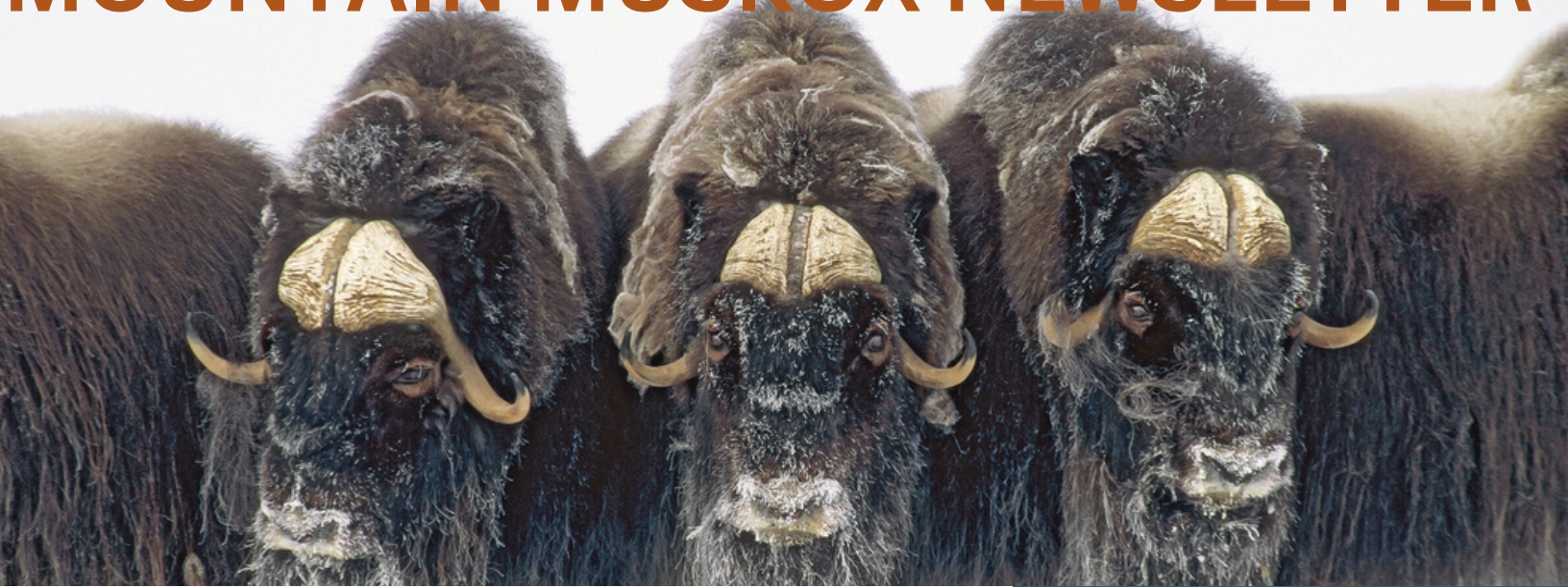


# MOUNTAIN MUSKOX NEWSLETTER



## MOUNTAIN MUSKOX MEMORIAL BENCH

The Alpine Club of Canada (ACC) has kindly given us a site on their property in Canmore to place a Memorial Bench. The bench will be on a viewpoint of the valley where people can relax and spend time with friends and family. Memorial plaques can be purchased/placed on bench thru Mountain Muskox for \$50 in honor of those who have experienced loss or trauma in the mountains. For questions or interest please contact us: [mountainmuskox@gmail.com](mailto:mountainmuskox@gmail.com)  
(Bench not exactly as image below)



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# Sea to Sky Mountain Muskox



## MONTHLY CIRCLES START SEPTEMBER 2023

Peer & professionally supported mentorship community  
for anyone who has been impacted by a traumatic  
incident in the mountains.

### TESTIMONIAL:

*"The Muskox showed me the power of community in the healing process. My involvement with the group became about more than just myself. Looking forward to the next meeting!"*

### TRAUMA & THE NERVOUS SYSTEM

Traumatic exposure can cause our body to get stuck in a state of fight / flight / freeze. This can contribute to experiences including persistent fatigue, insomnia, nightmares, flashbacks, anxiety, depression and experiences of avoidance or emotion, sensation, or activity connected to the trauma.

We don't have to go through this alone.



## KEEN TO LEARN MORE OR JOIN?

PLEASE REACH OUT!

Email: [mountainmuskox@gmail.com](mailto:mountainmuskox@gmail.com)

Web: [www.mountainmuskox.com/contact](http://www.mountainmuskox.com/contact)

IG: @MountainMuskox

# Mountain MuskoX Weekend Immersion September 30- October 1, 2023

Join us for a two-day weekend immersion (9-4) with the intention of being immersed in the experience of (re)connection thru principles, tools, and community. The leaders of this weekend are John Coleman (PhD) and Sydney Badger (Registered Clinical Counsellor). John is a wellness and high-performance consultant specializing in opening pathways to personal evolution. With a doctorate in performance psychology, a designation as a registered therapeutic counselor, and connections with various spiritual traditions, he has cultivated a unique skill set to help people overcome barriers and free up their potential. Sydney is a Registered Clinical Counsellor in British Columbia who supports professionals and recreationists in the adventure community. She works with people across the country through her virtual private practice, Back to Earth Counselling. Space is limited, contact: [mountainmuskoX@gmail.com](mailto:mountainmuskoX@gmail.com) for more information.

Please go to the link below or email us to register:

[https://docs.google.com/forms/d/e/1FAIpQLSfb\\_nNa8qqIOAIZAqdGqMppPvLAigkWjIE5oK\\_Qxeir\\_zGTNA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfb_nNa8qqIOAIZAqdGqMppPvLAigkWjIE5oK_Qxeir_zGTNA/viewform?usp=sf_link)



John Coleman



Sydney Badger



## MOUNTAIN MUSKOX

11AM

Mountain Muskox is a community to support and care for those who have experienced loss or trauma in the mountains. Come to the Mountain Muskox tent for a meet and greet and get to know the team and the community. Hear from folks who have participated in Mountain Muskox circles, and leave with a tool to support your own grounding.



August 26th, 11 am

# Mountain Muskox attends ACC's 50th Anniversary

Members of Mountain Muskox had a booth at the ACC's 50th anniversary. We were among other nonprofits that are all doing inspiring work in the Bow Valley and beyond.



## Mountain MuskoX attending 2023 Banff Centre Mountain Festival Marketplace

**The MuskoX provides safe, supportive, professional, and peer-facilitated, group circles for anyone who has experienced loss or trauma in the mountains.**

Stop by our booth at the Festival Marketplace to learn more about Mountain MuskoX and meet members of our team.

Friday, November 3: 4 pm-7 pm

Saturday, November 4: 10 am-7 pm

Sunday, November 5: 10 am-5 pm

