



Intergenerational Circle: Beginning the Healing of Intergenerational Trauma

We have all learned a lot from our families of origin. When we were growing up, we may have been told certain stories or taught life lessons by our parents, grand-parents or other caregivers. Other times we may have witnessed behaviours, actions and events that have molded how we communicate, form relationships, parent our own children, and etc. In other words, we have received some teachings directly via words and stories, others have been passed down to us indirectly and we may not be aware of these teachings even as they form part of our patterns in adulthood. Some people say “we are what we learned” and that can be good if the teachings we received were positive. However, if we witnessed or experienced trauma, abuse, neglect in our families of origin, “we are what we learned” can create challenges for us in our current lives. It can be a powerful experience to learn about the intergenerational impacts of trauma. It is only by exploring what has been passed down to us generationally that we can gain a better understanding into our own current responses, behaviours and feelings.

This circle is being offered to help women identify some of the intergenerational teachings that have been passed down by their families of origin. This in turn will help us understand some of our own patterns and where they may have come from. We will learn about intergenerational transmission of trauma, with a focus on what we have learned from our families about men and women. We will look at what has been passed down to us and what are we passing down to our children. The circle is meant to be a supportive and safe way to look at the past, the present and the future for us and our children and to learn and share together with validation rather than with judgment, blame or shame and to celebrate the strength and resilience we carry as women. The circle will open and close with a prayer and a chance to practice some exercises to help us stay grounded.

Parenting affects us all: We are-in part- the result of the parenting we had. We can learn from it, change it if necessary, and pass that knowledge down to our children and they can pass that down to the next generation and so on.

Children learn mostly through role-modelling: We can affect both immediate events and future behaviour of our children by the way we act, the things we say and the way we deal with situations.

This circle will include an introduction and grounding exercise. All residents and staff are welcome to attend. We ask that everyone please arrive on time for two reasons: 1) is to honour yourself and others by making the circle a sacred time for self-care and 2) so that everyone can get the most out of the circle from start to finish. Thank you!