



**BC Bereavement Helpline**

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As a Family Member of a Missing and Murdered Indigenous Women and Girls (MMIWG), we would like to extend the offer for you to apply to attend our first free “*Sisters in Strength Wellness Retreat*” happening at Sts'ailes Lhawathet Lalem in Agassiz starting on Friday October 13 and ending Sunday October 15, 2017.

Our organization is a small non-profit called the **BC Bereavement Helpline**, we have been providing grief and loss support services across the province for approximately 30 years now.

Our intention is to bring together Indigenous women to connect and share in each other's strength, to create a positive atmosphere for women in a sacred, trauma and culturally-informed environment. We are still in the process of creating the program for the two days that we will be spending together. We have developed some possible activities such as a Blanketing Ceremony, the creation of Cedar roses, art-therapy, beauty treatments such as hair-cuts, healing circles of support, information session(s) about trauma and more. You are most welcome to share with us any other activities you would like to see happen at this gathering and we will see if it's possible to meet that request.

Spaces are limited to 25 Indigenous women who have a loved one of the MMIWG and able to travel to the Facility in *Sts'ailes* Traditional Territory. Accommodations for two nights, 6 meals, snacks and all activities happening at this retreat will be provided free of cost to all the women who are selected to participate at this event.

Knowledge keepers will be present on site to guide us and provide support to the women. Other support people will also be present, most of whom have also experienced a traumatic loss of a loved one.

Due to the unconfirmed start dates relating to the *National Inquiry into Missing and Murdered Indigenous Women and Girls* which have not yet been publicly announced, we will be creating a waitlist for family members who are wishing to attend, just in case some of the selected women are unable to attend due to a date conflict for the hearings said to commence in the Fall.

Some additional information for support services, in 2011, the *BC Victims of Homicide Program* was created to specifically support family members who have lost a loved one to murder. You can find more information on our websites at: [www.bcbh.ca](http://www.bcbh.ca) and [www.bcvoh.ca](http://www.bcvoh.ca).

Please do not hesitate to contact our confidential Grief Support Line at 604-738-9950 or you may call our toll free line at 1(877) 779-2223 or email us at [contact@bcbh.ca](mailto:contact@bcbh.ca) if you wish to get more information or apply to participate at this retreat.

This retreat is supported by the Province of British Columbia.

Sincerely,

The BC Bereavement Helpline Team