



# 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 3, held in February 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 discussion), 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?

### Connection to Land

- Medicine Knowledge
- Plant Knowledge

*“What I liked best about the program was getting to know some new knowledge about natural herbs and medicines from the land”*

### Growing Together as a Community

- Getting people together
- Building Communication Skills and Going Outside of Your Comfort Zone
- Building community through laughter
- Empowering yourself and others
- Having Fun



### Connection to Culture

- Hands-on work
- History through storytelling

*“Salve making was fun... and the stories I quite enjoyed”*



*“I liked the idea of being more hands-on because I don’t really like sitting in groups for long periods of time... It’s a new experience out of my comfort zone, being in places where I have to talk and be more open.”*

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

## Intentional Strategic Planning



- Movement breaks
- Time management

*“Maybe just a little bit more organization because day two we were all trying to figure out what was going on and everyone was everywhere and it was a little overwhelming for that. But once we got into the hang of time management, then it was good”*

*“Actually going out to harvest the plants would be pretty cool to add in, like, getting to have the hands-on experience before doing that was pretty interesting and knowledgeable. Good to see where... it looks like out there, compared to like, photos and stuff”*

## Immersive Learning

- Hands-On Land-Based Learning (Harvesting)



## Nothing to change or add

- Youth and young adults were unsure of what to add or change for the next program

*“I think it was pretty well put together, the programs and stuff. I don’t actually know what I would add, but I think they’re pretty good, the programs that we had.”*

# Anything else you want to share?

## Connection to Culture

- Ways to continue cultural practices at home

*“I liked the fact that even though you had prizes when you did, you made sure they were all related to the culture and the subject that we’re learning, I thought that was pretty cool.”*

## Connection to Community

- Working well with others
- Visiting over Food



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