

Date: Jan 30, 2023 UPDATE by Jean Tait and Fyre Jean Graveline.

The Circle of Collaborators and those who have established LIFE as Medicine: Circle of Indigenous Healing Arts, Fyre Jean Graveline, Jen Vivian, and Jean Tait have been meeting with those interested in moving this Not For Profit forward since June 16, 2022. We had seven meetings with collaborators before a summer break, and several meetings since. There has been and continues to be a lot to navigate with evolving our infrastructure, communications, governance, and Offerings or programming. Simultaneously we have been negotiating and implementing an agreement with WHEAT to support both cohorts in the Indigenized Art Therapy programming, in place until April 30, 2023. We are now in a regular cycle of meetings: every Wednesday from 11-2 Atlantic for Admin and Planning Updates, and 2X monthly for Collaborators Circle, one for Generation: generating ideas and reporting on the still emerging work of LIFE as Medicine, and one offering for reGeneration: taking care of our selves and each other so we can be more sustainable in all of our endeavors.

Administration of LIFE as Medicine:

Much gratitude is extended to Melissa Jay, who connected us with Chey Johns, who is located in Calgary and has been hired on as our administrator and registrar. Chey is working on her Masters of Psychology Counseling through Athabasca University and comes to us with energy and skills that are greatly appreciated! Chey has also joined us in our Collaborative EagleVision sessions that began January 11th and is keeping us organized and far more on track with the multitude of aspects of getting our Not For Profit established and moving forward towards our School.

Chey Johns has agreed to the following:

- o Registrar who deals with courses list and collect fees
- o Establish a variety of email lists
- o Admin duties that includes collaborating in arrangements for student final presentations
- o Assist with paperwork for the Private Vocational Institute application?

Business Plan:

CAN YOU HELP? Jean Tait, with input from Evie Dunville, has written a first draft of the business plan, arriving at 20 pages. We are welcoming assistance (paid, exchange or volunteer) to continue to work with the Business Plan, and, in particular to work with the spreadsheets and financials and other pieces as we continue to determine what still needed.

Governance/ Grandmothers' Council:

There is a need that Louisa, Chris and Fyre expressed at the November meeting, to have a Gathering with those who have agreed to be part of the Grandmothers' Council with LIFE as Medicine. We anticipate being able to do this both virtually and on the Land, possibly in conjunction with our offerings around Earth Day in April 2023.

Programming:

Fyre and Jean met in December to do planning for potential Offerings for 2023 and would like your input:

- **Collaborative EagleVision (aka Group Supervision)**

Was offered in Nov/December for 4 sessions, and is now occurring Wed evenings 7-9 pm Atlantic (every two weeks) Jan 11- April 5 (7 sessions for \$85 per session = \$600) Includes four collaborators invited with tuition waivers, and four students from the WHEAT program who also need hours for group EagleVision.

Collaborative EagleVision will be an ongoing Offering, and we are anticipating another 7 rounds April 19 – May 31.

- **Re.Generative Circles for Collaborators** began on January 5th & 11th. This is an arts-based Sharing Circle meant as a restorative session for those who have been working alongside LIFE as Medicine and actively collaborating with us. This circle alternates with the Generative (working circles). Next Re.Generative circle will be Thurs, Feb 16 @ 7-9 pm Atlantic time.

- **Walking our Talk Series** with Fyre Jean and Jean Tait

Join us for an ongoing arts-based holistic self-care healing journey exploring natural wellness metaphors, including “healers as trees”. Through story, song, ceremony, and art we will engage in a hands-on opportunity to make LIFE changing “medicine” from the “sap” of our individual and collective woundedness as Indigenous peoples. The holistic teaching model in use emphasizes several interwoven processes: the power of Lived Experience, and the ongoing need to recognize and address internalized and externalized oppression (decolonization); the value of being grounded in Indigenous spirituality, gained through actively engaging in cultural revitalization; embracing Feminist philosophies, including the “personal is political” and acknowledging the costs and benefits of ongoing engagement in Institutionalized Systems, and Reconciliation Processes with Settlers and the State; and Ecological Connection and Activism as self-care, through re-establishing our embodiment as Earth relatives and protectors.

We hope to have transfer credit through the PLAR process for Walking our Talk (Self-Care Studio) hours once we open our School. We will be advertising this offering shortly for these four Saturdays: Sat 1-3 pm Atlantic Feb 25, March 25, April 29 & May 27

- **Ancient Symbols for Healing** with Jean Tait and Selina Mu.

An expanded version from the workshop offered at the Re.Matriation CATA Symposium in November 2022, which could be based upon own symbols, own paints, creating own paintbrushes or moved into natural materials and cloth, possibly Sat Mar 18?

- **ReMatriation: Deeper Dive Symposium (Land-Based)**

Covers the course “Empowering Women & Girls through Art Therapy / Healing Arts” (Land-based) Two full days (equivalent to 16 hours classroom time. In consideration of mobility of 3 students we are contracted to provide this course, and their availability to travel, this course will be either online or land based or hybrid, and will be extended to Indigenous people interested in this topic.

- **Me as Tree, We as Forest (Land Based) with Fyre and Collaborators, will be offered in conjunction with Earth Day, April 21, 22, 23, 2023. We hope to video record the Offering and be able to incorporate some of the land based experience through Digital StoryTelling into the Zoom for PD offering.**

Circle of Collaborators for LIFE as Medicine: Circle of Indigenous Healing Arts

- **Me as Tree, We as Forest (Zoom for PD)** with Chris Larsen, Fyre and Collaborators
Run on a Friday night and six hours on Sat (8 hours?). Tentatively scheduled for May 12 and 13, 2023.
- **LIFE as Medicine: Time Space and Materials** to teach LIFE as Medicine through an art studio-type of course, similar to Time, Space and Materials and Expressive Arts Studio II that Fyre has run before. Dates to be Determined.
- **Working and Playing with Indigenous Children and Youth** with Jen Vivian
Two days in March or April, Dates yet to be determined.

Other possible Offerings (not confirmed):

- **Arts-Based Social Change** with Fyre and Virginia Jahyu, possibly Fall 2023
- **Becoming Allies Through Story and Ceremony** with Ruby Peterson and Louisa Lamothe
- **Transgendered Identity** with Stel Raven

Melissa Jay has suggested that LaM might consider creating offerings from Zoom recordings that we could charge a fee to watch. Louise Lamothe has suggested in-person offerings on PEI would be welcomed. Sylvia Calatayud suggested the course on Sacred Symbols might be put on the website to be self-directed. Fyre is open to recording a LIFE as Medicine: Time Space and Materials course for self-directed learning.

Communications:

CAN YOU HELP? We are really in need of someone with video editing experience who would be assisting with Zoom recordings, both of offerings by LaM and student final projects.

- Chris Larsen has generously been working on the editing of Me as Tree. We as Forest that is now published on LaM's website, as well as our recent production which is airing as part of the World Art Therapy Conference, opening Feb 4th. CHECK US OUT AT:
<https://www.artstherapies.org/world-art-therapy-conference-schedule>
- The Re.Matriation videos from the CATA Symposium (4 hours of raw video) have been sent by Patricia Ki, but they need editing and Chris has been working on these. Patricia Ki has verified that consent has been given for us to use these recordings in Re.Matriation, as participants signed of when they registered for the day.
- We also have video recordings of recent student Symposiums/Projects that we hope to edit and be able to share through LIFE as Medicine.

*Any omissions or errors, please contact: jtait@lifeasmedicine.ca