

HEALING THROUGH GRIEF & LOSS

WEDNESDAY, JUNE 9, 2021
6PM - 7:30PM
FREE ONLINE

REGISTER BY EMAIL: REBECCA.JULES@GMAIL.COM
LIMITED SEATS AVAILABLE



PLEASE JOIN US FOR THIS FREE ZOOM WEBINAR PRESENTED BY SANDRA A. MARTIN HARRIS.

The session is open to ALIB and Indigenous community members to experience culturally rooted approaches to deal with loss and grief during the challenging times we are in.

Sandra is an Indigenous Focusing Oriented Complex Trauma (IFOT) practitioner who will share indigenous teachings about complex trauma using a body centered and land-based approach while facilitating strategies to find balance and a strengths-based way of Being.

Sandra is from the Wet'suwet'en Nation, is from the Laksilyu Clan, is a member of Witsset First Nation and lives in Tse Kya, her great grandmother's community, in Gitxsan Laxyip, in the Hazeltons' area.