



# ROUND LAKE TREATMENT CENTRE

## The Journey to Wellness: Addressing Our Trauma & Shame A COLLEAGUES WELLNESS PROGRAM September 9—13, 2019

This intensive five day wellness program is designed for First Nations service providers that want to take time out for their personal and professional development. All participants must reside at the Centre and commit to a structured program.

This workshop will examine the impact of trauma and unresolved grief by taking participants through a series of awareness and healing activities. Special attention will be placed on lateral violence—an impact of oppression. Essential to the healing process is culture.

Emphasis will be placed on safety, trust, grief work and self-care. Balance also requires the ability to have fun, experience joy and to laugh together, so please feel free to bring your sense of play and ha-ha. Participants will leave with a greater understanding of the necessary healing steps that can be taken to resolve trauma on the journey to wellness.

**DATES:** September 9—13, 2019

**ADMISSION:** Limited to 36 beds

**FEE:** \$250 must be submitted with your application.

- If you have Status, the \$250 Application Fee will be refunded upon successful completion of the program.
- If you do not have Status, this fee will be applied to the cost of the program and no further funds will be required.
- Cancellations **MUST** be received no less than 5 days prior to the program start date to receive a refund.

**APPLICATION DEADLINE: August 30, 2019 (earlier application advised to avoid waitlist)**

Applicants accept and understand that they will be placed in shared accommodation with a colleague and are **responsible for all travel expenses and arrangements**. Accepted participants must be prepared to participate fully and without distraction.

**Download an Application from our website: [www.roundlaketreatmentcentre.ca](http://www.roundlaketreatmentcentre.ca)**

**Email Application to: [greg@roundlake.bc.ca](mailto:greg@roundlake.bc.ca) to register**

**Or Fax to 250-546-3227.**

**Call 250-546-3077 for more details.**