



# Learning From the Sharing Circles

Lillooet Friendship Centre Society



This document summarizes insights from the Sharing Circles conducted for Lillooet Friendship Centre Society (LFCS) Program 4, held in Fall 2024. The purpose of this Sharing Circle was to gather the wisdom of youth and young adults who participated in the programs.

This summary highlights the main themes (recurring ideas throughout the Sharing Circle discussions), sub-themes (specific ideas, experiences, and insights within each theme), and select quotes that directly reflect the voices of the youth and young adults, organized according to the research questions.

## What did you like best about the program?

### Cultural Connection & Traditional Teachings

- **Connecting with Traditional Ways of Life**
- **Intergenerational Learning**

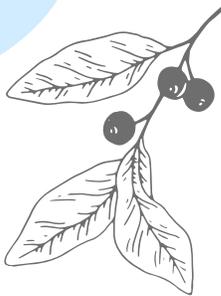
*"I liked learning about how my ancestors lived around here and their traditional ways of living and being taught"*

*"Just as adults, just as parents, we need to pass on those teachings"*

*"It seemed like there was a lot of comradery going on, that was really nice to see. It's not very often we see much going on nowadays. ."*

### Gathering with Others

- **Comradery & Building Community**
- **Interacting with people who share the same culture**



# What would you change or add for the next program?

## Hands-on versus Demonstrative Learning

- Making Traditional Tools & Spending Time on the Land
- Hands-on Activities to Encourage Participation and Increase Learning



*"I would like to see more hands-on stuff with the program get everyone involved instead of more of a showing kind of style."*

## Cultural Authenticity & Adaptation

- Preserving Traditional Methods
- Connecting Cultural Practices with Teachings & Stories
- Balancing Tradition & Modern Constraints

*"I didn't like how they changed what we were doing for the pit cooking because traditionally we only did really meat and vegetables were added after. [...] It felt really colonized to say we couldn't do meat and that we had restrictions."*

## Program Structure and Components

- Program Length
- Opening Programs to Non-Indigenous Peoples (to promote positive change and understanding)
- Removing Age Barriers (Intergenerational Learning)
  - Community Coordination



# Anything else you want to share?

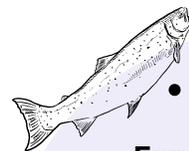
## Empowering Youth Through Sharing Circles

- Talking & Sharing Leads to Healing
- Learning about medicines and cultural teachings
- Creating Youth Legacies

*"Most kids parents are busy. They're not going to be able to make it, so they're not even going to want to sign up"*

For more information, visit [www.urbanindigenousewellbeing.com/iyw](http://www.urbanindigenousewellbeing.com/iyw)

## Barriers to Participation



- Compensation
- Family Responsibilities
- Restricted Ages (intergenerational)
- Transportation/ Accessibility
- Safety