

kʷu əc'ulluʔs: Frontline Wellness



MARCH 2 - 3, 2023 | SPIRIT RIDGE, OSOYOOS



kʷu əc'ulluʔs
coming together

Gathering and Supporting Frontline Workers

This event will have training to support capacity, visioning, team building exercises, cultural healing, and a focus on personal wellness in a field of providing support to Syilx Nation members in crisis.

BUILDING CAPACITY

Our Syilx culture and traditions have been handed down to us for generations, and it's critical to use a cultural informed response to disclosures of crisis or violence and remember practices that we can do for self.

RESPONDING TO SEXUAL VIOLENCE DISCLOSURE

A Guide for Front-Line Health and Wellness Staff



SEXUAL ASSAULT RESPONSE TRAINING

Tips and resource to support responding to sexual assault and violence disclosures.



SELF-CARE & GROUNDING

Preventing burnout from personal and work-related challenges and stresses



TRAUMA INFORMED CARE

Understanding the impacts of trauma, signs & symptoms, and the path to recovery.

OPEN TO FRONTLINE HEALTH & WELLNESS STAFF IN SYILX NATION COMMUNITIES | SPACE ARE LIMITED

For more information, contact:

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You Empowered Strong (YES)

The YES program provides community awareness, education and training as well as resources on de-normalizing violence and sexual assault as one of the key steps to create change and change behaviors.