

TAKE IT TO THE FIRE

Healing the Helper



ABOUT THE RETREAT

Born out of a desire to focus training opportunities on helping the helper, Take it to the Fire is a group workshop designed to build individual and group capacity for helping teams working in/with First Nations communities, to further strengthen the ability to respond to community needs in effective ways while centring the wellness of those doing this important work.

Your retreat will be tailored to the needs of your own community so that the time spent together is purposeful and effective. Please see page 6 for Education Themes that your team might want to focus on.

PURPOSE

- Founded in, and centered around Indigenous culture and knowledge;
- Grounded in trauma-informed, anti-oppressive, anti-racist theoretical frameworks and Two-Eyed Seeing Approach;
- Complimented by evidence informed best-practices in the field of mental health and wellness...

...the workshop design weaves these elements together and shifts the notions of healing and wellness (of the team) into a priority equal in weight to the importance placed on crisis response skills and procedures.



CARE FOR THE HELPER

We believe that the helper is the most important resource in community crisis response and all caring circumstances. We also know that this work is difficult. Caring for people in within your own community is a unique experience and requires dedication to self-care and the willingness to continually attend to your own trauma and your own wellness. Step away for a few days and refocus on yourself, review helping strategies and practice skills, take your stressors to the fire, and get yourself grounded.



WHAT TO EXPECT

During your 2.5 day/3 night stay at Wilson's Lodge in McNamee, NB, you will be treated to luxurious accommodations with optional outdoor activities such as kayaking, visiting the Priceville Footbridge, and relaxing in your hot tub. You will be catered to with delicious food, engaging educational activities, fun and creative crafting, and ample opportunities for rest.

Most importantly, you will engage with Elders and learn from their teachings, and have invaluable cultural experiences that we hope will deepen your own personal healing.

Take it to the Fire is professional development done differently. This is not your typical training or conference. The impact it has on participants is immensely positive and healing.

WHAT ARE PEOPLE SAYING?

"I was very satisfied with everything about this program, I very much appreciated the discussions, presentations, information and the cultural aspect. Thank you very much for this wonderful experience."

"I was in AWE throughout this training and I highly recommend other organizations attend this and experience this."

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"This was a great refresher and I learned new information too. The discussions were priceless - I have a greater understanding of other team members logic. Thank you for the opportunity to realize how important this wellness is for helpers. There is not a thing I would change - this was the best team - I felt cared for and safe the entire time. Welalin from the bottom of my heart."



"Welalin, thank you, for taking care of my heart, mind, and soul."

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"I loved being in such a healing atmosphere. I learned more this week than I learned all my life. I am leaving this training being confident in ceremony and medicine. Thank you for that."

ARE YOU READY?

Your team deserves this. Let us help you refocus on your wellness.

During our time together we will be providing a space in which your team can relax, connect with the land and culture, and truly take a breath while learning strategies for maintaining wellness and increasing team capacity.

Please review the themes on the following page and connect with our team about developing the program that is exactly what your team needs. If there are wellness areas that you would like to focus on that you do not see listed here, please know we are open to discussing those and incorporating alternative ideas.



“Helpers following an Aboriginal approach recognize that they are role models of positive growth and well-being. Thus, helpers begin the helping process by addressing themselves. They prepare themselves to help others by establishing and maintaining an awareness of their own emotional, mental, spiritual and physical well-being. They work at balancing and connecting these aspects within themselves as they, themselves, strive towards mino-pimatisiwin.” - Michael Hart, 2002

EDUCATION THEMES

Every aspect of this program centres the wellness of the helper from a trauma-informed, cultural lens. The following themes are examples of educational areas your team may want to focus on during the workshop. We will curate a program that prioritizes your needs. Above all else, more important than any agenda or presentation, is the fire. Connecting with the fire, the Elders, the land, Spirit - this is where true healing gets ignited and we weave this into every part of our program.

The Helper

- Feeling and Healing:
Strengthen emotional abilities:
Fostering empathetic, flexible, compassionate, resilient, collaborative, grounded, and supportive helpers
- Mind-body-spirit connection; grounding strategies
- Debriefing difficult responses from the past, from the lens of FEELING and HEALING:
- Caring for our inner child/trauma wounds
- Attending to our own grief and loss as helpers
- Compassion fatigue, vicarious trauma, burn- out: Protective factors/returning to wellness
- Understand your trauma and stress response: Widen your window of tolerance
- Self-care: creating holistic, balanced, culturally relevant self-care plans/bundles

The Team

- Review capacity of the team:
Who has what training, how long ago, what needs updated, reviewed?
- Review current team processes:
Identify strengths, asset-mapping through story-telling, areas for growth
- What leadership style are you:
What role do you usually take? Is there flexibility, ability to delegate, ask for help, step back/step up?
- Practice skills:
Assessing safety, assessing wellness of the team and members, implement and facilitate crisis intervention or other relevant skills
- Using assertive communication and setting boundaries, saying no
- What's next: Plan ahead for team wellness
- Strategic planning as required

The Bridge to Wellness Team that supports you through this process will not leave you when the retreat is over; the program is designed to provide ongoing support for your team to continue to work toward its' goals.



Please reach out if you have any questions or would like to discuss the details and package options.

Team Lead:

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