



Fire & Flower Rite of Passage - May-October

Please note this is a sample itinerary. Actual dates will generally follow this outline and be posted during the applicable years. Mentors are required to attend sessions 1, 3, 6 and 8, and welcome to attend the other sessions by choice.

What	Dates	Who	Activities
Preparation (May-June)			
Mentor Training: Honouring the Women	Sat Apr 28 9:30-4:30pm	Mothers Mentors	- Celebrating our womanhood before supporting the girls in the same way - Guest teachers on women's bodies, sex and sexuality
Mentor Training: Program Orientation	Sun Apr 29 9:30-4:30pm	Mentors	- Program overview and roles
Session 1 Focus: Welcome, program orientation, mentor selection	Sun May 13 9:30-4:30pm	Girls Mentors	- Icebreakers - Program overview, culture and safety - Self-assessment: Who am I right now? What do I care about? - Mentor selection and 1-on-1 mentor time
Mentor pairs will meet weekly 1-on-1 for 1.5 hrs in addition to group gatherings until Aug			
Session 2 Focus: Group bonding, connecting to our bodies and nature	Sun May 27 9:30-4:30pm	Girls	- Nature hike, outdoor team challenges & games - Developing our intuition & instincts: What do I feel? How do I know what I'm feeling? - Nature skills/crafts
Mentor Check-In - Zoom Call	Wed Jun 6 7-8:30pm	Mentors	- Concerns, successes
Session 3 Focus: Being women	Sun Jun 10 9:30-4:30pm	Girls Mentors	- Guest teachers on women's bodies, sex and sexuality, and menstruation - Our unity as women and our uniqueness as individuals - Who am I as a woman? - Cultivating self-love and healthy body image
Session 4 Focus: Preparing for adventure	Sun Jun 24 9:30-4:30pm	Girls	- Physical preparations: checking gear, packing - Wilderness skills: how to set up solo spot - Reflection time and intention setting for personal solo: Who am I becoming?

Mentor Check-In - Zoom Call	Wed Jun 27 7-8:30pm	Mentors	- Concerns, successes - Preparations for the adventure: what to expect, how to support girls
Adventure (July)			
5-day trip	July 5-9th	Girls Mentors	- Outdoor activities - Supervision of 8-hour solo in nature - Witnessing of solo stories, recognition, appreciations and adornments
Integration (Sept-Oct)			
Welcome Back Potluck Feast	Mon July 9 6-10pm	Girls Mentors Families	- Community welcoming of young women home - Witnessing of group & personal experiences - Feasting and family bonding
	Mentor pairs continue to meet 1-on-1 over the summer with the exception of vacations. Pairs will change to meeting bi-weekly for Sept-Oct.		
Mentor Check-In - Zoom Call	Wed Sept 19 7-8:30pm	Mentors	- Concerns, successes - Shift to Integration: main themes and emphases
Session 5 Focus: Reconnection	Sun Sept 16 9:30-4:30pm	Girls	- Nature hike - Self-assessment: Who am I now? Who do I want to be?
Session 6 Focus: Developing Resilience	Sun Sept 30 9:30-4:30pm	Girls Mentors	- Nature hike - Boundaries & preferences
Session 7 Focus: Developing Resilience	Sun Oct 14 1-5pm	Girls	- Creating our storehouse of gifts - Self-care practices
Session 8 Focus: Wrap Up	Sun Oct 28 1-5pm	Girls Mentors	- Appreciation circle - Closing
Mentor Evaluation - Zoom Call	Mon Oct 29 7-8:30pm	Mentors	- Program & personal debrief: what went well, how to improve - Future of your relationship with your mentee

At anytime if you need support, please contact Elisa or Samar.