



## Fire & Flower Rite of Passage Program - April-October 2020

### Mentor Schedule

In addition to the required dates listed here, mentors are welcome to attend the highlighted optional sessions if they'd like.

What	Dates	Who	Activities
<b>Preparation (April-June)</b>			
Mentor Training: Honouring the Women	Sat Apr 18 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 19 9:30-4:30pm	Mentors	- Program overview and roles
Session 1 Focus: Welcome, program orientation, mentor selection	Sat Apr 25 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			
<u>Optional</u> Session 2 Focus: Group bonding, nature connection	Sun May 10 9:30-4:30pm	Girls	- Nature hike - Outdoor team challenges & games - Developing intuition & instincts: What do I feel? How do I know what I'm feeling?
Mentor Check-In Zoom Call	May 19-21 7-8:30pm	Mentors	- Will find best date that suits everyone - Space for concerns, celebrations etc. about your mentorship relationship - Preparations for Session 3
Session 3 Focus: Being women	Sun May 31 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
<u>Optional</u> Session 4 Focus: Learning from nature	Sun Jun 14 9:30-4:30	Girls	- Nature hike - Nature connection games, activities and skills
Mentor Check-In Zoom Call	Jun 15-18 7-8:30pm	Mentors	- Will find best date that suits everyone - Space for concerns, celebrations etc. about your mentorship relationship - Preparations & overview of 5-day trip

<u>Optional</u> Session 5 Focus: Preparing for adventure	Sun July 5 9:30-4:30pm	Girls	<ul style="list-style-type: none"> <li>- Physical preparations: checking gear, packing</li> <li>- Wilderness skills: how to set up solo spot</li> <li>- Reflection time and intention setting for personal solo: Who am I becoming?</li> </ul>
<b>Adventure (July)</b>			
5-day trip	Thurs July 9 - Mon July 13	Girls & Mentors	<ul style="list-style-type: none"> <li>- Crafts and activities to reflect on girlhood</li> <li>- Outdoor activities &amp; challenges including 8-hour supervised solo time in nature</li> <li>- Witnessing of solo stories</li> <li>- Ceremony of becoming young women with appreciations and adornments</li> </ul>
<b>Integration (July-Oct)</b>			
Welcome Back Potluck Feast	Mon July 13 6-10pm	Girls, Mentors, Families, Friends	<ul style="list-style-type: none"> <li>- Community welcoming of young women home</li> <li>- Witnessing of group &amp; personal experiences</li> <li>- Feasting and family bonding</li> </ul>
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	Sept 8-10 7-8:30pm	Mentors	<ul style="list-style-type: none"> <li>- Will find best date that suits everyone</li> <li>- Space for concerns, celebrations etc. about your mentorship relationship</li> <li>- Overview of Integration</li> </ul>
Session 6 Focus: Reconnection	Sun Sept 13 9:30-4:30pm	Girls & Mentors	<ul style="list-style-type: none"> <li>- Nature hike &amp; activities</li> <li>- Self-assessment: Who am I now? Who do I want to be?</li> <li>- Creating our storehouse of gifts</li> </ul>
<u>Optional</u> Session 7 Focus: Developing Resilience	Sun Oct 4 9:30-4:30pm	Girls	<ul style="list-style-type: none"> <li>- Nature hike &amp; activities</li> <li>- Boundaries &amp; preferences, self-care practices</li> </ul>
Session 8 Focus: Closing	Sun Oct 18 1-5pm	Girls & Mentors	<ul style="list-style-type: none"> <li>- Appreciation circle, reflections, honouring</li> <li>- Closing</li> </ul>
Program evaluation	Oct 24-29, 7-8:30pm	Mentors	<ul style="list-style-type: none"> <li>- Will find best date that suits everyone</li> <li>- Reflections and constructive feedback of the program</li> <li>- Online group call or in-person gathering</li> </ul>

If you need support at any time, please contact Elisa or Samar our counsellor.