



Myriad
Wares & Services

Workshops Available

Lauren Aldred, BGS, MA-PPL

Box 474
Fort St. James, BC
V0J 1P0

myriadpinchi@gmail.com

*I would be delighted to design a
workshop specific to your
agency or community need.*

Land-Based Healing and Wellness

Research supports what the Elders have always taught: when we are out-of-balance we need to go out on the Land. Learn the safety and ethics of harvesting. Harvest and make plant medicines while building community.

(This workshop is facilitated in collaboration with a locally-recognized Elder and may take one to two months to organize. Although gathering could be done all year, May to September dates are preferable.)

Half to five day workshops available.

Trauma and Tenderness

What if instead of criticizing ourselves for our traumas and triggers, we nurtured ourselves with tenderness? This workshop focuses on our gifts and abilities, structured by our limitations. Our limitations become the still-point around which we dance. Our body's protective mechanisms may sometimes be difficult to navigate but can also be a gift providing us with cues for needed boundaries and self-love. As

you heal and recover, who is the glorious person emerging now?

One to three day workshop available.

Creative Wellness Retreat

Using creative arts, gentle yoga, and guided conversation, this workshop explores where we find our joy and sustenance and where our energies are being thwarted. Try out some new and perhaps familiar wellness strategies. Return to your world refreshed and energized.

One to five day workshops available.

A Poetic Journey Through Grief and Loss

Rooted in current theory and research, this workshop explores loss, grief, shattered expectations, and the tender shoots of emerging hope through creative writing. Most suitable for individuals who have experienced significant loss more than six months ago.

One or two day workshops available.

Practical Strategies for Recent Loss

The first year after the death of a loved one is profoundly difficult. Learn how grief impacts mind, body, and spirit. Practice a few effective strategies for getting through each day, in this supportive workshop.

Half or one day workshop available.



Photo credit, Cat West.

Art for Wellness

Clear creative blocks and rediscover the child-like joy of making acrylic flow art. No previous art experience necessary. Longer workshops delve into research on art for wellness and have a progression of projects, building on the previous...exploring colour, form, emotion....

Half to three day workshop available.

Navigating Boundaries in the North

Big-city ideals are seldomly possible in our districts, villages and small towns. We don't only deal with dual relationships, but triple, quadruple and quintuple! Rather than simply ignoring professional guidelines, how is it possible to follow ethical principles in small places? How do we keep everyone safe physically, mentally, emotionally, culturally and spiritually?

One day workshop available.

A recommended companion workshop on legal requirements is available through Mary MacDonald, LLB, MSW, RSW at mary.thrive.with@gmail.com.

"Hacking Your Nervous System"

In morning sessions, learn how our bodies use hormones for healing. In the afternoon, practice activities which consciously promote healing through gentle activities which support production of your own healing hormones.

Four or five day workshop available.

Spirituality and the Land

Through the writings of different spiritual traditions, art activities and creative writing, explore your relationship with the Land and the healing power of that relationship. One or two day workshops available.

Wellness for Ministry/Human Service

Designed specifically for those serving in ministry and social service work. Articulate common stressors, brain-storm solutions, clarify boundaries, develop a wellness plan, and practice new and familiar wellness strategies.

Two to five day workshops available.

About the Facilitator:

Lauren's primary relationship is with Creator, experienced through the Land; she enjoys this relationship through silence and listening, canoeing, snowshoeing, medicine gathering, hiking, and in time will rejoin the earth with peace.

Her cultural heritage is English and non-status plains Indigenous. She lives on an acreage with dogs and chickens. She is mother to four adults and grandmother to one little girl.

Lauren creates poetry, photography and art, and exhibits her work.

She's completing a Doctor of Ministry at St. Stephen's College in Land-Based Healing and Wellness.

Her under-graduate work was in Education at Simon Fraser University. She holds a Master of Arts in Public and Pastoral Leadership from Vancouver School of Theology, as well as an APA-recognized Mindfulness-Based Ecotherapy certificate.

Lauren facilitates Land-Based Healing and Wellness at the

continuing education, undergraduate and graduate levels. She also teaches Art-for-Wellness.

She is an instructor and workshop/conference presenter, including Vancouver School of Theology's Indigenous Ministries Summer School, College of New Caledonia, Continuing Education Division of the University of British Columbia, Faculty of Medicine, Northern Lights College and Canadian Association for Spiritual Care.

Lauren has more than forty years working in human services including a decade as Northern Health's Manager of Spiritual Health, where she was awarded the Charles Jago Award for Empathy.

She continues to heal from severe range Post Traumatic Stress Disorder and Major Depressive Disorder resultant from workplace injuries. Her own healing journey gives her unique insight.

Lauren is profoundly grateful to live, work (and heal!) on the traditional, ancestral and unceded territory of the Nak'azdli Whet'un.