



Walk With Me

*Survivors gaining strength
together outdoors*

Walk With Me is a free outdoor-based program offering activities for women and gender diverse people who have actively worked to heal from violence or abuse experienced at any time during their life. Through shared outdoor experiences in a supportive environment, our aim is to increase quality of life through connection, compassion, resilience, and leadership.

Walk With Me programs are for women, trans and non binary folks who are in the process of healing from any type of abuse or violence. These experiences may have occurred at any stage of life. Participants are given the opportunity to explore beyond their own perceived limitations alongside other survivors, including some of the Trip Leaders. Through fully funded day trips, wilderness workshops, and overnight trips, participants are brought together to share a powerful experience surrounded by the beauty and serenity of the natural world. Intended to reinforce the process of therapy or self-healing, Walk With Me can provide a catalyst for further growth and change.



The Activities

Throughout the seasons—spring, summer, winter, and fall—participants will be able to sign up for day trips such as canoeing, hiking, snowshoeing, biking, or climbing. These will range from 2–6 hours in length and also include art activities, plant identification, and empowerment exercises. After attending 2–3 of these day programs, participants will be welcome to join an optional 5-day overnight camping trip. All activities will acknowledge our respect for, and deep gratitude to, all the ancestors and keepers of the land on whose traditional territories we are honoured to live, work, and play.



Participants

Walk With Me brings together female and gender diverse (trans, non-binary, gender fluid, agender) survivors of abuse or violence. This may include any unwanted sexual acts, physical intimidation, or pattern of financial, spiritual, mental or emotional degradation, coercion, or control. Participants are 19+ years old, from all walks of life, and living in the West Kootenays. Walk With Me is designed for those who have participated in group or individual counseling, healing circles, support recovery, or other programs or self-directed journeys toward healing. Participants must be in a safe and stable place in their lives and ready to take the next step towards empowerment. Through a written application process, and either a referral from a support worker or phone conversation with one of the Trip Leaders, we will ensure each applicant is physically and emotionally ready for a successful group and individual experience.

Your instructors

Female staff teams of skilled instructors provide valuable leadership and outdoor experience. Each is trained in advanced wilderness first aid, has extensive experience outdoors and leading groups, as well as their own lived expertise. The instructors lead participants through a progression of activities designed for participant growth and empowerment. Staff are trained in trauma-informed practice, gender diversity and inclusivity, harm reduction, and cultural safety.



We will also have the honour of a local Elder supporting some aspects of our trips.

Equipment and Food

Participants do not need to invest in expensive gear for Walk With Me programs. We provide equipment for the day trips such as snowshoes, canoeing gear, and climbing equipment. The overnight trip will include tents, packs, sleeping bags, sleeping mats, and group gear like stoves. We provide food on the overnight trips.

Location

Walk With Me programs are run in the mountains, lakes, and forests of the West Kootenays. Throughout the year we will visit a variety of different locations.



Health and Fitness

Women of all ages, sizes, abilities and fitness levels are encouraged to join Walk With Me. Participants require basic physical and emotional health, but don't need to already be active, let alone athletic. All

participants are asked to complete a medical form prior to the start of course so we can support you with any health needs. Participants do not need previous outdoor or camping experience.

Financial Assistance

Funding generously provided by the Columbia Basin Trust, Osprey Foundation, Art for the People, and the Hamber Foundation allows us to offer these trips free of charge. Stipends for childcare and transportation are also available, if that is a barrier to participation.

How to sign up

To apply, fill out the [application form here](#)

or here: <https://www.surveymonkey.com/r/walkwithmeapplication>

Ask your support worker for a paper copy

Or scan the QR code:



Questions? Email: lynda.walkwithme@gmail.com or

judith.walkwithme@gmail.com

Phone: 250 551 -0996 (551-0-WWM)

****Applications are accepted on an ongoing basis****

Outings begin in April, please get your applications in by March 10th if you'd like to be part of the first group!

