



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

### Parent & Participant Schedule

In addition to this schedule, please book your 1-on-1 parent meeting sometime between May-Oct.

What	Dates	Who	<b>Activities</b> - core activities practiced throughout the program include movement and art, heart circles and nature connection. Content subject to change at facilitator's discretion.
<b>Preparation (April-June)</b>			
Honouring the Women	Sat Apr 18 9:30-4:30pm	Mothers & Mentors	<ul style="list-style-type: none"> <li>- Celebrating our womanhood before supporting the girls in the same way</li> <li>- Guest teachers on women's bodies, sex and sexuality</li> </ul>
Parent Orientation Night	Wed Apr 22 6-9pm	Parents	<ul style="list-style-type: none"> <li>- Potluck dinner, community building</li> <li>- Program overview and roles</li> </ul>
Session 1 Focus: Welcome, program orientation, mentor selection	Sat Apr 25 9:30-4:30pm	Girls & Mentors	<ul style="list-style-type: none"> <li>- Icebreakers</li> <li>- Program overview, culture and safety</li> <li>- Self-assessment: Who am I right now? What do I care about?</li> <li>- Mentor selection and 1-on-1 mentor time</li> </ul>
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 & nature	Sun May 10 9:30-4:30pm	Girls	<ul style="list-style-type: none"> <li>- Nature hike</li> <li>- Outdoor team challenges &amp; games</li> <li>- Developing intuition &amp; instincts: What do I feel? How do I know what I'm feeling?</li> </ul>
Session 3 Focus: Being women	Sun May 31 9:30-4:30pm	Girls & Mentors	<ul style="list-style-type: none"> <li>- Guest teachers on women's bodies, sex and sexuality, and menstruation</li> <li>- Our unity as women and our uniqueness as individuals - Who am I as a woman?</li> <li>- Cultivating self-love and healthy body image</li> </ul>
Parent Circle	Wed Jun 10 7-9pm	Parents	<ul style="list-style-type: none"> <li>- Evening of community building</li> <li>- Sharing of parental concerns and successes in this journey</li> </ul>
Session 4 Focus: Learning from nature	Sun Jun 14 9:30-4:30	Girls	<ul style="list-style-type: none"> <li>- Nature hike</li> <li>- Nature connection games, activities and skills</li> </ul>

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>			
Family Send-Off	Wed July 8 7-9pm	Girls & Families	<ul style="list-style-type: none"> <li>- Facilitated family activity to formally say goodbye to daughters as girls</li> <li>- Girls stay overnight</li> </ul>
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</li> <li>- 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.			
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>
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</li> <li>- 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>