



WOMENS HEALING SESSION

A HEALING JOURNEY FOR WOMEN WHO HAVE
BEEN HARMED THROUGH SEXUAL VIOLENCE

PHASE 1: FEBRUARY 15TH- FEBRUARY 27TH, 2026

- FOOD AND ACCOMMODATION IS PROVIDED
- INTAKE IS CONFIDENTIAL; PRE-CARE COUNSELLING AVAILABLE TO SUPPORT READINESS
- THIS PROGRAM QUALIFIES FOR FNHA PATIENT TRAVEL
- OPEN TO ALL STATUS FIRST NATIONS WITHIN B.C.

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WOMENS HEALING SESSION

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THROUGH SEXUAL VIOLENCE



- 2 WEEK RESIDENTIAL SESSION FOR WOMEN
- 10-14 PARTICIPANTS
- PROVIDING A SAFE ENVIRONMENT FOR HEALING

WHAT IS REBUILDING THE CIRCLE?

REBUILDING THE CIRCLE (RTC) IS A STRENGTHS-BASED CONTINUUM OF COMPREHENSIVE TREATMENT SERVICES TO HEAL THE IMPACTS OF SEXUAL HARM IN NUU-CHAH-NULTH FAMILIES AND COMMUNITIES. RTC IS QUU?AS BASED, TRAUMA-INFORMED AND HOLISTIC. WE ARE ON A JOURNEY OF HEALING FOR ALL AND RESTORING THE STRENGTH OF NUU-CHAH-NULTH COMMUNITIES.

REBUILDING THE CIRCLE IMPLEMENTS THE RTC TREATMENT MODEL BASED OFF OF THE EXPERTISE OF JANE MIDDELTON-MOZ AND THE RTC CORE TEAM.

PROGRAM STRUCTURE

TRAUMA-INFORMED GROUP THERAPY MODEL

TWO-WEEK HEALING SESSION FOLLOWING THE PSYCHODRAMATIC CURVE:

- WEEK 1: BUILDING SAFETY, BUILDING A COGNITIVE LIFE RAFT, TELLING OUR STORIES
- WEEK 2: EXPLORING SHAME, GRIEF, LETTING GO & RECONNECTING

WHAT TO EXPECT

- BREAKFAST AND LUNCH WILL PROVIDED MONDAY TO FRIDAY. ACCESS TO ONSITE PANTRY FOR DINNERS AND WEEKENDS.
- ALL CLIENTS ARE EXPECTED TO STAY ONSITE FOR THE DURATION OF PROGRAM , INCLUDING WEEKENDS.
- PROGRAM RUNS FROM 9:00AM- 3:00PM, MONDAY TO FRIDAY
- CELL PHONES WILL BE LIMITED TO BEFORE AND AFTER PROGRAM ONLY
- SPIRIT BATHS ARE OPTIONAL. PLEASE BRING SHORTS AND SANDALS