

SHARING CIRCLE

A Sharing Circle is a tool that provides a safe environment for participants to speak about what they are thinking, experiencing and feeling. While the rest of the group listens patiently with compassion, each person is given an opportunity to share.

Drawing from an Indigenous perspective, Sharing Circles are powerful and effective practices that serve to counter-balance isolation and promote a sense of inclusion and community.

We recognize the Indigenous practice of Sharing Circles as a gift – the opportunity and space to connect with others and mutually manage the strain, worry and the “unknown” that are companions to COVID -19.

DATE/TIME:

For registration click on the link below:

Arrive, visit, get settled.
Sharing circle guidelines,
teachings and participant sharing.
Close circle.



SUGGESTIONS

- Get familiar with the Virtual Platform in advance.
- Try to be on time so that you don't have to enter the Circle when someone is sharing. If you must be late, you must. Still come. We need you.

GUIDELINES TO CREATE A SAFE CIRCLE

- Share from your heart.
- What is said within the Circle is private. You can tell others outside of the Circle what you said but not what anyone else shared.
- The Circle is a safe place to share struggles, emotions, tears, frustrations, fears, hope and happiness.
- Speak about yourself, your experience – not others and not political views.
- Check with others if you want to make comments about what they have said. They may not want that. They may welcome it.
- Turn off your microphone when someone else is talking.
- You do not need to have video on, but it is nice for the rest of us.
- Remember, when we share with others, our load becomes lighter. Take a risk, if you can. But it is okay to just listen.
- Support each other. This is the purpose of the Circle. We need each other.
- Share the time. Say what you need to say but be aware that others need a chance to speak as well.
- Don't interrupt or cut someone off.



Pahan Pte San Win, BSW RSW

With a degree in social work from the University of Calgary, Grandmother Pahan has provided counselling support to residential school survivors and traumatized women. She is the founder of the Sacred Circle Project, Yellowknife, NT that offered weekly Sharing Circles to both women and men. She has been Spiritual Caregiver to incarcerated youth at the Manitoba Youth Centre and to incarcerated men at Stony Mountain Institution. These days she works with children in various school divisions in Winnipeg providing teachings and the love and guidance of a Grandmother. She is Lakota, Cree and Metis with roots that reach back to Wood Mountain, Saskatchewan and Yellowknife, NT. Pahan's vision to have a Sundance of Women that honours our stolen sisters was realized in 2017 and continues until 2021.



Wanbdi Wakita

Wanbdi Wakita is a Wicasa Wakan or Holy Man, who has spent a lifetime making prayers for people. As a residential school survivor, peace keeper with the Canadian Armed Forces, Chief of Sioux Valley Dakota Nation and Sundance Chief, Wanbdi has walked many paths. For over three decades he provided counselling and ceremony to inmates in various Correctional Institutions. Presently he is the Grandfather in Residence for the University of Manitoba Access Program. In 2016 he received the Order of Manitoba for his life long work to champion a message of healing and unity between all nations. Wanbdi possesses a rare breadth of traditional, cultural and sacred knowledge.

