

# TRAUMA SELF-CARE & LATERAL KINDNESS

9:30AM - 3:30PM  
FACILITATOR:  
Jessica Wilson

GRAND COUNCIL TREATY 3 PARTNERSHIPED WITH BINESIWAG CENTER FOR WELLNESS

## DAY ONE - **"SELF CARE IS SELF LOVE"**

- 9:30AM – 10:30AM OPENING, CHECK-IN & INTRODUCTIONS
- 10:30AM –10:40AM AGENDA OVERVIEW
- 10:40AM –11:45AM "THE 7 DIMENSIONS OF SELF CARE"
- 11:45AM – 12:00PM WELLNESS BREAK
- 12:00PM –1:00PM EMOTIONAL INTELLIGENCE AND HOLDING SPACE.
- 1:00PM - 2:00PM LUNCH
- 2:00PM - 2:45PM SELF-CARE, TRAUMA, AND STORYTELLING
- 2:45PM – 3:00PM WELLNESS BREAK
- 3:00PM – 3:30PM CLOSING REMARKS

## DAY TWO – **"SELF LOVE IS NOT SELFISH"**

- 9:30AM –10:30AM OPENING & REVIEW OF DAY 1
- 10:30AM-11:15AM RIVER OF SELF CARE ACTIVITIES – GROUP ACTIVITY
- 11:15AM – 11:30AM WELLNESS BREAK
- 11:30AM –12:00PM REAL SELFCARE VS IDEALISTIC SELFCARE
- 12:00PM- 1:00PM LUNCH
- 1:00PM – 2:00PM CAMPASSION FATIGUE & BURNOUT
- 2:00PM –2:15PM WELLNESS BREAK
- 2:15PM – 3:30PM MINDFUL MEDITATION

## DAY THREE - **"PRACTICING SELF LOVE"**

- 9:30AM - 10:30AM CHECK - IN & REFLECTION ACTIVITY
- 10:30AM - 12:00PM LATERAL KINDNESS
- 12:00PM - 1:00 PM LUNCH
- 1:00 PM - 1:30 PM SPEED POSITIVITY ACTIVITY
- 1:30 PM - 2:30 PM INTERSECTIONALITY PRESENTATION
- 2:30 PM - 2:45 PM WELLNESS BREAK
- 2:45 PM - 3:15PM MAZE RUNNER ACTIVITY
- 3:15 PM - 3:30 PM REFLECTION & CLOSING



**GRAND COUNCIL  
TREATY #3**  
The GOVERNMENT OF THE ANISHINAABE NATION in Treaty #3



*Ban Kiana*