

Aboriginal Returning To Spirit Workshop's Evaluations Yekooche First Nation, BC, April 24-27, 2017

12 Participants from: Yekooche British Columbia

2 Trainers from: Hollow Water, Winnipeg Manitoba

Coach from: Winnipeg MB

Host Community: Yekooche First Nation

Host Coordinator: Rachel Yordy

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 would like to do this again. ***Marlene Joseph, Yekooche BC***

There were some things (info) that I already knew that I needed to do, I just didn't have the strength to do it. In most situations I just let things go as they are. I am more of an observer and try to practice as myself when I am alone. ***Katelyn Joseph, Yekooche BC***

It did make a difference in my life, it helped me look past what I was holding on, so I can accept it and move on. ***Harrison Quaw, Yekooche BC***

This workshop made me look at what I could do. Made me think of ME! A lot has gone through my mind of ways to let go and look to the future. Made me realize I am not alone, there are others who share my thoughts. There are people who care and can help. I only need to reach out. ***Christine Joseph, Yekooche BC***

This workshop taught me how to step out of your shell or speak out about what you want. It really helped me with the decision I made in my life about trying to get people on our reserve to stop doing drugs and alcohol. I want to make a difference! ***Victoria Joseph, Yekooche BC***

This workshop was really interesting to me, despite all the differences in our community everyone came together in this workshop. We worked, we laughed and we shared together. People that never ever came forth, opened up and shared which was amazing. ***Sally Joseph, Yekooche BC***

This workshop has opened up my eyes. I always assumed I had done this. I lived my life, I created the person I am today, but it was something from my past, an event that had changed my course in life. I can now explore to find the real me, to love myself again as I once did when I was a child, to be carefree. I want to go back to that feeling of love, trust and respect to everyone around me. I liked the concept of past, present and future and getting to know the real me. I will get to work on building a new, bright future for myself, my family, my friends and

my community. **Melissa Joseph, Yekooche BC**

Importance of saying things that I wanted to say but was too scared to say it out loud and now I can do that. Maybe trying to let go of something but I can't, but I will someday. This workshop was fun, I learned somethings about me that I didn't know. I had fun, I enjoyed being here. I loved learning about myself. Thank you both for helping me in this workshop. It helped a lot.

Edwina Joseph, Yekooche BC

Although this workshop was only 4 days long it made me notice things from my past that really held me back. Losing my first wife hurt me so much that I blocked out so many things. I feel our relationship was meant to be even though it hurt, because now with my present wife we can be stronger and love each other truly. **Art Erickson, Yekooche BC**

What made the difference in my life was to understand others and how important it is for me to share and care for myself. It showed me how I could forgive others and how important my life is. As I walk along things may come back but I have to make the right choice for me to have a healthy life. I didn't know how to deal with others' pain but this workshop helped me to not only open up but to see that I am not alone. **Susan Joseph, Yekooche BC**

This workshop helped me to open up and understand myself more better. I really enjoyed finding out what kept me from who I am. I would love to do this workshop again, now that I know it is so good, and I to have you both come back here. I am very thankful for this workshop because it gave us all a chance to share and open up to each other and to trust each other. Doing this workshop gave me courage and strength that I never knew I even had. It gave me an open mind and to speak up when I need to and I just really love the fact that all of us here today that did this workshop, we came together as one with no judgement or hate. We gave each other courage, strength, hope, love and respect. **Roxette Joseph, Yekooche BC**

What made a difference was seeing the story that we tell ourselves, throughout my years I didn't know that I have always lived with and accepted that I will always be alone. Being in this course and learning how to read the story we tell ourselves I can begin to live more, and learn how to reach out for help when I need. I don't need to be alone all the time. I can still live in the moment but also live more fully without things such as anger, resentment and intolerance. I can begin to be me. For those who believe in me because they deserve it but most of all because I deserve it. **Mitchell Joseph, Yekooche BC**