



PATHWAYS — TO — THRIVE

A Community Response to Healing
From Gender-Based Violence

Goals of Pathways To Thrive...

Work with BIPOC, 2SLGBTQ+ and rural community members who have experienced/are experiencing GBV.

Explore healing modalities & create opportunities of healing.

Strive to be trauma-informed, feminist, intersectional, strength-based, anti-oppressive, anti-colonial, identity-affirming & accessible.

Overall Outcome: To help survivors of GBV thrive in the present without being overwhelmed by thoughts and feelings of the past.

Goals of this
presentation...

To demonstrate a framework that may help community champions (like you) create safe(r) and intentional spaces for survivors to explore healing in community.

To give some guidelines to help you be a catalyst that connects survivors of GBV and meet some needs in your community regarding GBV awareness/education, healing or other forms of trauma..



Women's Network
Prince Edward Island



Prince Edward Island
rape and sexual assault
CENTRE



P.E.E.R.S.TM
ALLIANCE 



BIPOC
USHR



Black Cultural Society
of Prince Edward Island



Aboriginal Women's
Association of PEI

Peer Support Workers



**Bottom Row Left
to Right:**

Madlene Sark -
Aboriginal
Women's
Association of PEI

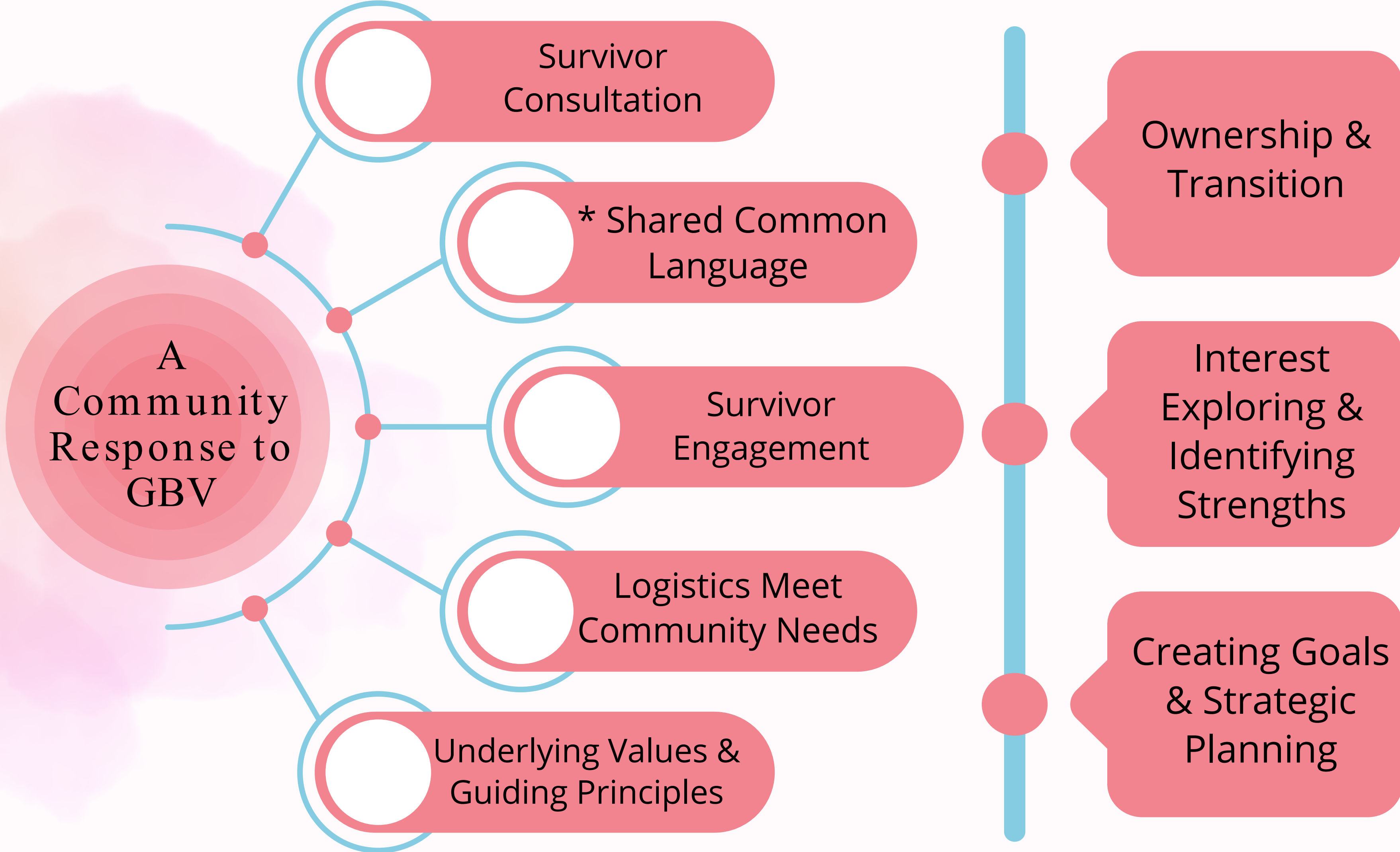
Maria Gomez -
BIPOC USHR

**Top Row Left to
Right:**

Jasonique Moss -
Black Cultural
Society of PEI

Pam Atkinson -
Women's Network
PEI

Anastasia Preston -
PEERS Alliance



Survivor Consultation

- Advisory Committee (20 individuals)
- One-on-One “Interviews” (walk on the beach, coffee, lunch, sitting at park)
- Webinars and Training Session
- Online Surveys
- Focus Groups

Environmental Scan &
Literature review

*Shared Common Language

"Healing"

"Gender-Based Violence"

"Safe(r) Spaces
&
Brave Spaces"

"Programming"

"Group Agreements"

"Survivor"

"Culture and Values"

"Materials and Supplies"

"Rural"

"BIPOC"

"Community"

"Trauma-Informed"

"Decolonization"

"2SLGBTQ+"

Survivor Engagement

“Meet them where they are at”; literally & figuratively

Introduce yourself to already existing groups in your community

Get involved in various aspects of community because GBV survivors exist everywhere

One-on-one relationship building

“Cast your net wide”...

Keep it broad and not necessarily specific to survivors of GBV

Survivor Engagement

BIPOC Women's Group
March 18th 2023
2pm- 4pm

Join us for a time of fellowship
and conversation

Atlantic Technology Centre
176 Great George St.



Black Cultural Society
of Prince Edward Island



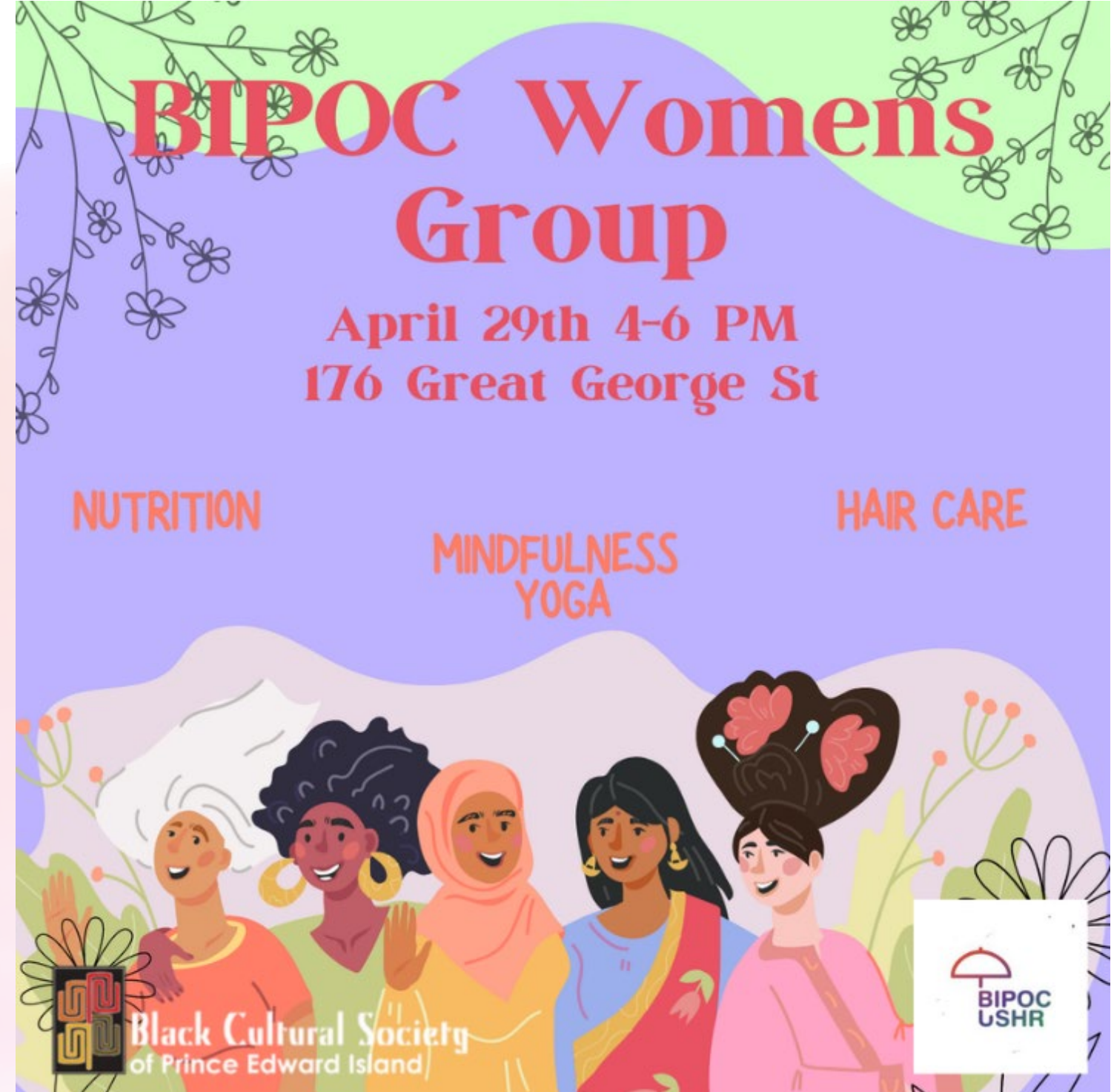
**BIPOC Womens
Group**

April 29th 4-6 PM
176 Great George St

NUTRITION

MINDFULNESS
YOGA

HAIR CARE



Black Cultural Society
of Prince Edward Island

Survivor Engagement Meets Logistics



Logistics Meet Community Needs

- Who is this for...
- Do you identify with that demographic...
- Where is it located...
- Is it accessible...
- Is it a safe(r) space...
- Time of day...
- Day of the week...
- Frequency...
- Number of participants...

- Duration...
- Childcare/Eldercare support...
- Open/Closed Groups...
- Specific challenges to your community...
- Transportation subsidy...
- Language barriers...
- Neurotypical Needs...

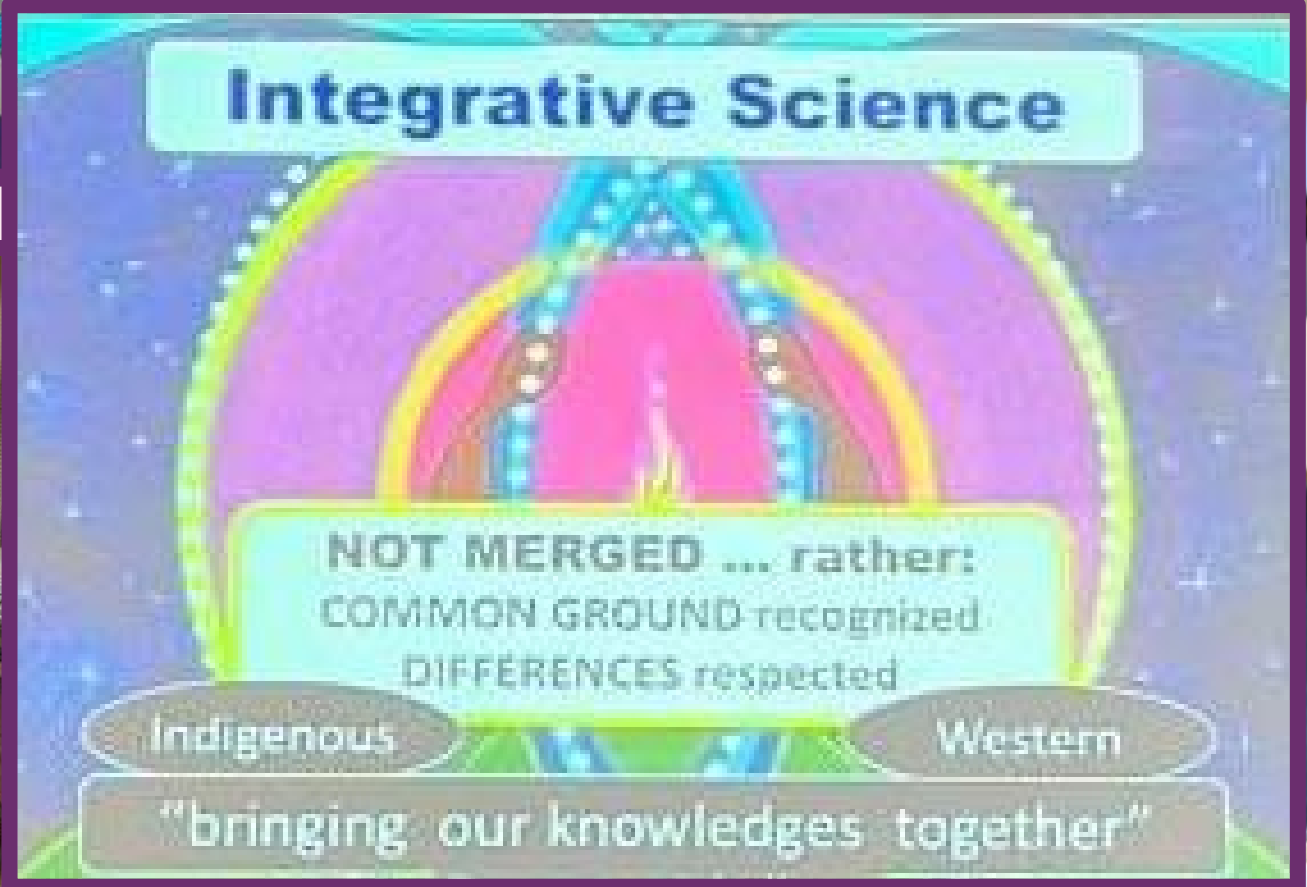
Guiding Principles & Underlying Values

Principles are fundamental truths that serve as the foundation for a system of belief or behaviour.

- Every activity/ discussion/ event needs to be intentional.
- Healing & Community building need to be re-Indigenized.
- Our work must be anti-oppressive and feminist.

Values determine your priorities, and guide your decisions and the way you act towards others.

- Trauma-Informed
- Accessible
- Intersectional
- Strength-Based
- Identity Affirming





sanARTe

**Four weeks of
healing, building
community and joy!**

**Starting on April 12th,
we will have painting
activities, body positivity
workshops and
much more!**



Sign up!



**PATHWAYS
TO
THRIVE**



sanARTe

**sanARTe explores
healing from oppression
women and gender
diverse individuals
experience in our
society. Taking your
power back and building
strong community can
help your own healing
journey
We are here for you!**



Sign up!



**PATHWAYS
TO
THRIVE**





SISTERHOOD SOUL SESSIONS

A women's group for Survivors of Gender Based Violence





EPEKWITK (PEI) INDIGENOUS WOMEN/2SPIRIT

GATHERING *Circle & Feast*

IN PARTNERSHIP, THE PATHWAYS TO THRIVE PROJECT AND THE ABORIGINAL WOMEN'S ASSOCIATION OF PEI WOULD LIKE TO INVITE ALL INDIGENOUS WOMEN/2SPIRIT WITHIN EPEKWITK TO OUR UPCOMING GATHERING FOR:

- A TIME TO SOCIALIZE AND CONNECT;
- TO HAVE DISCUSSIONS ON DECOLONIZING IN RELATION TO HEALING ; AND
- TO LEARN FROM ONE ANOTHER.

TWO LOCATION

DATES: Epekwitk - Western
Circle & Feast
EAC office, Charlottetown
Sunday, June 4th, 2023
10am Registration

Epekwitk - Western
Circle & Feast
John J. Sark School
Sunday, June 11th, 2023
10am Registration



IN CELEBRATION OF NATIONAL INDIGENOUS HISTORY & PRIDE MONTH

June 14th to 18th, 2023 LODGE TEACHINGS & BUILD

30B PINE RIDGE PATH, LENNOX ISLAND

JOIN US!!!



With Elder John Lafford

COMMUNITY FEAST-
WEDNESDAY, JUNE 14TH @5PM
LODGE SITE- END OF PINE
RIDGE PATH, LENNOX ISLAND
SPECIAL INVITE TO ALL
ELDERS OF EPEKWITK (PEI)

WOMEN ARE SACRED AND POWERFUL-
PRAYER TIE TEACHINGS AND
STORYTELLING-
SATURDAY, JUNE 17TH @2-5PM
LODGE SITE- END OF PINE RIDGE PATH,
LENNOX ISLAND

For more information
inbox Madlene Sark (peersupport@awapei.ca)
or Alyssa-jo Bernard (abernard@awapei.ca)



Volunteers Welcomed (check in with Madlene prior to volunteering)

SPONSORED BY AWAPEI'S
FAMILY VIOLENCE PREVENTION/EMPOWERING INDIGENOUS WOMEN PROJECTS,
PATHWAYS TO THRIVE PROJECT & LENNOX ISLAND FIRST NATIONS







CHRYSALIS

Trans Healing Group



Tarot Spread

FOR SELF-REFLECTION

- 1
WHAT IS MY CURRENT STATE
- 2
WHAT HAS BEEN AFFECTING MY MOOD THE MOST
- 3
WHERE SHOULD I FOCUS MY ENERGY
- 4
WHAT HAS BEEN GOING WELL FOR ME
- 5
WORDS OF WISDOM FROM MY SPIRIT GUIDES



Ongoing Assessment, Evaluation and Changes

Provide participants multiple ways of providing feedback. Talk to participants outside of “programming”, collaborative problem solving, outside evaluators, half point surveys, focus groups.

If you know something isn't working for participants, address it, discuss it, make it work or change it. You don't have to wait until the end of “programming” to evaluate.

Survivor Led Committee

Interest Exploring &
Identifying Strengths

Ownership &
Transition

Creating Goals &
Strategic Planning



S • T • R • I • D • E

Tier 1
Community Research
Participant

Community Research participants can take part in online surveys, focus groups, and/or consultations to help inform the Pathways To Thrive project. Community Research Participants will also have access to the information and materials being produced by Pathways To Thrive.

Tier 2
Community Builder

Community Builders can take part in research to guide Pathways To Thrive, have access to information and materials being produced by the project and will also be invited to participate in free training sessions to help build self-confidence & self-awareness, share healing & practice self-care and to empower & support each other.

Tier 3
Community Advocate

Community Advocates have the opportunity to take part in research and training sessions, have access to information and materials produced by the project as well as take on a leadership role in the group to arrange meetings, support and hold space for fellow survivors of GBV, share their knowledge and lived experience, manage communication, and/or engage with the larger community on issues identified by the group.

BIPOC Women's Fall Tea Party

September 17th 2023
3:30pm-6:30pm



The Haviland Club
2 Haviland St, Charlottetown, PE C1A 3S6



Dress Code: Tea Party Attire








Phases of Trauma Recovery



Safety and Stabilization

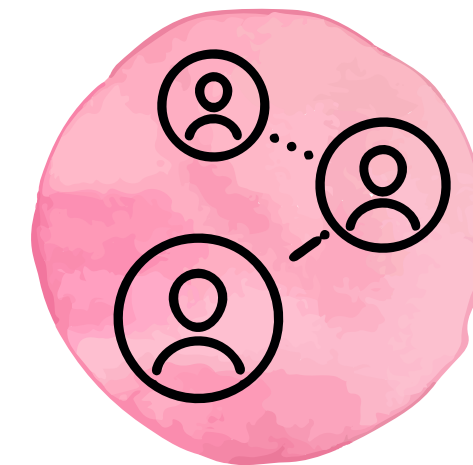
People affected by trauma tend to feel unsafe in their bodies and in their relationships with others.

Regaining a sense of safety through emotional regulation can help.



Remembrance and Mourning

This phase involves the important task of exploring and mourning the losses associated with the trauma and providing space to grieve and express emotions.



Reconnection and Integration

The person affected by trauma recognizes the impact of the victimization but are now ready to take concrete steps towards empowerment and self determined living.

The trauma becomes integrated into their life story but it no longer defines them.

In Loving Memory

Joyce Valerie Sark
1963 - 2024



The background of the slide is a soft, pink watercolor wash with irregular, feathered edges, creating a gentle and inviting atmosphere. The text is centered on a white background within this wash.

Thank you! Questions?

pam@wnpei.org

www.wnpei.org/en/pathways-to-thrive

Facebook & Instagram:
pathwaystothrivepeersupport