



# 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 5, held in Fall 2025. 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?

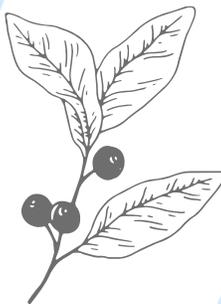
### Connecting with Other Youth Through New Experiences

- Land-based learning
- Working together in a group
- Learning and trying new things
- Meeting new people

*"It was great to have done it. Meeting new people and also learning from different teachings. The sweat lodge was the best. I think because it's connected to spirituality."*

*"I didn't know that my ancestors and family probably made these (pemmican) way back in the day, so that was cool to learn."*

*"I really liked doing the pemmican making because it was hands-on and we were all able to work together in a group doing it, so making group decisions was a lot better than just one person doing a lot of it. Being able to include everyone in the group was really good."*



### Exploring Spirituality through Ancestral Teachings

- Connecting to spirituality
- Connecting to ancestors and traditional teachings



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

## Land-Based and Physical Activities

- Learning and Connecting Outdoors
- Hands-on and Physical Activities
- Seasonal Learning and Continuity between lessons



*“Probably physical activities... Anything physical other than being inside... Some more outdoor activities too.”*

*“Even though it was cold, we still probably could've done a few more outdoor activities. And maybe the timing for the sweats. I felt bad that I... like, we couldn't make it at that time, so maybe when it's a little warmer and it's not a flu season.”*

## Barriers to Participation

- Transportation
- Age Restrictions
- Program Timing
- Online Recruitment



## Appreciation for Cultural Learning and Diversity

- Learning about traditions



*“I like the idea of learning a lot more traditional aspects and different ways you can approach them, as well as add different cultures into it.”*

## Creating Connections at the beginning of the program

- Introductory circle

*“I think something that would be helpful is at the beginning of the program, there's a circle, so each person can introduce themselves... So, when you are meeting with people, you can say "Well, we can be friends and return."... Because I think people would feel more at ease of wanting to come back.”*



## Anything else you want to share?

## Creating Comfortable Spaces

- Being with Friends and Family

*[Referring to what made her feel comfortable to continue coming back]  
“My mom. My mom was leading the program activity.”*