

WALK WITH ME 2022-2023

SURVIVORS
GAINING
STRENGTH
TOGETHER
OUTDOORS



Highlights:

- Year One Evaluation findings show positive impacts in the areas of **resilience, connectedness, leadership, self-compassion, empowerment, belonging,** and **healing.**
- Hired Melissa Redpath in February as Co-Program Manager and Trip Leader. Melissa has led groups in various remote and wilderness settings, including coordinating a Land Based Healing Camp on Vancouver Island. Through her Anishinaabe, Ojibwe heritage, she has a deep connection with nature, and has witnessed and experienced transformative healing done through the outdoors.

Highlights:

- 49 female or gender diverse survivors of violence are signed up, and 17 have attended between one and seven outings, with an average of three trips per participant.
- 12 half- to full-day outings offered including hiking, canoeing, snowshoeing, cross-country skiing, rock climbing, biking (on the rail trail), adventure film night, and a visit to a Sinixt Pithouse where Elder Marilyn James shared story with the group.
- One overnight backpacking trip, on snowshoes, to Lightning Strike Cabin at Kootenay Pass.
- Working with the Trans Connect program to ensure that transgender, non-binary, two-spirit, and gender diverse participants feel comfortable and welcome.

