

Healing by Choice! Fall 2020 Free or Sliding Scale Online Events (all eastern timezone)

- **Bi-weekly Wednesday Practices for Restoration Rest in times of Mourning and Grief with Co-Act Detroit** 12pm-1pm on [October 7th](#), [October 21st](#), [November 4th](#), [November 18th](#), *free!* Sign up here: <https://coactdetroit.org/events/restoration-and-rest-in-times-of-grief-and-mourning-2020-10-07/>
- **Stories and Ritual by the Fire at the Michigan Environmental Justice Coalition Summit (for BIPOC who identify as two-spirit, women, and gender non-conforming)** [Sept. 24th 3pm-5pm](#); [Oct. 1st 6:30pm-8:30pm](#); [Oct. 15th 3pm-5pm](#) , *free!*
- **Healing Justice Practices Spaces and Black Joy Sanctuary Space at the Michigan Environmental Justice Coalition Summit.** *HJPS:* [Sat. Oct 17th 10am-12pm](#); Thurs. Oct 22nd 6pm-8pm. [Black Joy Sanctuary Space:](#) Thurs., Oct. 8th 6pm-8pm, *free!* Register [here](https://www.michiganej.org/mejc-summit): <https://www.michiganej.org/mejc-summit>
- **Healing Practice Space with Detroit Disability Power's Community Care Circles**, every third Sunday of the month from 2pm-4pm, *free!* sign up [here](#): <https://www.detroitdisabilitypower.org/copy-of-join-us>.
- **Embracing Our Inner Achillea (Yarrow) for Healing and Resiliency in These Times: A 6 part mini-retreat series from 4pm-6pm on the second Wednesday of the month from October 14th, 2020-March 10th, 2021** Sliding scale, sign up at PeoplesHub.org

Healing By Choice & The MEJC Presents

HEALING CONNECTION & JOY

Healing Justice Practice Spaces

Join us for a space of self care in community to grow in your practices for healing, connection, and relaxation.



CONNECTION AND BELONGING

09/19

10- 12:00pm

BLACK JOY SANCTUARY (BLACK FOLX ONLY)

10/08

6-8:00pm | Co-Facilitated by Raven Martin and Janice Gates

ENERGIZING

10/17

10-12:00pm

RESTORATION

10/22

6-8:00pm

Register at: michiganmej.org/mejc-summit

DURING OUR TIME, YOU WILL BE ABLE TO CHOOSE AND MOVE FLUIDLY BETWEEN 'ROOMS' TO PARTICIPATE IN HEALING PRACTICES AND CONVERSATIONS. IN THE MAIN ROOM, THERE WILL BE A VIRTUAL 'SELF CARE TABLE,' WHERE PARTICIPANTS CAN DO THEIR OWN HEALING WORK IN COMMUNITY AT THEIR LEISURE.



STORIES BY THE FIRE

*Michigan Environmental Justice Coalition
2020 Statewide Digital Summit*

FULL MOON GATHERING
IN PERSON (PRE-RECORDED
VIDEO AVAILABLE)
OCT 1ST 6:30PM-8:30PM
EST

Join us as we embody the
teaching of the moon and
her phases of birth and
rebirth

**THIS SPACE IS CREATED FOR
PEOPLE WHO ARE:**

indigenous, black, and
people of color who identify
as women, gender
non-conforming &
two-spirited.

SACRED FEMININE
ONLINE
SEPT 24TH 3-5PM
EST

How has the sacred
woman/divine feminine
shown up in ourselves,
our families and
communities?

LETTING GO
ACROSS GENERATIONS
ONLINE
OCT 15TH 3-5PM
EST

What are the ancestral
and/or ancient wisdoms
that shape you? How am I
honoring the journey to
becoming an ancestor?

FACILITATORS INCLUDE

Schantell Taylor
Ife Kilimanjaro
Giizhigad (Christy B.)
Marcla Lee

**PRACTICES THAT
SUSTAIN US**
ONLINE
OCT 29TH 3-5PM
EST

What are the things to
feed us and sustain us?
What allows us to be
supported in these
marathon fights around
systematic change?

MORE INFO / REGISTRATION:

[https://www.michiganej.org/
mejc-summit](https://www.michiganej.org/mejc-summit)

Healing By Choice & The MEJC Presents

BLACK JOY SANCTUARY SPACE

October 8th, 6-8pm ET.

Reserved for Black Folx Only

IN THIS SESSION, PARTICIPANTS ARE INVITED TO JOIN A SAFE SPACE TO EXPERIENCE A GUIDED MEDITATION THAT HELPS RESTORE JOY AND SAFETY THROUGH MEMORY RECALL. COLLABORATIVELY, PARTICIPANTS WILL ALSO HELP BUILD A JOY AND SAFETY RESOURCE KIT, AIMED AT EQUIPPING PARTICIPANTS WITH SPIRITUAL AND EMOTIONAL REMEDIES FOR THEIR EVERYDAY AND IMMEDIATE USE.

CO FACILITATED BY
RAVEN MARTIN & JANICE GATES

Register at: michiganmej.org/mejc-summit

