



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 of all ages who have actively worked to heal from violence or abuse experienced at any time during their life. Outings every month or two—including forest circles, nature art activities, and exploratory hiking, snowshoeing, biking, and canoeing—focus on providing an inspiring environment in which to continue that healing journey and increase self-esteem, self-reliance, and build supportive relationships.

Who is eligible? People who:

- Identify as female, trans, or non-binary and reside in the West Kootenays;
- Are adults (19-99+ years) of any ability or outdoor experience;
- Have experienced any type of violence or abuse at some point in their lives, are not currently in crisis, and have already engaged in healing work; and
- Would like to have shared experiences in nature and continue their journey towards healing and empowerment.



**More information
and an application
form here:
[www.ankors.bc.ca/
WalkWithMe](http://www.ankors.bc.ca/WalkWithMe)**

**Call or text:
250-551-0996**

**Lynda.WalkWithMe@gmail.com
OR
Judith.WalkWithMe@gmail.com**

**Applications
accepted on an
ongoing basis**

**We look forward to Walking
with you!**

