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WELLNESS WEDNESDAYS

Harvesting My Story. Becoming a Co-conspirator.

Within each person's life story are the seeds for becoming a positive co-conspirator. Harvesting one's story can be challenging because it contains experiences that are uplifting as well as those that are painful.



Consciously reflecting on one's story provides opportunities for healing, wisdom, and empowerment which can build a bridge of compassion. Active compassion is one of the greatest tools of a co-conspirator. Louise will use her personal story as an example of this process. What's in your story?

Day/Time: Wednesday August 26, 2020 @ 12:00p

Location: ZOOM via Ashland Family YMCA, Oregon

Cost: FREE

Presenter Bio: Louise M. Paré has a Ph.D. in Women's Spirituality from CIIS and an M.A. in Religious Studies from Mundelein College, Chicago. She is an international women's spirituality and movement educator with 30-plus years of experience, a social activist and published writer/poet. A former instructor at United Tribes Technical College in Bismarck, N.D., she was a member and participant in 2016-2017 Decolonization Workshop series sponsored by Red Earth Descendants. She is the daughter of a Ukrainian mother and French Canadian father and the oldest of 8 children. Harvesting her story has been an essential tool in becoming a co-conspirator.

*Pre-registration is required. Email jami@ashlandymca.org to obtain the link OR call the front desk at 541.482.9622.