

Inter Tribal Health Authority



534 Centre Street, Nanaimo, BC V9R 4Z3
Tel: 250.753.3990 Fax: 250.753.5224
Email: Info@ITHA.ca

An Invitation

“Honouring Our Survivors: The Journey Forward”

February 19 – 22, 2019

What/Who/When/Where/How:

The Inter Tribal Health Authority is pleased to announce a unique opportunity for Indian Residential School Survivors from our Member Nations to continue their healing journey at a Healing Retreat at the Tsa Kwa Luten Lodge on Quadra Island.

The gathering will focus on healing through cultural ways, traditional practices, sharing strategies for resilience, learning about hope, healing, health and wellness, through reconnecting to self and other in a safe and spectacular setting.

There will be a balance of discussion groups and engagement on a number of topics including: Managing Stress and Anxiety, Understanding Trauma, Self-care, Recovery and other related topics. There will also be guided healing circles, 1:1 counselling support, opportunities for group debriefing, cedar brushing and cleansing offered throughout the event.

In the evenings, space will be made for a range of Cultural Activities and Wellness such as: cedar weaving, storytelling, sharing and learning traditional songs (please bring your drum!).

Criteria (Who is eligible?)/ Who to Contact/Deadline

This 4-day event is open to all Residential School Survivors from our Member Nations. We encourage community health leads to make a list of candidates from their community for the event.

Each Residential School Survivor Participant will need to complete an IRS Survivor Registration Form and submit the completed form to ITHA by Wednesday, February 13th, 2019. The forms may be submitted to ITHA by, Fax: 250.561.2169 or by email lee.wittmann@itha.ca and marked ATTN: Lee Wittmann.

Cost

This event is sponsored by ITHA and there is no cost to the participant to attend the event. Accommodations and meals will be provided.

Each participant is responsible for their travel to the Campbell River BC Ferry terminal. ITHA will be covering the cost of walk-on ferry passenger from Campbell River to Quadra Island (Quathiaski Cove); your luggage/bags will be brought over in an ITHA vehicle. For walk-on passengers a shuttle service via ITHA minivan will be provided from the Quadra Island Ferry Terminal to the Tsa Kwa Luten Lodge. ITHA will not cover the ferry cost of any personal vehicles, if you choose to travel by vehicle you must cover the additional expense.

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Note: Paid Parking is available at the Campbell River Ferry Terminal (but not covered by ITHA).

Upon completion of the retreat, ITHA will provide shuttle transportation to the ferry terminal at Quathiaski Cove and transport the participant's luggage to the Campbell River Ferry Terminal.

Accommodation and Meals

There will be spaces (beds) available for fifty (50) participants. ITHA will be covering these costs as well as all catered meals and snacks throughout the retreat.

Note: Due to the limited accommodation, sharing of lodge rooms will be expected as there are 29 rooms in the main lodge with a capacity of 53 beds total. There are different types of rooms i.e. Loft, Single Queen, Single King and 2 Doubles. It is important to communicate on the registration form if the participant has mobility issues (unable to climb stairs) and/or indicate who they are comfortable sharing a room with i.e. another participant from same Nation.

Meals will be catered by the lodge.

Additional snacks such as homemade bread, canned fish, peanut butter, jam and granola bars will also be accessible throughout the day.

Event Start Time

Arrival and registration at the Tsa Kwa Luten Lodge will commence at approx. 11:00 am – 1:00pm on Tuesday, February 19th, 2019.

Event End Time

The event concludes on Friday, February 22nd, following lunch (12:00 pm – 1:00 pm). Participants will depart the Lodge following lunch; ITHA will provide a shuttle service to transport participants to the Quathiaski Cover Ferry Terminal. Participants opting to take their own vehicles can depart immediately after 1:00 pm.

*A full program schedule will be provided to you upon your arrival.

If you have any questions please contact:

Lee Wittmann, Program Manager, Phone: 250.753.3990 ext. 106 or by email: lee.wittmann@itha.ca

Or

Jenelle Williamson, Youth Mentor, Phone: 250.753.3990 ext. 116 or by email: jenelle.williamson@itha.ca

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Inter Tribal Health Authority
Indian Residential School Survivor Healing Retreat
Registration Form



*Please fill out the form below and submit it to Inter Tribal Health Authority to register for the
Indian Residential School Survivor Healing Event @ Tsa-Kwa-Luten Lodge on*

Limited Space Available for Accommodation - First 50 Guaranteed Registration

Please be sure to complete all portions of the registration form

Participant Contact Information

Last Name: _____ First Name: _____ Nation: _____

Survivor? Yes / No (Circle One) _____ School Attended: _____

Email (If Applicable): _____ Phone Number: _____

Please indicate special requirements (allergies, health conditions, mobility issues, etc.):

As accommodation is limited, please specify who you would be comfortable sharing a room with.

Do you require shuttle transportation on the ferry due to physical disability: Yes / No (Circle One)

Do you require an escort due to a medical or mobility condition: Yes / No (Circle One)

If you answered yes, please indicate why below to allow us to accommodate you to the best of our abilities.

Please note all participants will be responsible for their own medication

Emergency Contact Information

Last Name: _____ First Name: _____ Nation: _____

Phone Number: _____ E-mail: _____

Relation to Participant: _____

All participants wishing to attend must submit a completed registration form to ITHA prior to the event.

If you have any questions regarding registration or the event please contact:

P: 250-753-3990 Fax: 250-591-2169

Or email us at: lee.wittmann@itha.ca