

# A COMMUNITY LEARNING JOURNEY



## A 4-SESSION VIRTUAL EXPERIENCE

PARTICIPANTS PLANT SEEDS OF PERSONAL, FAMILIAL, AND COMMUNITY HEALING AND RECONCILIATION. EXPLORED TOPICS INCLUDE **INHERITED HARMS AND BLESSINGS**, THE **INTEGRATED SELF HISTORICAL JOURNEYS**, **LAND ACKNOWLEDGMENTS**, **BLOOD MEMORY**, **COPING MECHANISMS AND RESPONSES** AND **THE CHOICE TO HEAL**.



## TENDING TO MIND, BODY, AND SPIRIT

WE KNOW OUR WORLDS ARE BUSY AND OUR DAYS ARE LONG- THATS WHY WE FULLY INVITE (AND HIGHLY RECOMMEND) LOUNGING, SNACKING, AND HYDRATING DURING THIS **INTERACTIVE WORKSHOP SERIES**. WE ESPECIALLY ENJOY GUEST APPEARANCES BY PETS, CHILDREN, AND LOVED ONES. WE ALSO MAKE SURE TO OFFER MOVEMENT EXERCISES AND BREAKS THROUGH-OUT.



## FLEXIBLE PAYMENT PLANS

OUR **SLIDING SCALE PAYMENT** SYSTEM ALLOWS FOR CUSTOMIZATION BASED ON YOUR INDIVIDUAL CAPACITY, NEEDS, AND REQUESTS. PAYMENT CAN ALSO BE MADE ALL AT ONCE, OR CAN BE TURNED INTO AN INSTALLMENT PLAN THAT CAN BE ADJUSTED AT ANY TIME.



## UPCOMING COHORTS

- SUMMER COHORT: **AUG 16 - SEP 6**  
WEDNESDAYS FROM 4-7PM PST
- AUTUMN COHORT: **OCT 31 - NOV 21**  
TUESDAYS FROM 1-4PM PST

