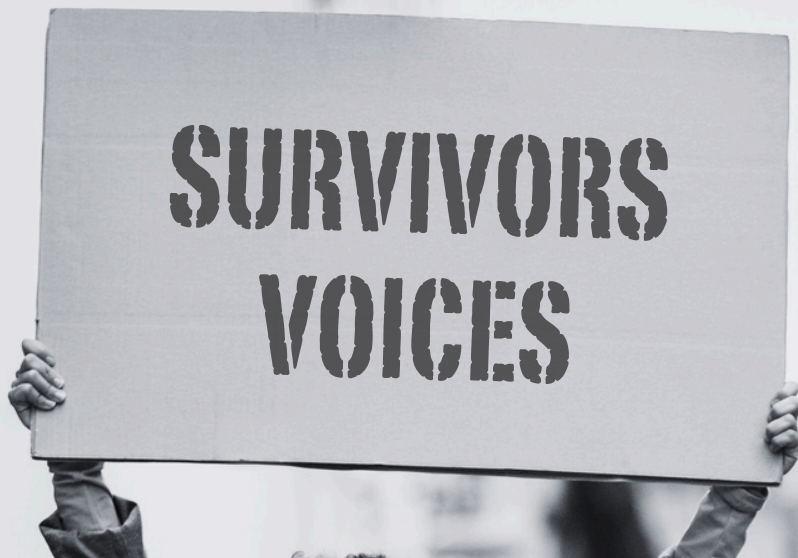


AGENDA & SUPPORT RESOURCES



**RESTORATIVE & TRANSFORMATIVE
JUSTICE AFTER SEXUAL HARM**

WHAT'S INSIDE:

Links included below, as well as on corresponding pages.

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- Meet our hosts: The Gatehouse & Survivors for Justice Reform

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THANK YOU TO OUR SPONSORS:



SURVIVOR'S VOICES AGENDA

Event Location: YWCA 87 Elm St, Toronto, ON. M5G0A8

8:30 am – Registration & Arrival

9:00 am – Opening & Grounding

9:30 am – 10:45 am : **Panel 1: Survivors Speak: Transformative and Restorative Justice for Sexual Harm** ft. Survivors 4 Justice Reform Chapter Members Emily Quint, Natasha Dixon, Amanda Carrasco, an anonymous survivor and Founder Marlee Liss

10:45 am – 11:00 am – BREAK

11:00 am – 12:15pm: Panel 2: Policy Experts Speak: Restorative and Transformative Justice for Gender-Based Violence ft. Hoori Hamboyan (Federal Ombudsman), Arthur Lockart (The Gatehouse), Rosel Kim (LEAF), Meaghan Cunningham (Crown Prosecutor and Chair of Sexual Violence Advisory Group)

12:15 – 1:00pm – LUNCH

1:15 pm – 2:45pm: Open Space facilitated by The Gatehouse – attendees supported in exploring topics discussed in working groups, end goal of creating a collective policy brief

2:45 pm – 3:30pm: Closing and grounding

Want to learn more about our event hosts? Click the links below.

[The Gatehouse](#)
[Survivors for Justice Reform](#)

FEEDBACK & OPEN SPACE

Feedback Form

Please take 2 minutes to [share your feedback on the Survivor's Voices event by clicking here to answer our brief survey.](#) Thank you! Your opinion matters.

Open Space Process: Facilitated by The Gatehouse

During the afternoon session (1:15 PM – 2:45 PM), participants will take part in an **Open Space** process rooted in the method developed by Harrison Owen. Open Space is a dynamic and participant-driven approach designed to foster collaboration, creativity, and action through self-organization. It emphasizes spaciousness for authentic dialogue and collective problem-solving, particularly around issues people feel passionate about.

At this symposium, Open Space will serve as a bridge between the ideas discussed in the morning panels and actionable next steps. Attendees will be invited to create and join small-group discussions based on topics that matter most to them, especially those related to restorative and transformative justice practices in the context of sexual harm.

How It Works:

- Participants are encouraged to propose discussion topics—often framed as a question, such as “How can we...?”—on a communal board.
- These topics may emerge organically throughout the day, especially during the morning panels, or may already be in mind upon arrival.
- Those who post a topic will act as facilitators of their small group conversations.
- Each group will have a note-taker or scribe who records key insights and action points for inclusion in a follow-up symposium report.
- Groups are free to evolve—participants may move between groups as they feel called to engage elsewhere (a practice lovingly referred to as “the butterfly effect”).

FEEDBACK & OPEN SPACE

Open Space Process Continued:

Example Topic:

One possible “How to” question that may be explored is:

“How to integrate Restorative Justice, Transformative Justice, and Healing Circles within Victim Services Canada?”

This topic invites a rich and necessary dialogue about embedding survivor-centered approaches into existing institutional frameworks.

Guiding Principles:

- Whoever shows up is the right group.
- Whatever happens is the only thing that could have.
- When it starts is the right time.
- When it’s over, it’s over.

Session Features:

- Each group may use a “talking stone” to ensure space for every voice, while also honouring those who wish to simply listen.
- The focus is not on solving the issue fully, but on initiating meaningful dialogue and identifying potential next steps (e.g., forming a working group or community workshop).
- Groups will conclude with a short “check-out” where each participant shares one word or statement reflecting on their experience.
- Flexibility is key. Group sizes will vary, and space will be allocated accordingly. If things feel a bit chaotic at first, take a breath, smile, and lean into the process—this is part of the magic of Open Space.

We invite you to bring your curiosity, your lived experience, and your commitment to justice into this collaborative space for change.

Gentle reminder: At the end of the day, we would greatly appreciate it if you could please fill out our [feedback form](#) about the event. Thank you!

SUPPORT RESOURCES

We're so glad you're here. We're mindful that this gathering holds both hope and hard truths, so we created this resource to offer extra support and care. The resources are broken down into 3 sections:

- **Before:** Ideas and tools to help you prepare if a little extra care beforehand feels grounding.
- **During:** Information about the support available onsite (including a support person), plus suggestions for ways to care for yourself in the moment.
- **After:** Resources you can return to as you process, settle, and continue your care in the days ahead.

Note: Some of the “after” resources contain links for guided support. You can find those links on the “what’s inside” table of contents page and on the resource page itself.

Take what feels right for you, leave the rest, and know that you can revisit these resources whenever you need extra support. Your well-being matters.

“I hope this can bring you gentle care and strength. These resources have supported my journey as a survivor, and I’m honoured to share them with you here. Caring for our well-being is a beautiful act of resistance, giving us the resilience to create positive change in the world while never sacrificing our own shine. You and your well-being matter.”

Lola Graham

Event Service Provider | Trauma-Informed Well-Being Educator | [@lovelolagraham](https://www.instagram.com/lovelolagraham)

These resources are for educational purposes only. They are in no way a substitute for professional medical and mental health advice and/or diagnosis. Please consult a qualified professional for care unique to your needs. If you are in crisis, please call a support line or seek professional care. You matter.

BEFORE THE EVENT:

Preparing gently before the event can help you feel more steady and cared for. These practices are here as options, ready to support you whenever you need them.

Pick a Present Moment Anchor: Grounding When Triggered

When a trigger pulls you toward difficult memories, emotions, or sensations, a present moment anchor gives you a simple focus point to ground you in the present moment. It's like grabbing hold of something steady in stormy waters. The more you practice with your anchor, the stronger its calming force becomes.

Choosing an anchor ahead of time helps you feel prepared and gives you space to practice before the event.

Examples of anchors (pick 1+):

- Hold a grounding object (like a rock, jewelry, or pen) and notice every detail.
- Focus on a neutral body sensation, like feet on the ground or fingertips touching.
- Use your breath as your anchor: slow, steady, intentional.

How to use an anchor:

- Pick your anchor (an object, body part, or breath, etc.).
- Spend 2 minutes practicing grounding by bringing all your attention to that anchor (ex. notice how it feels, narrate your attention).
- At the event, or any time a difficult emotion arises, return to your anchor to ground yourself.
- After grounding, check in with what you need next.

BEFORE THE EVENT:

Reflect on Your Signals: Know Your Dominant Nervous System Response

When our nervous system is activated, it often follows familiar patterns. Recognizing your early signals helps you notice when care is needed.

Common nervous system responses:

- **Fight:** tension, irritability, quick to anger, feeling hot, other
- **Flight:** restlessness, racing heart, urge to escape, other
- **Freeze:** feeling numb, spaced out, stuck, other
- **Fawn:** agreeing when you don't mean it, putting others first, other

How to use:

- Identify your top 3 common stress signals.
- When a signal shows up, treat it like a flag to pause.
- In the pause, ask yourself: "Am I safe?" and "What do I need right now?"

Create a Simple If/Then Plan:

When we're activated, decision-making can feel harder. Having a few "If X, then Y" statements ready gives you a gentle plan to lean on.

Example:

- If I notice my nervous system signals, then I will use my present moment anchor.
- If I feel triggered, then I will seek the company of the event service provider.
- If I feel overwhelmed, then I will step outside for a short break.

How to use:

- Open a note on your phone and write 2–3 If/Then statements.
- Check the "During the Event" & "After the Event" sections for ideas to include.

DURING THE EVENT:

Being here is powerful, and it can also stir many feelings. Care for yourself in whatever ways you need during the event. Your well-being comes first.

Ask for Support: On-Site Service Provider:

Hello! I'm **Lola Graham**. I'm the one writing this document, and I'll also be there in person to support you! If you could use extra care, we'll explore what feels right for you. For example, breathing and grounding together, sharing what's on your mind, sitting quietly, receiving a hug (if touch feels supportive), or simply finding what helps in the moment.

I'm a survivor myself, as well as a trauma-informed well-being educator, life coach, and speaker. I'm also one of the Ontario Co-Chapter Reps for Survivors for Justice Reform, I'm bi+, neurodivergent, and a dog mom who believes joy and well-being are forms of resistance. If it helps to put a face to a name, check out one of the support videos in the "after" section, or say hello on [Instagram](#). I look forward to connecting with you!

Take a Break:

Taking a break is always okay, even in the middle of someone speaking. If you're feeling triggered, overstimulated, or simply need a pause, honour that need..

- Step outside for quiet and a nature connection.
- Take a walk, a bathroom break, or a calming sit.
- Nourish yourself: sip water, have a snack, stretch, listen to a song, or use ear plugs for less noise.
- Use your If/Then plan or present moment anchor.
- Reach out to me (Lola) for support.

Conscious Community Connection:

Remember: you're in a room full of people who *get it*. Take a moment to notice the community around you. We can find strength in collective hope, and savour the joy found in connection (even alongside heaviness).

AFTER THE EVENT:

Your care and well-being matters. Healing doesn't run on a schedule. The tools and practices below can walk alongside you, offering comfort, grounding, and connection whenever you need them, at your own pace and in your own way.

Continued Advocacy and Support: Join Survivors for Justice Reform

Advocacy can be a meaningful way to channel energy into empowerment and change. If you'd like an outlet for advocacy and a supportive survivor community, **consider joining Survivors for Justice Reform (S4JR).**

S4JR is a global coalition of Survivors of Sexual Violence, Domestic Violence and Human Trafficking and allies who stand for justice reform. We advocate for options beyond the carceral system, like Restorative and Transformative Justice. We know there is no one-size-fits-all when it comes to justice. We hold bi-monthly meetings, nurture community through a WhatsApp group, and lead initiatives to shift public perception and policy.

Validation and Self-Compassion:

Take a moment to soak up these words:

Your feelings are valid. You are valid. Whatever you're experiencing (grief, rage, anxiety, or anything else) it makes sense. You are not alone.

It's painful to live in a world where harm is so common, and where gatherings like this are needed to imagine something better. It can be heavy to carry, so as you hold that truth, see if you can also hold the truth that you are in community—that many of us are standing together for a trauma-informed world centered on survivor needs, healing, accountability, and repair.

You are resilient, worthy, and deserving of care. You are enough. You are loved. Sending lots of love and support your way.

Practice: Try speaking to yourself with the same kindness you'd offer a dear friend. If self-compassion feels hard, let the **self-compassion guided meditation included here** walk you through it step by step.

AFTER THE EVENT:

Support for Flashbacks:

If flashbacks or triggers arise, this mindfulness practice can help you anchor in the present moment and take the next caring step.

Step 1: Notice and Name: “Right now I am feeling _ (emotion), and this is showing up in my body as _ (sensations – ex. tension, rapid heartbeat, quick breath). I recognize that I am remembering difficult events (no need “event” details here).”

Step 2: Ground in the present: “Even though I’m remembering hard things, those events are not happening now. Today is _ (date), I am _ years old, and I am here at _ (location). I know this because I can see _ (describe 3–5 things around you). I can touch _ (notice textures, surfaces, objects).”

Step 3: Reaffirm safety & care: “I recognize where I am and that I am safe right now. I am deserving of care, and my next step will be _ (deep breathing, calling a friend or a support line, soothing activity, etc.).”

Processing and Releasing Stored Emotions:

Check in with yourself: do you need a mental release (thought-based) or a somatic release (body-based)? Both are valid ways to process. Here are examples of each:

Mental Processing:

- Journal with the prompt: What’s on my mind, and what am I feeling?
- Try stream-of-consciousness writing without worrying how it sounds.
- Write a poem, or draw if words don’t come easily.

Somatic Processing:

- You can follow along with the **somatic release meditation provided here**.
- Explore intentional movements like stretching, walking, lifting weights.
- For anger: slam a pillow, scream into a pillow, push firmly into a wall.
- For grief: gentle rocking, wrapping yourself in a blanket, giving yourself soft pats.

AFTER THE EVENT:

Grounding:

Re-center and connect with your whole empowered self.

- Imagine roots growing from your feet deep into the earth, bringing stability.
- Place your hands over your heart and picture a bright light inside, glowing stronger until it surrounds and nourishes you.
- Use the [guided grounding meditation linked here for extra support.](#)

Continued Support: Micro-Learning for Mental Emotional Well-Being

Cultivating well-being is an ongoing act of care, just like healing. Micro-learning, small digestible lessons with practical application, is a great way to find empowerment on your mental emotional well-being journey. It can feel tough to continue your growth and healing when so many services are paywalled. If you'd like a [free support resource, you can join my \(Lola's\) newsletter: **Living Well Daily.**](#) Every weekday you'll receive short, accessible tips and techniques to support well-being and trauma healing. Each Wednesday includes a new free guided meditation, similar to the ones shared in this document.

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SPEAKER INFO

Marlee Liss is a somatic educator, author & the Founder of Survivors 4 Justice Reform. As an award-winning speaker, she's delivered talks for: National Sexual Assault Conference, Action Trauma Summit, Women's Mental Health Conference at Yale and more. Her story is currently being made into a documentary directed by Kelsey Darragh and her book on re-imagining justice will be published in Fall 2026 with Penguin Random House. Learn more: @marleeliss marleeliss.com

Natasha Dixon is a social policy researcher and the founder of The Digital Sexual Violence Support Centre (DSVSC), which is a non-profit dedicated to supporting adult survivors of technology facilitated sexual violence (TFSV). Natasha draws on her qualitative research skills and her lived experience of sexual violence to provide evidence-based policy advocacy, to help survivors access justice.

Emily Quint (she/her) is a survivor advocate, writer, and MSW student committed to reshaping the way we respond to trauma. A survivor of SA and IPV who was failed by our systems, Emily channels her lived experience into passionate advocacy for trauma-informed, survivor-led approaches to healing and justice. Emily is the author of *My Sunflower Soul*, a raw and resonant memoir about turning pain into purpose, and a proud member of Survivors for Justice Reform.

Amanda Carrasco is a family survivor of homicide and sexual assault who uses her experiences to impact the lives of her community and those impacted by the justice system. Restorative Justice is the core of her practice, and she is a certified facilitator through the Restorative Justice Council. She holds four master's degrees from multiple nations: two of those are in law. Her most important title is mom and her happy place is on a surf board.



SPEAKER INFO

Hoori Hamboyan is a senior advisor at the Office of the Federal Ombudsperson for Victims of Crime, and lead investigator for their systemic investigation on the experiences of survivors of sexual violence and the criminal justice system. Hoori has a social work and law background and was called to the Ontario Bar in 2005. She worked at Justice Canada in family law and family violence policy as legal counsel, then at Women and Gender Equality Canada as manager of the access to justice and human rights team on the National Action Plan to End Gender-based Violence.

Meaghan Cunningham is a graduate of the U of Ottawa Common Law Program, and since her call to the bar in 2003, she has been working as a Crown prosecutor. Meaghan's trial work has focused on the prosecution of serious cases involving vulnerable victims, including DV, child abuse, SV, human trafficking and homicides. Meaghan was an originating member of the Ontario Ministry of the Attorney General's Sexual Violence Advisory Group (SVAG) a specialized group of prosecutors working full-time on improving the victim's experience in the criminal justice system. Meaghan is currently counsel at the Crown Law Office-Criminal and Chair of SVAG.

Rosel Kim(she/her) is a Senior Staff Lawyer at LEAF. In her role, Rosel contributes to the development and management of LEAF's cases and drafts LEAF's law reform submissions. Rosel currently leads LEAF's advocacy on increasing access to restorative and transformative justice mechanisms for survivors of sexual assault, including acting as a liaison for LEAF in the Bridging Justices Project. Bridging Justices is a partnership between Dr. Mandi Gray, Dr. Jessica Evans, Community Justice Initiatives, and LEAF, which builds on LEAF's research report Avenues to Justice: Restorative and Transformative Justice for Sexual Violence.

Arthur has held the positions of Chair of The School of Social and Community Services, Professor of Social and Community Services. Senior Development Manager, Ministry of Correctional Services. Arthur is the Founder Emeritus, of The Gatehouse. Founder of the Global Poetry Movement. Co-Founder Survivors Council Canada. Arthur founded the Annual International Transforming Trauma Into Triumph Conference. Arthur has received a number of recognitions for his work including Order of Ontario; Canada's Top 50 Champions of Change; Paul Harris Fellow; College Innovator of The Year, Youth Impact Award, Purple Door Award and more.

