



Fire & Flower Rite of Passage Program - May-October 2025

Mentor Schedule

Please note: Optional dates highlighted in green. You are welcome but not required to attend these dates.

What	Dates	Who	Activities
Preparation (May-July)			
Mentor Training (Online)	Sun May 7 6-9pm	Mentors	- Program overview and roles
Honouring your Womanhood	Sat May 10 10-4pm	Mentors & Mothers	- Reclaiming ceremony to honour your own womanhood before supporting the youth
Session 1 Focus: Welcome, orientation, mentor selection	Sun May 25 10-4pm	Youth & Mentors	- Icebreakers, program overview, culture and safety - Mentee 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 hr in addition to group gatherings until Aug			
<u>Optional</u> Session 2 Focus: Group bonding, nature connection	Sun Jun 8 10-4pm	Youth	- Nature hike - Outdoor team challenges & games - Developing intuition & instincts: What do I feel? How do I know what I'm feeling?
Mentor Check-In (Online)	Wed June 11 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: Connecting to our Bodies	Sun June 22 10-4pm	Youth & Mentors	- Cultivating self-love and healthy body image - Menstruation, physical changes, sex & sexuality - How am I changing?
Mentor Check-In (Online)	Wed July 2 7-8:30pm	Mentors	- Will find best date that suits everyone - Concerns, celebrations etc. about your mentorship relationship - Preparations & overview of 5-day camping trip
<u>Optional</u> Session 4 Focus: Preparing for adventure	Sun July 6 10-4pm	Youth	- Nature hike - 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)			
5-day camping trip	Sun July 13 -Thurs July 17	Youth & Mentors	<ul style="list-style-type: none"> - Outdoor activities such as hiking - Help supervising girls' 8-hour solo time in nature - Witnessing of solo stories - Ceremony of becoming young women/adults with appreciations & adornments
Welcome Back Potluck Feast	Thur July 17 5:30-9:30pm	Youth, Mentors, Families, Friends	<ul style="list-style-type: none"> - Community welcoming of new young women/adults - Witnessing of group & personal experiences - Feasting and family bonding
Integration (Aug-Oct)			
<ul style="list-style-type: none"> - Mentor pairs continue to meet 1-on-1 over the summer with the exception of vacations - set your own schedules. Pairs will change to meeting bi-weekly for Sept-Oct. - No group sessions in August 			
Mentor Check-In (Online)	Wed Sept 3 7-8:30pm	Mentors	<ul style="list-style-type: none"> - Will find best date that suits everyone - Concerns, celebrations etc. about your mentorship relationship - Overview of Integration
Session 5 Focus: Reconnection	Sun Sept 7 10-4pm	Youth & Mentors	<ul style="list-style-type: none"> - Nature hike & activities - Self-assessment: Who am I now? Who do I want to be? - Creating our storehouse of gifts
<u>Optional</u> Session 6 Focus: Developing Resilience	Sun Sept 21 10-4pm	Youth	<ul style="list-style-type: none"> - Nature hike & activities - Boundaries & preferences, self-care practices
Session 7 Focus: Closing	Sun Oct 5 10-4pm	Youth & Mentors	<ul style="list-style-type: none"> - Appreciation circle, reflections, honouring - Closing
Program evaluation (Online)	Wed Oct 15 7-8:30pm	Mentors	<ul style="list-style-type: none"> - Will find best date that suits everyone - Reflections and constructive feedback of the program

If you need support at any time, please contact the guides or our counsellor.