

WELCOME TO

So loss,



REACH
DMONTON
and for Safe Communities

IN
WITH
FORWARD

RECOVER.

What Is Soloss?

Soloss is community care for grief and loss. We offer flexible, peer-to-peer support and co-create personal and neighbourhood healing rituals.

Our purpose is to build our collective capacity to be with and bear witness to loss, opening up space for reconciliation and healing.

Drawing on literature, intercultural wisdom, and three years of local ethnography, we see that connections are at the root of wellbeing. Behind Soloss are two critical shifts in our thinking.



1. Not just about connecting in but connecting out.



2. Residents as a key resource in co-creating community wellbeing.

When we think about resources, we often think about government, non-profits, and businesses. Not always everyday people!

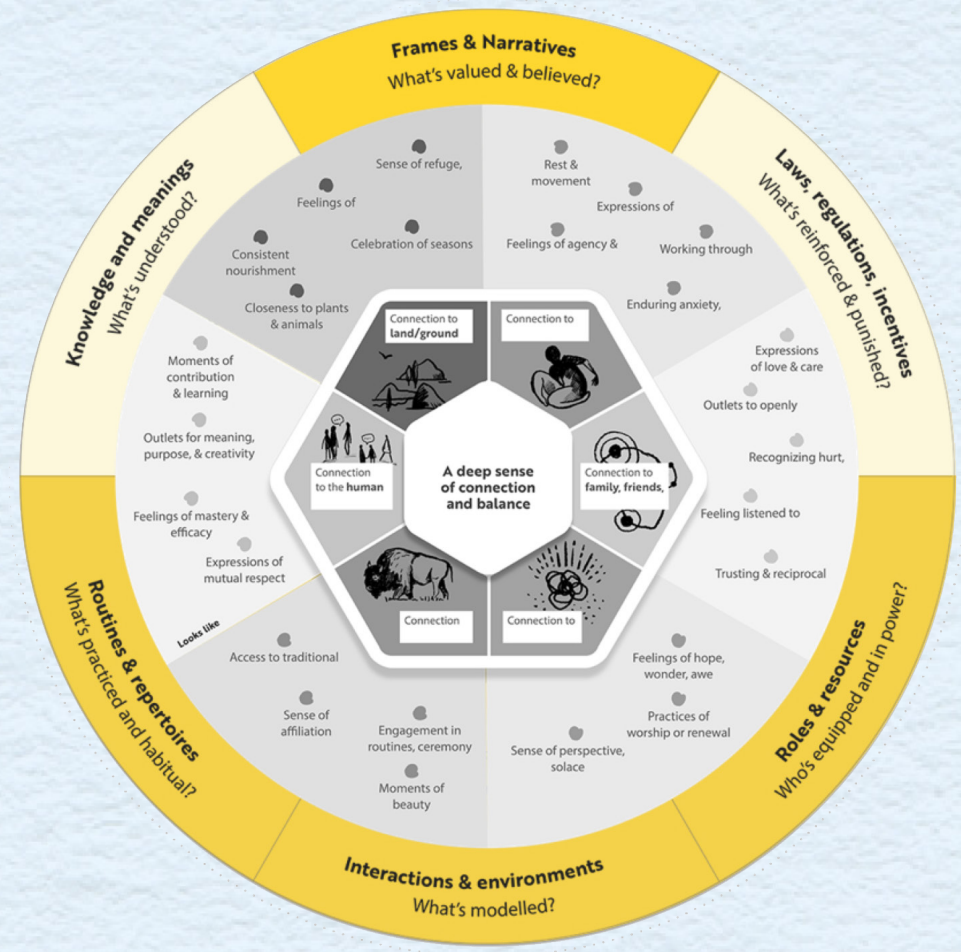
Soloss explore ways in which we can invest in the capacity of residents to care for each other.



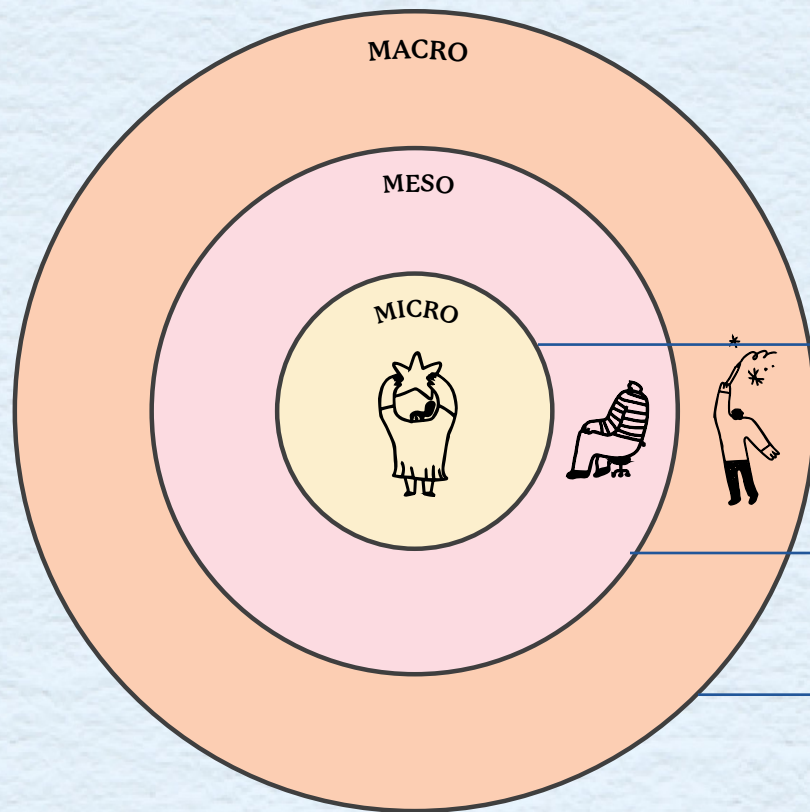
Soloss has been intentionally co-designed to cultivate connection and enable wellbeing.

We're testing how to pull four levers of cultural change:

1. frames & narratives
2. routines & repertoires
3. interactions & environments
4. roles & resources



Soloss works to advance individual and community-level wellbeing outcomes at three levels.



We mark moments of loss with symbols and rituals...

...in order to shift how people make sense of loss and find outlets for healing

...so we can strengthen sense of perspective, purpose and healing

We recruit and connect peers (Losstenders & Sharers) for brief encounters

...in order to facilitate bridging relationships between people across lines of difference

...so we can increase a sense of respect, solidarity and support

We curate public exhibitions and neighbourhood events...

...in order to challenge social norms & confront the stigma/shame that stand in way of connectedness

...so we can increase interpersonal trust and community belonging

Over the past three years, we've prototyped Soloss in three contexts:

Prototype No 1 2021

Testing Soloss within a **neighbourhood & supported living context** to learn about uptake, engagement, and capacity to bridge lines of difference.



Prototype No 2 2022

Testing within a **frontline service delivery context** to learn about Soloss as a tool for burnout & compassion fatigue.



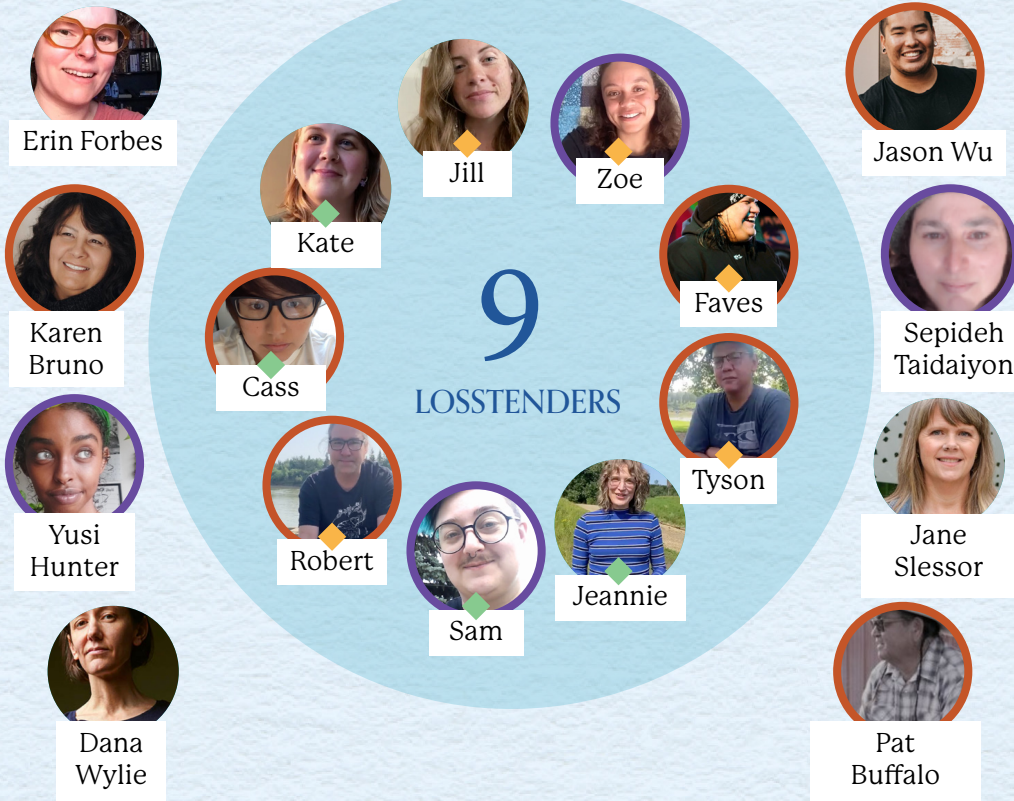
Prototype No 3 2023

Testing within an **encampment context** to learn about value of non-institutional & freely given relationships, and potential of brief interactions to build trust & offer community care.



Cohort of 2023

CIRCLE OF SUPPORT



- Identifies as non-white
- Identifies as Indigenous
- Has social work experience/education
- No social work experience/education

Dashboard of 2023

40

applications for Losstender role

9

of Losstenders

4

of Indigenous Losstenders

8

applications for Losstender role

75

of interactions in encampments

50

of campers with whom we built relationships

Quotes

“

Soloss has given me better self-esteem, we'll put it that way. So it has changed me in a couple of ways

- Ross, Sharer

“

I was talking around the fire... J was saying, like, there are a lot of people who want to help and they don't know how to. And maybe there's a way to have that conversation. He made a comment like, "Help for real, not just come and bring your food and then split. It's like sitting, dialogue, sharing." Maybe some prompts, some questions that could help us figure out, some of our learnings on how to hold space more

- Jeannie, Sharer

“

Ah, [playing music together] made me so happy. It's different, something different

- Marcel, Sharer

“

[When you first came to our camp], I thought what kind of people are these? Are they drunk or what? [laughs] But you know, that's the best thing that could ever happen, because it brought a lot of life back in. I lost a lot people down there. And it's been a hard couple months. You helped me through it.

- Keitha, Sharer

“

We love you so much

- Jeannie, Losstender, in response

“

And I knew there was a reason why we were there. [laughs] And I'm glad you came and that you're a part of my life

- Keitha

We're ready to grow Soloss!

We see a *next* opportunity to expand Soloss in the encampment space and engage more everyday Edmontonians in strengthening community care & wellbeing.

As a forever prototype, we'd love to test how we ...

- Spread the number of cohorts by tapping into the growing Soloss alumni network to take on cohort stewardship roles
- Co-create more fluid leadership roles with & for unhoused & precariously housed folks
- Deepen access to ceremony, ritual, and medicines as tools for healing
- Engage 311 and invite residents who call about encampments to engage with Soloss learning experiences & rituals
- Open-up Soloss to peace officers, park rangers, and frontline staff interfacing with encampments and who are wading through their own unacknowledged grief, loss, and ethical entanglements

Soloss can help to actualize the 6 Guiding Principles of the City Plan!

BELONG

- Edmonton fosters wellness and mental health by providing opportunities for all people to engage in community life and supporting those who are isolated or marginalized.
- Support the elimination of poverty, its root causes and disparity in Edmonton's communities.

LIVE:

- Increase access to social supports and resources for the urban Indigenous population.
- Promote gathering spaces for culture, sports, recreation and entertainment opportunities to support both formal and informal uses.
- Provide gathering and event spaces for hosting Indigenous cultural and ceremonial practices.

THRIVE

- Integrate the perspectives of Indigenous peoples through community engagement and reduce barriers to participation.
- Improve the safety of Indigenous persons by creating community supports

ACCESS:

- Ensure the equitable access of affordable services and amenities to all Edmontonians.
- Improve efficiency and effectiveness of programs and services in collaboration with other orders of government, community organizations or citizens' groups.

CREATE

- Edmonton fosters citizen leadership, capacity building and co-creation.
- Edmonton is where creative spaces emerge and arts, design and culture flourish.
- Edmontonians develop and invest in new ideas and sectors that contribute locally and are recognized globally.

