



AGENDA

The Story of Me, You, and Us:

Centering wellness with love, care, and healing

February 28, 2023: Care

March 1, 2023: Love

March 2, 2023: Healing

We take care of ourselves in order to take care of one another. What do people need to be well? Where and how are we showing up? What is my purpose, and how does my lived experience guide my purpose?

“I have to use my life to leverage a shift in the system by how I am, as much as with the things I do.”

—adrienne maree brown

We often work to identify our similarities or what we have in common. In order to exist in beloved community, we must love beyond our difference. How do we overcome our difference to all members of our community?

“The word ‘love’ is most often defined as a noun, yet we would all love better if we used it as a verb.”

—bell hooks

What helps us be well? How do we overcome the harms of the past to build our collective, liberated future?

“Imagine if we institutionalize healing in the same way we have institutionalized violence. What kind of world could we create?”

—Kazu Haga

Daily Schedule

Morning Tea & Coffee	9:30-10:00	Welcome and announcements.
Anchor Session	10:00-11:00	During these roundtable conversations, participants will listen to 2-3 speakers discuss the day’s theme, reflect on guiding questions and engage in conversation with others, moving from theory to prevention practice and acknowledging the expertise of everyone in the room.
Lunch	11:00-12:30	Meal times will be longer to support conversations, connections, and care. They will be served family style; you are encouraged to eat with your table group!
Community Sessions	12:30-3:00	<ol style="list-style-type: none"> Healing Circles: Circle keepers will lead participants through group-oriented healing practices with the intention of deepening our connection to ourselves, each other, our place and purpose. These sessions can feel emotionally vulnerable, and participants must register for these sessions prior to attending. Educational Workshops: Participants can expect to hear from colleagues in the field about promising practices, ongoing challenges, and how we are making the way we work be an example of what’s possible. All sessions will be led by Alaskan groups, coalitions, and communities doing prevention and wellness work. Learning Sessions: Participants can expect more time to dig deeper into content. Come to learn something from others and to share the knowledge you have with those present.
Break	1:45-2:00	
Reflection and Commitment	3:00-3:30	