experiences or exercises, working on small art, craft or cultural skills projects, checking in, receiving and giving support in a safe and supported circle and others.

General Topics: The first 4 circles will build the foundation and include an Introduction to Indigenous Peer Support; Circle Roles, Responsibilities and Agreement (Ground Rules); Self-awareness and Personal Development; and Skills for Peer Support.

Loss, Grief and Recovery: Priorities for circles 5 through 8 will be chosen by the group focused on Indigenous understanding of loss and approaches to grief and recovery including Indigenous knowledge, stories and teachings.

Additional Support: Child care and transportation support available. Referrals from the group may be made for counselling, cultural support or other supports or services as needed.



WAWC
WHITEHORSE ABORIGINAL
WOMEN'S CIRCLE

**For more information: call/email
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COVID precautions will be observed