



Resilient Roots: Métis Women Healing Through Connection

A culturally grounded, trauma-informed workshop that empowers Métis women to reclaim their voices, build resilience, and foster deep connections through education, storytelling, cultural engagement, and community support.

MB by Michelle Bucholtz

Resilient Roots

Facilitator: Michelle Bucholtz, RTC

Michelle Bucholtz is a **Registered Therapeutic Counsellor** who cares deeply about supporting Métis communities in healing and reconnecting with their culture. She has facilitated groups using trauma-informed practices, guiding workshops both locally and internationally—from Vancouver to Ireland.

As the driving force behind the **Resilient Roots** program, Michelle weaves Métis traditions with modern therapeutic approaches, creating a space where participants can strengthen their resilience, build meaningful connections, and find balance in their healing journey. Her work is grounded in a genuine commitment to helping Métis families navigate intergenerational trauma and reclaim their cultural strength.



Resilient Roots Program Feedback

Led by Michelle Bucholtz, the Resilient Roots program in Fall 2024 witnessed active engagement and received positive feedback in a recent survey conducted by the Waceyá Metis Society. The overall scores were excellent.

★★★★★ (5/5 overall rating)

100% of Participants Felt Safe & Supported

"The freedom to open up and the guidance to learn and feel safe was amazing."

In-person Format Preferred.

"The program was great and helped me make valuable connections."

"The environment was beautiful and peaceful. I loved the group support."

Program Recommendations

"I loved the program and I wouldn't hesitate to recommend this to my family"

"Michelle on day one presented in a way that made me feel safe and connected immediately. I would definitely recommend the program"

Strong Cultural Connection

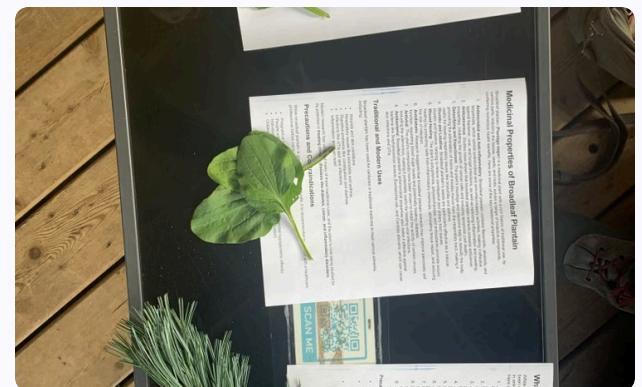
"The Metis Culture and understanding of generational trauma put all the pieces together."



Participant Experience



Group Connection



Cultural Learning

"A heartfelt thank you to the Giving Voice Grant for funding this program, Michelle for her incredible dedication and professionalism, and Locality Brewing for providing such a welcoming space. To the participants, thank you for showing up for yourselves and embracing this journey. You are the true roots of resilience in our community, and we're so proud of what we've achieved together." - Anthony Wingham, President of Waceyá Metis Society

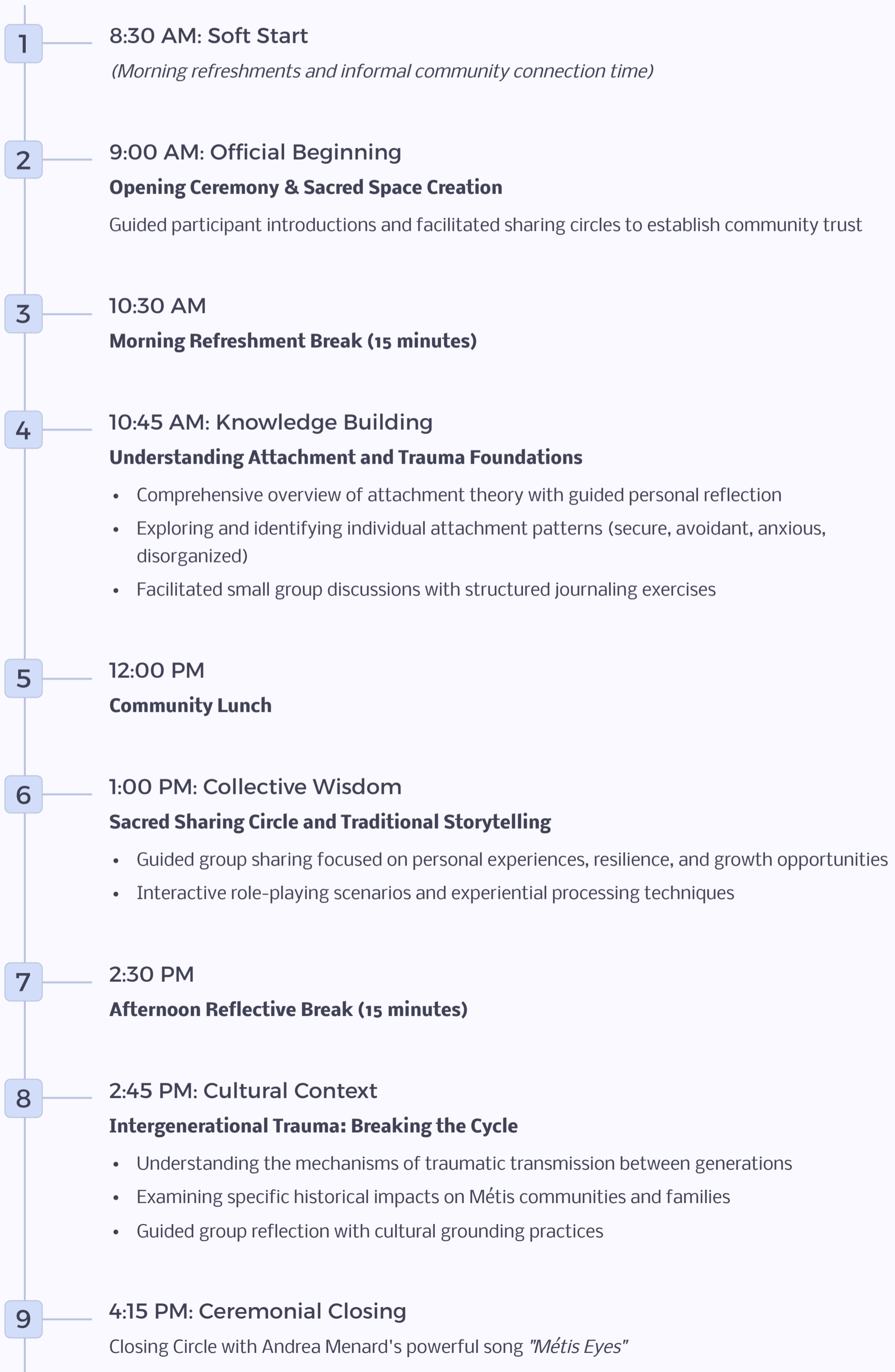
SAMPLE AGENDAS

Subject to adjustment based on community needs and requests.

Day 1: Foundations of Healing and Cultural Identity

An immersive journey exploring Métis identity, ancestral roots, and understanding the profound impact of attachment patterns and intergenerational trauma. Participants engage in culturally-grounded interactive activities and authentic personal sharing within a safe, supportive environment.

Daily Schedule



Day 2: Healing, Skills, and Reclamation

The second day builds upon the foundation established on Day 1 by focusing on developing healthy relationship skills, emotional regulation, and a tool-kit for self-care. Participants will practice new skills and deepen their connection with themselves and other participants.

Schedule



Budget Breakdown for 2 Day Workshop

Vancouver Lower Mainland and Fraser Valley, BC

Facilitator Fees	<ul style="list-style-type: none">Group Therapy Fee for 16 hoursMax 8 participants: \$4,800
Assistant Facilitator	<ul style="list-style-type: none">Required for 9-25 participants: \$1200
Travel Costs (Based on Location)	<ul style="list-style-type: none">Driving: \$0.68/km × estimated distance
Estimated Total Cost:	\$5000 - \$6000

Outside of Vancouver and Fraser Valley, BC.

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Assistant Facilitator	<ul style="list-style-type: none">Required for 9-25 participants \$1200
Travel Costs	<ul style="list-style-type: none">Driving: \$0.68/km × estimated distanceFlight: Actual costUber: Estimated per locationHotel per Diem: Actual costMeal Per Diem (Dinner only) \$40 per Facilitator.

Additional Items, Costs are covered by the Organization

Participant Meals & Refreshments
Elder Honorarium - opening & closing good words
Facility Rental & Location
Projector Rental/TV Screen

The **Resilient Roots Program** curriculum was originally funded by the **Giving Voice Grant** and can be adapted to meet specific funding requirements upon request.

For inquiries or customization options, please contact **Michelle Bucholtz**.

Email: michelle@openspacetherapy.ca

Book a **free Zoom consultation** at www.openspacetherapy.ca.