

## **Aboriginal Returning To Spirit Workshop's Evaluations St. Albert, AB Star of the North**

**9 Participants from:** Edmonton, Maskwacis, Glenevis, Duffield Alberta and Waterhen Lake SK,

**2 Trainers from:** Hollow Water, Winnipeg Manitoba

**Coach from:** **Winnipeg MB**

**Host Community:** Star of the North Retreat Center

**Host Coordinator:** Lucie Leduc

**Workshop Coordinators:** Lisa Raven

**Participants were asked to evaluate their experience of this RTS Workshop by answering the following question:**

**How has this workshop made a difference in your life?**

I felt like I was just alive and dead walking, before coming to Returning to Spirit. I did not know where or what I was doing or going, like life was becoming pointless. Doing the work in RTS has brought me to a new light and I am ready to use the tools in my everyday life.

***Linnea Martell, Waterhen Lake, SK***

I believe that we can all help each other to heal, I was happy that we respected the beliefs in each other. The program and all of it's tools were very useful in bringing up the areas where the root of trauma began for me.

***Yvonne Rain, Duffield AB***

I can accept the things that I cannot change, I can (myself) move to change, I have learned to let go of what I have created for myself. I am complete.

***Doreen Alexis, Glenevis AB***

I enjoyed the workshop, it helped me to see another side of me. My dream and hope is to see all of us to be able to recognize who we are. Today I found a new way of looking at my relatives and my relationships. I am so glad that I came to this workshop.

***Rod Alexis, Glenevis AB***

This workshop has opened up my mind, my heart and my spirit. The other participants' stories were moving ultimately allowed me to understand the purpose and the ability for me to do the same.

***Sheila Moorey, Edmonton AB***

I now have complete realization and awareness, the visual demonstrations really helps. Of not only my own story (stories) but that of others and that I can release events without having to make my abuse okay. I have other tools and this workshop is a a powerful completion and

addition to my toolbox. Can thank you enough!

**Laurie Gilchrist, Edmonton AB**

I have received more inspiration to life and how to keep moving forward continuously.

**Clarence Cutknife, Maskwacis AB**

This workshop made me look at myself and all that so constrained me and blocked my spirit. This workshop is so easy to understand, so simple and yet it took so much courage to finally let go of the shit. I always knew there were things stopping me from being successful but I didn't know what it was. I know now, Thank you very much.

**Beatrice Okemow, Maskwacis AB**

My life will forever change by this workshop. It will help me heal my family and my relationships. I was wounded and my life (family) was shattered to pieces and now I can make things right for my self, family and the community that I work for. Our future is and belongs to the young people, therefore we must do everything we can to help them. We should give them this.

**Celina Potts Glenevis, AB**