



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.

What	Dates	Who	Activities - core activities practiced throughout the program include movement and artistic expression, heart circles for safe honest sharing, and nature connection
Preparation (May-June)			
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
Parent Orientation Night	Sun May 6 6-9pm	Parents	- Potluck dinner, community building - Program overview and roles
Session 1 Focus: Welcome, program orientation, mentor selection	Sun May 13 9:30-4:30pm	Girls Mentors	- Icebreakers for girls and mentors - 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
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
Parent Circle	Wed Jun 20 7-9pm	Parents	- Evening of community building - Sharing of parental concerns and successes in this journey

Session 4 Focus: Preparing for adventure	Sun Jun 24 9:30-4:30pm	Girls	<ul style="list-style-type: none"> - 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?
Adventure (July)			
Family Send-Off	Wed July 4 7-9pm	Girls Families	<ul style="list-style-type: none"> - Facilitated family activity to formally say goodbye to daughters as girls - Girls stay overnight
5-day trip	July 5-9th	Girls Mentors	<ul style="list-style-type: none"> - Crafts and activities to reflect on girlhood - Outdoor activities & challenges - 8-hour supervised solo time in nature - Witnessing of solo stories - Recognition of becoming young women with appreciations and adornments
Integration (Sept-Oct)			
Welcome Back Potluck Feast	Mon July 9 6-10pm	Girls Mentors Families	<ul style="list-style-type: none"> - 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.			
Session 5 Focus: Reconnection	Sun Sept 16 9:30-4:30pm	Girls	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - Nature hike - Boundaries & preferences - Self-care practices
Session 7 Focus: Developing Resilience	Sun Oct 14 1-5pm	Girls	<ul style="list-style-type: none"> - Creating our storehouse of gifts
Session 8 Focus: Wrap Up	Sun Oct 28 1-5pm	Girls Mentors	<ul style="list-style-type: none"> - Appreciation circle - Closing

Please book your 1-on-1 parent meeting sometime between May-Oct.