



SOULSPACEOTTAWA.CA

SOUL SPACE RETREATS & WORKSHOPS

Attending to the spirits of street health and harm reduction workers in Ottawa



Soul Space offers low-barrier, holistic wellness workshops, cafés, day- and weekend retreats for street health, harm reduction, shelter & social service workers who care for people experiencing homelessness, complex substance use & mental health issues.

Soul Space is more than 'self-care' - it is 'collective care': healing among a community of peers and with support providers who understand the unique challenges of your work.

Soul Space fosters holistic wellbeing through arts-based activities, yoga, meditation, healing touch, & spiritual wellness-focused conversations to address and help to heal from grief and burnout.

Soul Space is guided by a collective of frontline workers and community members under the governance of First United Church, as a program within the life and work of First United. Soul Space revenue is supported in part by donations from charities, churches, individuals as well as various private and public donors.

For more information: info@soulpaceottawa.ca

"I found the retreat location stress-relieving in itself. The self-compassion offering was helpful in applying quick and effective ways to recenter during a shift that might be otherwise difficult. I found the forest therapy a very grounding way to start the day."

- Emmy

Registered Practical Nurse

"Sitting together with my coworkers with no expectations was lovely. We shared food. Talked about some intense moments. We shared aspects of our lives that I would have never known if it weren't for this experience. I also learned some new things that I would have never learned if I had not gone to the evening retreat. I now look at tears as sacred healing and I am doing my best to change my outlook on my own healing journey"

- Kára

Registered Practical Nurse

"The Soul Space Retreat this past weekend was amazing to say the least. What a wonderful way to spend the weekend relaxing and rejuvenating in the company of colleagues. The food and hospitality were impeccable. It's nice to be able to decompress here and I had an amazing experience."

- Patricia

Peer Support Worker



SOUL SPACE OFFERING

CREATING WITH CLAY

Enjoy getting messy and creative with your colleagues during a 90-minute workshop exploring the concept of "self as seed."

Hintonburg Pottery Studio - 1242½ Wellington St. West



QUESTIONS? info@soulpaceottawa.ca

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Soul Space Cafés



Attending to the Spirits of Street Health &
Harm Reduction Workers in Ottawa

Bridgehead Coffee House
282 Elgin Street (Elgin & Somerset)
Bi-monthly Thursdays - 7-9pm

Soul Space Ottawa Cafés are a **free, drop-in**, safe(r) space offering support, healing & wellness for frontline, shelter and harm reduction workers in Ottawa.

Enjoy coffee, tea & treats on us, while engaging in meaningful conversations and activities to support your wellbeing.

To find out more, follow us on Facebook or email: info@soulpaceottawa.ca

SOUL SPACE OFFERINGS FALL 2022

Day Retreats

Friday, October 14, 2022 - Gaia Wellness Retreat Centre

Friday, November 18, 2022 - Misiwe Ni Relations Lodge

Weekend Retreats

October 27-29, 2022 - Gaia Wellness Retreat Centre

Clay Workshops

Monday, September 12, 2022 - Hintonburg Pottery Studio

Monday, October 17, 2022 - Hintonburg Pottery Studio



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Benefits & Costs

Soul Space offerings are intended to address the holistic wellbeing of frontline street health, harm reduction, shelter and social service workers in Ottawa who care for people experiencing homelessness, complex substance use and mental health issues.

Supporting the mental, emotional and spiritual wellbeing of frontline workers helps may help to improve employees' workplace quality of life, reduce absenteeism and turnover, and the quality of care that they can provide to clients/service users.*

Costs include full coordination of employee's participation from registration to follow-up support after the event, transportation & accommodations (retreats only), professional workshop facilitation, materials and supplies.

Organizational Pricing

Day Retreat (9am-4pm)	\$275 per employee
Weekend Retreat (Fri. 6pm - Sun. 1pm)	\$675 per employee
Clay Workshop (1.5 hour workshop)	\$75 per employee

We recognize that the costs of Soul Space offerings may be within budget for some organizations, and beyond budget for others. As a non-profit initiative aiming to support other non-profits, our costs serve to ensure sustainability and continuity of our services. We aim to provide offerings at no direct costs to frontline workers. We would be happy to work with you to discuss how to make our offerings accessible for your organization and employees. We can also offer support to acquire grant funding to help with costs.

**A study led by researchers at the University of Ottawa and Queen's University is currently underway, analyzing data from frontline workers and organizations that participated in Soul Space offerings and retreats in 2021, and funded by the Canadian Institutes of Health Research. Results are forthcoming.*

Soul Space retreats, workshops and cafés would not be possible without the generous support and donations from so many individuals and organizations.

Thank you!

Individual donors &
Centretown United Church
Dominion Chalmers United Church
Encore Fashions on Fourth
First United Church
Glebe St. James United Church
Kitchissippi United Church
(formerly) St. Paul's Eastern United Church



First United Church, Ottawa



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