



ROOTS & RESILIENCE

**A Community Gathering for Learning, Reflection, & Connection
May 9-10, Debert Hospitality Center, NS**

Day 1 – Saturday, May 9

9:00 – 9:30 AM

Arrival & Welcome (X Helping Hands Team)

Check-in, light refreshments, and informal networking

9:30 – 10:00 AM

Opening Circle

Welcome, introductions, and land acknowledgment (led by Founder Tavneet Kaur)
(Facilitated by team members and volunteers Mariana Nardy & Maryam Bibi)

10:00 – 12:15 PM

Community in Colour- Exploring community connections through watercolours
(Creative Community Impact Association – led by Jacquelyn Miccolis)

12:30 – 1:30 PM

Lunch

1:30 – 3:00 PM

Climate & Community Resilience Workshop

(Clean Foundation – led by Magdalyn Knowley)

3:00 – 3:30 PM

Nutrition Break

3:30 – 5:30 PM

Beaded Pin Workshop

(led by Ojibwe artist Kaitlin Cullen)

5:30 – 6:30 PM

Dinner

6:30 – 7:00 PM

Free Time

7:00 – 7:45 PM

Closing Circle & Reflection

(led by Mariana Nardy)



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Day 2 – Sunday, May 10

8:00 – 9:00 AM

Breakfast

9:00 – 10:00 AM

Rooting Resilience in Everyday Life

(led by Mariana Nardy)

10:00 – 10:30 AM

Nutrition Break & Check-out

10:30 – 11:15 AM

Yoga & Meditation

(led by Chère Jones – Halifax Yoga)

11:30 AM – 11:45 AM

Closing Circle, Group Photo & Feedback

(led by Mariana Nardy)

Completion of check-out survey

11:45 AM- 1 PM

Lunch & Departure