

Preliminary Program



August 22-24, 2019

Words and Waves 2019

LEARN, WRITE, AND BE WHERE THE EARTH MEETS THE SEA.

Woody Point Heritage Theatre, Woody Point, NL



Dima Dupéré, MSW, RSW
Organizer and Host of Words and Waves.

Dima is a registered social worker and psychotherapist in private practice in Ottawa. She has a special interest in therapeutic writing and has been facilitating groups since 1997 and training professionals since 2013.

A MUN graduate, she fell in love with Newfoundland and Labrador and returns at every opportunity. This is the third time she is offering training in this beautiful province.

She chose Woody Point as the backdrop for the learning because of the peace she feels when in nature and by the ocean. It is a healing space for her and she wanted to share this magical place with others.

This year's training includes a retreat so that participants can fully appreciate the power of writing in their own lives as they share it with others.

She has been keeping a journal for about 40 years and for her, it has become as important as breathing.

With the Assistance of:

Sonya Lake
Local support /
Sustainable yoga
Rocky Harbour, NL

Shelly Kawaja
Local Support
Norris Point, NL

Catherine Low
Program Assistant
Ottawa, ON

Friends and Collaborators

- Woody Point Heritage Theatre. We are so pleased to be holding our event in the Woody Point Heritage Theatre. Having access to both floors will permit us to hold the creation / community space at the same time as the training, enhancing networking, creativity and the sense of community.
- Thanks Jenny Galliot for letting us hold our first intro workshop in your space on Wed. Aug. 21 at 10 am.
- Thanks to a collaboration with Jenny from the Merchant Warehouse, we will hold an Open Mike event on Thursday evening, August 22. Everyone is invited. Come share poems, stories or things you wrote as children. Get to know new friends.
- Sonya Lake from Gros Morne Yoga will be our go-to person for movement and body awareness, leading us in gentle yoga.
- The Writers Alliance of Newfoundland and Labrador and the Newfoundland Quarterly are helping us spread the word.
- Gros Morne Adventures are on standby to organize a kayak or kodiak tour for our group.
- Mikaela from Natura Soap Company will offer a lunchtime workshop on Friday, August 23. Some products will be available for purchase. All are invited. \$5 fee for supplies (Natura is highlighted in this article on sustainability and environmental responsibility).
- Jessica Galliot from Northern Foodcraft will lead us on an Edible Plant Hike and Nature Experience.



Words and Waves is a one of a kind event combining a *journal writing retreat* and *continuing development training for helping professionals* (social workers, nurses, counsellors, youth workers, community facilitators, caregivers) focusing on integrating therapeutic writing in their work. Held in Woody Point, Newfoundland at the heart of Gros Morne National Park. There will be opportunities for networking, sharing, learning together as well as take advantage of local attractions, hikes or other events. See website for more details: www.dimadupere.com/words-and-waves.



Words and Waves 2019

LEARN, WRITE, AND BE WHERE THE EARTH MEETS THE SEA.

August 22-24, 2019
Woody Point Heritage Theatre

Retreat: Thurs., Aug 22 from 8:30 am - 4:30pm. Open to anyone interested in starting or deepening a journaling practice. It will incorporate guided journal writing, quiet reflection, yoga, and sharing. The focus will be on self-care and self-reflection. \$150 + tax - spaces are limited, registration required.

Training: Three days of training for helping professionals and community leaders interested in therapeutic writing. Includes a journal writing retreat, instructional workshops, networking, yoga, mindfulness and social events. More detailed information slide 8. \$475 + tax. must register, limit of 20.

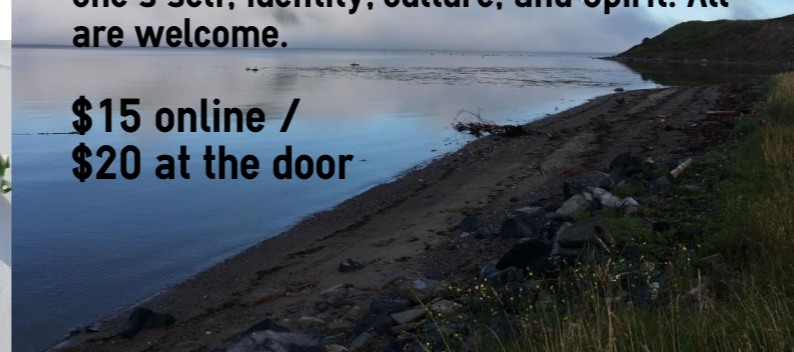
Special Event:
all are
welcome!

**AUG
23**



Calvin White, Mi'kmaw Elder from Flat Bay, NL, will share on the importance of expression, whether it be art, writing, dance, song, or ritual in connecting with one's self, identity, culture, and Spirit. All are welcome.

\$15 online /
\$20 at the door



**EXPRESSION, IDENTITY, AND HEALING:
an evening with Elder Calvin White**

**Woody Point Heritage Theatre
7 - 9 pm (doors open at 6:30 pm)**

Mi'kmaw, and born and raised in Flat Bay, N.L., Calvin White is one of the founders of the Aboriginal revival in Newfoundland and Labrador. He has helped mentor Indigenous youth, as an elder advisor for skills linking programs mentoring some 40 young adults. He still serves as an advisor, with the Flat Bay Band Council.

For his pivotal role in achieving recognition for Newfoundland Mi'kmaq and his longstanding commitment to the rights of his people, Elder Calvin White received an honorary Doctor of Laws degree from Memorial University of Newfoundland, Grenfell Campus. He also received the Order of Canada, February 1, 2019.

Elder White can often be found pursuing land-based activities, supporting his community with projects, and offering teachings and stories, when asked.



Words and Waves 2019
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www.dimadupere.com/words-and-waves



info@dimadupere.com

Schedule

Wednesday, August 21

10 am - Galliot Studios

Come for an informal chat about all things journals. Examples shown and Q & A.

Rest of the day Wednesday... Pick up your Woody Point Bingo cards at Galliot Studios. A fun game to play with friends and family. Take photos of what you find, challenge each other. (There will be prizes for those registered for the training.)

Take advantage of gorgeous Woody Point and Gros Morne National Park. Check out the Discovery Centre - go on a hike, go kayaking, visit the Marine Centre in Norris Point, go on a boat tour, or take it easy strolling through town.

Thursday, August 22

Retreat: 8:30 am - 4:30 pm Woody Point Heritage Theatre

Journal Writing Retreat (open to all adults - must register by August 10)

Learn some basic journaling techniques. Participate in a group journaling experience which includes guided meditation, writing exercises, quiet time, group sharing and yoga. Focus is on self-knowledge and self-care.

Open Mic Event

7 pm - Merchant Warehouse (upstairs)

Bring poems, stories or things you wrote as children. We might even let you sing. Free - community is invited.

Friday, August 23 - Training

Woody Point Heritage Theatre 8:30 - 11:45 am

- Opening circle / housekeeping
- What makes writing therapeutic? Using writing in a clinical setting

- Introduction to MOSS - the 4 relational schema. The first is M = Me. What makes me who I am (body, personality, behaviour, likes/dislikes). Writing exercises.

11:45 am to 1:00 pm - Self-care: make your own bath salts

with Mikaela Wilson of Natura Soaps. \$5 for supplies

— — a second workshop is held from 1:30 - 2:30 pm for the community. Must email your intent to participate as space is limited. \$5. Mikaela will be around to sell her products.

1:00 - 3:00 pm

- MOSS - O= Others. who is in my life? Who influences me? Who can help me? Who is missing? Writing exercises to work through relationships with others, learning, etc.

- Moss - S = Structures: What affects my life: money, laws of society, health system, school, religion, work. How these influence me, how I can work with them.

4:00 - 6:30pm - Free time

Visit the creation space, rest, yoga, network, hike...

7:00 pm - Expression, Identity and Healing: An

evening with Elder Calvin White. Heritage Theatre. Doors open at 6:30 pm. \$15 online (includes tax and fee) and \$20 at the door. Ticket is included for those attending training. **All are welcome.**

Schedule (con't.)

Saturday, August 24

8:30 - 9:30 am - Edible Plant Hike and Nature

Experience with Jessica Galllott of Northern Foodcraft
meet at Heritage Theatre at 8:15 am

9:45 - 11:30 - Discussion on the use of senses in writing
- Flash presentations

11:30 am - 1:00 pm - Lunch / creative space / networking

1:00 - 2:15 pm
- how to set up a journaling group
- the use of guided meditation

2:15 - 3:45 pm
- movement
- Recap. Questions.... what next?

3:45 - 4:15 pm
- winners of Woody Point Bingo / Scavenger Hunt
- Closing circle

Stick around on Sunday, the 25th: there are plenty of activities to do and sights to see.

Favourites: - Westernbrook Pond
- Hiking: Tablelands, Look Out
- Boat tours
- Live music - shows
- Visit local artists / artisans such as

Christine Koch whose studio is next door to the Heritage Theatre; Jenny Galllott - Galllott studios with her one of a kind pottery, Hunky Dory shop just outside Woody Point has items from local artists.

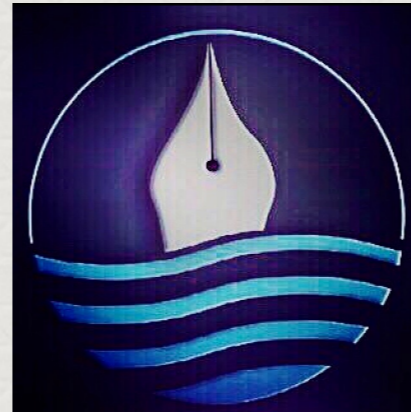
<https://visitgrosmorne.com/>

The community is invited to participate

Wed, Aug. 21 at 10 am at Galliot Studios. Coffee and conversation on all things 'journal'. Come learn about journal writing, types of journals and how to get started. (FREE)



Thurs. Aug. 22, 7 pm. Open Mike event at Merchant Warehouse. Brings poems, stories, or things you wrote as children. (FREE)



Friday, Aug. 23, 1:30 - 2:30 pm - Join Mikaela Wilson from Natura Soaps and make your own bath salts. Heritage Theatre \$5 at the door - limited space, pls register your intention online. Mikaela will also be selling some of her products.

- Expression, Identity, and Healing: an evening with Elder Calvin White. Friday, August 23 at 7 pm at the Heritage Theatre. \$15 online, \$20 at the door (free if you are registered for the training). All are welcome.

Gather your friends together and play WOODY POINT BINGO or participate in a Scavenger hunt where you look through town to find writing prompts.

A space will be set up in the Heritage theatre where you can make your own journal cover, look through examples of journals and get some inspiration. Come visit and chat. Times will be listed at the door and in town.

Registrations

Registrations for the Retreat and the Training can be found by going to www.eventbee.com and searching for WAW2019.

Retreat: \$150 + taxes and fees. LIMITED SPOTS (The retreat is included in the training so this means there are only **10 spots for individuals who only want to attend the retreat**) so register quickly. If you register with a friend by July 15 and use the code BRINGAFRIEND, you both save \$15.

Training: \$ 475 + taxes and fees. Includes the retreat - **20 spots available**. If you register with a friend by June 15 and use the code SHARETHEFUN, you both save \$25. You will also be sent the full colour printed manual (\$45 value). If you register after June 15, you will be sent the electronic version of the manual. You will be able to purchase it online until Aug. 1 (to guarantee delivery before the training) and I will have a limited number available for purchase on site.

REGISTRATION ENDS AUGUST 10 for the Training and Retreat. If you are after the deadline you can email to see if there is still a chance of attending... but note that I will have limited cell/internet access after that time.

Aug. 21 - short workshop at Galllott Studios is free and no registration is required.

Aug. 22 - Open Mike event is free and no registration is required. Bring poems, stories or things you wrote as children.

Aug. 23 - Self-care: Making bath salts with Mikaela Wilson \$5 and you must email me your intention to attend. info@dimadupere.com If you are participating in the training, she will be offering this workshop for you at 12:00 pm. If you are part of the community or someone who attended the retreat, your workshop is at 1:30pm. **Limited to 20 ppl** per workshop. There might be a few spots open for the community at 12:00 pm.

Aug. 23: Special guest at the Heritage Theatre. To be confirmed. \$10 at the door, you must register your intention to attend info@dimadupere.com This event is free for those registered for the Training.

Accommodations

August is prime tourist season in Gros Morne National Park. The sooner you can reserve your accommodation, the better. The week before Words and Waves is the Writers at Woody Point Festival. A lot of people will have been, and still might be around in the area. If you can't find a place right in Woody Point there are a few places close by (West) - Trout River, Glenburnie, etc.

If you are not familiar with the area, I recommend you do not stay in Norris Point if you are driving. It is a 15 min. passenger ferry ride away but by car it is about 1 hr. The first ferry is at 9 or 9:15 am and runs about 3 times per day. If you are attending the retreat or training, you would arrive late.

An internet search and Air BnB should help you find something in Woody Point (Bonne Bay) or close by.

Map of the area





Other information

Meals are not included with your registration. There are a few restaurants and snack places as well as coffee shops.

There are no grocery stores, so if you are camping or staying in a cottage, you will want to pick food up on the way in either Deer Lake or Cornerbrook. There are, however a couple of convenience stores with the basics.

Some of the events have fees -you can register online or pay at the door. For the self-care workshop - payment is cash, on-site (\$5) but you must register as there is limited space.

Also, I will be selling some journals, some colouring books and a few other items. Cash will be preferred, but, for items over \$10, and I will bring my Square for Debit (tap). If you want to pay by Credit card, you will have to pay an extra fee.

Don't hesitate to contact me with any questions you may have. I will be glad to help you sort things out.

info@dimadupere.com

What to bring?

- journal
- pens, markers
- manual (sent to you upon registration)
- comfortable clothes
- insect repellent
- yoga mat or towel
- re-usable water bottle /coffee cup

If you have never been to Newfoundland, you need to be ready for any kind of weather. Dress in layers, bring a rain coat.

TRAINING - more info

Receive 18 Continuing Education Credits via Canadian Counselling and Psychotherapy Association

Learning Goals and Objectives:

- Know what makes writing therapeutic and what the benefits of writing are;
- Learn which theoretical models support the use of writing in clinical settings;
- Learn specific writing exercises (participants will experience them, and learn how to use them and with what type of client);
- Learn about the 4 relational schemas (MOSS) and how to use them to situate oneself in an issue;
- Be able to set up journal writing groups and use writing with individuals;
- Know how to use guided meditation in a group setting;
- Know how to use writing exercises in short-term interventions.

Structure of training:

Retreat: 7 hours (the first day). Participants will experience first hand a therapeutic writing group. This will include instructing them on specific writing exercises, guided meditation, time for writing and group sharing. It is crucial that anyone wanting to use this process with clients experience it themselves first.

Workshops: presenting information (via case studies, how-to, Q and A). in short blocks of info. 8 hrs total

Group discussions / problem solving: 3 hrs

Formal presentations / guest speakers: 3 hrs

-- will also have informal instruction via networking and a space for participants to try out journaling exercises on their own