

Walking Together in the warm land of the Cowichan Valley

# Mill Bay Nature School

# Q'shintl

# Invitation

We acknowledge that for thousands of years the Malahat, Lake Cowichan, Quw'utsun, Halalt, Penelakut, Stz'uminus, & Lyackson Peoples have walked gently on the unceded territories where we now live, work, learn, and play. We seek a new relationship with the first peoples here, one based in honour and respect, and we thank them for their hospitality.

January 2020

Some Cougar and Wolf girls have begun to ask me questions about their changing bodies and periods.

In response, we will begin the conversation with a learning circle on Friday (tomorrow) afternoon in the kitchen studio.

*This will be offered as a choice, and parents are welcome.*

Please discuss this opportunity with your daughter if you feel it to be helpful in her growth and development.

*Sincerely, Kim*



Many thanks to Laura McCarthy (Aria's Mom) who is a birth doula, and who met with myself and a small group of girls to discuss their questions yesterday. We discussed the idea of a doula - *leading someone with intention over an important life threshold* - and the idea of a moon basket - <https://www.journeyofyoungwomen.org/moon-basket/>.

**Laura and Ava will be leading an evening conversation in the next while for any parents and their children who are interested.**