

MWBC Stress Management in COVID-19

Report

The Métis Women of British Columbia (MWBC) promote: Métis culture, language and traditions, nurturing healthy families and communities through sustaining a healthy lifestyle, respecting the diversity and uniqueness of all Métis people, honouring our elders and valuing their traditional knowledge and cultural values in managing and preserving our natural resources for future generations.

MWBC will provide, whenever possible, supportive and culturally relevant programs as identified within the Métis community. MWBC welcomes the participation and involvement of Métis Women. MWBC will strive to address issues in a manner, which reflects the changing needs of the Métis women in BC and be aware of the diversity between these needs in urban and rural communities.

MWBC achieves these ends through various Métis Women's Gatherings across the province. Since the March 17th, 2020 BC State of Emergency and pandemic travel restrictions, MWBC has been unable to plan and implement in-person gatherings to facilitate and foster culturally relevant Women's Events.

Recognizing how vulnerable Métis communities and women are in a pandemic crisis that requires physical distancing, MWBC conducted an informal scope through the MWBC Facebook page of what Métis women see as priority for online workshops. Overwhelming beading and stress management workshops were identified as priority for online workshops.

In response, MWBC Council worked toward assembling two workshops. The first workshop was the MWBC Red Dress Beaded Earring Workshop hosted June 21st. The second workshop was MWBC Stress Management in COVID-19. The MWBC Stress Management in COVID-19 was developed in partnership with Laura Chan a registered family and couple's therapist. Laura developed guidelines, guides and videos to facilitate participant access to the Tree of Life Narrative Therapy Project. The entire package including registration to a follow-up session with Laura Chan was posted to the MNBC MWBC COVID-19 page, along with various crisis services. Additionally, an event was created on the MWBC Facebook page for July 30th, that included all the facilitation materials and participant guides. This event and information was made available June 30th allowing a full month for participants to review materials and work through the Tree of Life Narrative Therapy Project.



In total 62 unique participants registered for the MWBC Stress Management in COVID-19 follow-up session July 30th. A total number of 20 participants, including 6 MWBC Council Members, the facilitator Laura Chan mean there were a total of 13 participants. The event was scheduled for 6:30pm – 7:30pm and the MWBC Council and Laura Chan had committed to staying as long as was necessary for all participants to share their experiences of working through the Tree of Life Narrative Therapy Project. The follow-up session was easily managed through one ZOOM room with all participants together. Everyone had a chance to share their experiences including two participants who shared changing of jobs and relationships as a result of doing this Project. The follow-up session ended at 7:45pm. Marie Bercier was the Elder who facilitated opening and closing the event in a good way, as well as, emotional/spiritual support for the participants and facilitator of the session.



Invitation and online materials, including registration form

- <https://youtu.be/6jiStyop3Oc> (Introduction)
- <https://youtu.be/RYhkacNpDGI> (Grounding Techniques)
- <https://www.youtube.com/playlist?list=PLXEnkHSMN6uRwsTd-V-ReSQOfVWMhsubB> (6 YouTube facilitated Sessions)
- <https://forms.gle/htaHmh5ZFEU2vMkQ8> Google Registration for follow-up session

