



**SATURDAY  
JUNE 17TH**

# **KAIROS BLANKET EXERCISE**

**9:00 AM TO  
NOON**

The Kairos Blanket Exercise is an interactive workshop which takes participants through more than 500 years of shared history as Indigenous and non-Indigenous peoples in Canada. Participants step onto the blankets representing the land, and into the role of First Nations, Inuit and later Métis peoples. [www.kairosblanketexercise.org](http://www.kairosblanketexercise.org)

**FACILITATED BY TINA SAVEA**

Tina Savea is Saulteaux/Cree from Peepeekisis Cree Nation on Treaty 4 territory in Saskatchewan. She resides on traditional WSĀNEĆ territory with her husband Niu and their three children. Hilarious & vulnerable, Tina Savea has a unique gift to make you cry one minute and laugh out loud the next. She has a strong desire to see others embrace healing through understanding the true history of her people in Canada. Tina loves facilitating the Kairos Blanket Exercise and is committed to sharing the freedom she has found through forgiveness and personal responsibility. She Shares openly about the pain of losing her father as a result of the residential school system and how finding her voice was the beginning of her healing journey. Tina is passionate about breaking down judgments that destroy relationship and building strong communities where every person is valued and equipped with the leadership skills they need to move forward in life





**SATURDAY  
JUNE 17TH**

# **KAIROS BLANKET EXERCISE**

**9:00 AM TO  
NOON**

**CO-HOSTED BY KIM PAULO**



My name is Kim Paulo. I was born and raised on Lekwungen territory (Victoria, BC) and my ancestry is Irish, Scottish and English. I have been working as an ECE, in various settings, for almost twenty five years. In more recent years, I have been working at understanding what it means to be a “settler” on this land. It is my desire to “decolonize my practice” and gather with other educators and caregivers who are on the same journey. This will be my first Blanket Exercise Ceremony and I see it as a way to collectively open our hearts and minds. Together, let’s discover the truth about the history of Indigenous peoples of this land and let’s then work towards understanding our part in reconciliation. I look forward to gathering with you and meeting our wonderful facilitators!

