



## Fire & Flower Rite of Passage Program - 2025 Comox Valley

### Participant & Family Schedule

What	Dates	Who	Main Activities - Content subject to change at facilitators' discretion.
<b>Preparation (May-July)</b>			
Honouring your Womanhood	Sat May 10 10-4pm	Mentors & Mothers	<ul style="list-style-type: none"> <li>- Reclaiming ceremony to honour your womanhood before supporting your child</li> <li>- Facilitated by Fire &amp; Flower founder Elisa Lee</li> </ul>
Parent Orientation Night (Online)	Wed May 14 7-9pm	Parents	<ul style="list-style-type: none"> <li>- Program overview and roles</li> <li>- Community building</li> </ul>
Session 1 Focus: Welcome, program orientation, mentor selection	Sun May 25 10-4pm	Participants & Mentors	<ul style="list-style-type: none"> <li>- Icebreakers</li> <li>- Program overview, culture and safety</li> <li>- Self-assessment: Who am I right now? What do I care about?</li> <li>- Mentor selection and 1-on-1 mentor time</li> </ul>
Mentor pairs will meet weekly 1-on-1 for ~1 hr in addition to group gatherings until Aug			
Session 2 Focus: Group bonding, connecting to nature	Sun Jun 1 10-4pm	Participants	<ul style="list-style-type: none"> <li>- Nature hike</li> <li>- Outdoor team challenges &amp; nature connection games</li> <li>- Developing intuition &amp; instincts: What do I feel? How do I know what I'm feeling?</li> </ul>
Session 3 Focus: Connecting to our Bodies	Sun June 22 10-4pm	Participants & Mentors	<ul style="list-style-type: none"> <li>- Cultivating self-love and healthy body image</li> <li>- Menstruation, physical changes, sex &amp; sexuality</li> <li>- How am I changing?</li> </ul>
Session 4 Focus: Preparing for adventure	Sun July 6 10-4pm	Participants	<ul style="list-style-type: none"> <li>- Nature hike</li> <li>- Physical preparations: checking gear, how to pack</li> <li>- Wilderness skills: how to set up solo spot</li> <li>- Reflection time and intention setting for personal solo: Who am I becoming?</li> </ul>

## Adventure (July)

Family Send-Off (Potluck)	Saturday, July 12 5:30-8:30pm	Participants & Families	<ul style="list-style-type: none"> <li>- Potluck dinner</li> <li>- Facilitated family activity to formally say goodbye to youth as children</li> <li>- Youth stay overnight</li> </ul>
5-day camping trip	Sun July 13 -Thurs July 17	Participants & Mentors	<ul style="list-style-type: none"> <li>- Crafts and activities to reflect on childhood</li> <li>- Outdoor activities &amp; challenges</li> <li>- 8-hour supervised solo time in nature</li> <li>- Witnessing of solo stories</li> <li>- Ceremony of becoming young women/adults with appreciations and adornments</li> </ul>
Welcome Back Potluck Feast	Thur July 17 5:30-9:30pm	Participants, Mentors, Families, Family friends	<ul style="list-style-type: none"> <li>- Community welcoming of new young women/adults</li> <li>- Witnessing of group &amp; personal experiences</li> <li>- Feasting and family bonding</li> </ul>

## Integration (July-Oct)

- Mentor pairs continue to meet 1-on-1 over the summer with the exception of vacations - set your own schedules. Pairs will change to meeting bi-weekly for Sept-Oct.
- No group sessions in August

Session 5 Focus: Reconnection	Sun Sept 7 10-4pm	Participants & Mentors	<ul style="list-style-type: none"> <li>- Nature hike &amp; activities</li> <li>- Self-assessment: Who am I now? Who do I want to be?</li> <li>- Creating our storehouse of gifts</li> </ul>
Session 6 Focus: Developing Resilience	Sun Sept 21 10-4pm	Participants	<ul style="list-style-type: none"> <li>- Boundaries &amp; preferences</li> <li>- Self-care practices</li> </ul>
Session 7 Focus: Closing	Sun Oct 5 10-4pm	Participants & Mentors	<ul style="list-style-type: none"> <li>- Appreciation circle, reflections, honouring</li> <li>- Closing</li> </ul>