



upcoming  
**ECO Healing & Rediscovery  
in the Rockies**

April - EARTH MONTH workshops/activities



April 7<sup>th</sup>

6:30 – 9:00 p.m.

Wednesdays

NOON – 2 p.m.

(April & May)

April 11<sup>th</sup>

NOON – 4:00 p.m.

(register by April 9<sup>th</sup>)

April 17<sup>th</sup> – 18<sup>th</sup>

7:00 – 9:30 p.m.

9:00 a.m. – 4:00 p.m.

(register by April 15<sup>th</sup>)

April 18<sup>th</sup>

7:00 – 9:00 p.m.

April 21<sup>st</sup>

6:30 – 9:00 p.m.

April 25<sup>th</sup>

9:00 a.m. – 4:00 p.m.

(register by April 23<sup>rd</sup>)

**COMMUNITY POTLUCK & STORY CIRCLE**

you are invited to join Ghost River Rediscovery & the Canmore Community Cooperative Workshop for an evening of food, fun, & stories  
(1<sup>st</sup> & 3<sup>rd</sup> Tuesdays of April)

**ECO Chat lunchbreak**

join Ghost River Rediscovery & THE COOP for lunchtime conversations & activities connected to “ECO Healing & Rediscovery”

**Healing Our World, Working to Reconnect** experiential deep ecology & Rediscovery activities to celebrate EARTH WEEK/MONTH

“ECO Healing & Rediscovery” – half day introductory workshop

**Thinking Like a Mountain (with a The Council of All Beings)**

experiential deep ecology workshop to celebrate EARTH WEEK/MONTH

“ECO Healing & Rediscovery” – evening + a day workshop (with Ray Allan & Teresa Chilkowich co-facilitators)

**Eco Villages – experiments in living well**

You are invited to join Ray Allan & Patricia Orr to learn more about Eco Villages they have visited around the world.

Evening talk on *Eco Villages* – with Ray Allan & Patricia Orr (fr. Red Deer, AB)

**COMMUNITY POTLUCK & STORY CIRCLE**

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**ECO Healing & Rediscovery day hike**

experiential ECO Healing & Rediscovery activities

“ECO Healing & Rediscovery” – FULL day workshop

TO REGISTER for the above activities call: (403) 678-2517

LOCATION: Canmore Community Cooperative Workshop (THE COOP)  
#115, 802 Bow Valley Trail (Canmore, Alberta)

**“ECO Healing & Rediscovery in the Rockies – Rediscovery Guide-in-Residence”**

is a community outreach initiative of Ghost River Rediscovery to contribute to the resiliency and capacity of voluntary sector organizations who are dedicated to healing different aspects of society to help make the world a better place.

Funding for these activities provided by:

**The Calgary Foundation** to Ghost River Rediscovery

More details about these workshops included below ...

“Drawing on the strength of Indigenous culture, the wisdom of the Elders, with the philosophy of love and respect for the Earth and all peoples, Ghost River Rediscovery aims at empowering people of all ages and cultures to discover the natural world, the worlds between cultures and the worlds within themselves.”



*upcoming*  
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*in the Rockies*  
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## "ECO Healing & Rediscovery in the Rockies" workshops

(March - May 2009)

These experiential group activities will be offered to benefit social change agents in the Bow Valley who are dedicating their energy & time to a wide array of voluntary sector community organizations working to heal different aspects of society to help make the world a better place.

"ECO Healing & Rediscovery" aims to provide opportunities for social change agents and community members to gather as a group to address the frustration, anger, denial, apathy, disconnection, burnout, & depression that arises as we work tirelessly to address major challenges such as global climate change, domestic violence, ecosystem & public health, hunger, mental illness, HIV/AIDS, homelessness, just to mention a few.

Identifying, honouring, & working through the feelings that arise as we work with these BIG issues day in & day out is an important step for moving forward in more empowered ways. Such healing steps will enable social change agents and community members to continue to take up the much-needed actions to help heal our fragile planet with renewed dedication, vigor, and well-being.

These experiential deep ecology activities are based on the ["The Work that Reconnects"](#) of Dr. Joanna Macy & her colleagues <http://www.joannamacy.net/html/work.html> ... to provide an opportunity for people to reconnect with themselves, each other, and the natural world so that we may be capable of playing a greater part in the healing of our world while supporting our own health & well-being.

You can also see the [poster](#) on the Canmore Co-Op's website: [www.canmorecoop.ca](http://www.canmorecoop.ca) or contact Teresa to find out more information on these "ECO Healing & Rediscovery in the Rockies" activities at:

**Teresa L. Chilkowich**  
Ghost River Rediscovery  
Rediscovery Guide-in-Residence

(403) 678-2397 (Canmore)  
(403) 690-0504 (mobile)  
[tchilkowich@gmail.com](mailto:tchilkowich@gmail.com)

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"Drawing on the strength of Indigenous culture, the wisdom of the Elders, with the philosophy of love and respect for the Earth and all peoples, Ghost River Rediscovery aims at empowering people of all ages and cultures to discover the natural world, the worlds between cultures and the worlds within themselves."