



SOS

stories of significance

The Story of the Present Moment



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StoryWeaver
Registered Expressive Arts Practitioner



Pathways

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What is SOS?

SOS is a one-on-one, playful storytelling experience that helps people uncover a story of the present moment—one that reflects where they are, right now.

Each story is unique.

Nothing is prepared in advance.

It unfolds in the moment,
side by side with a StoryWeaver.



NCE,

in a time

before time,

there was . . .

Who is it for?

SOS is for people who are:

- Navigating illness, grief, or anxiety
- Facing uncertainty or life transitions
- Looking for a playful and creative way to explore what is being experienced

no writing or storytelling experience needed



Rather than memoir, this is a story of the present moment loosely using a fairytale structure.

Why SOS?

SOS is the universal signal for something that needs attention.

The process is a way of being heard and understood. It offers the possibility of meaning to emerge through story.

Piece by Piece unexpected connections may surface.



Clarity

a clearer sense of where you are and what matters

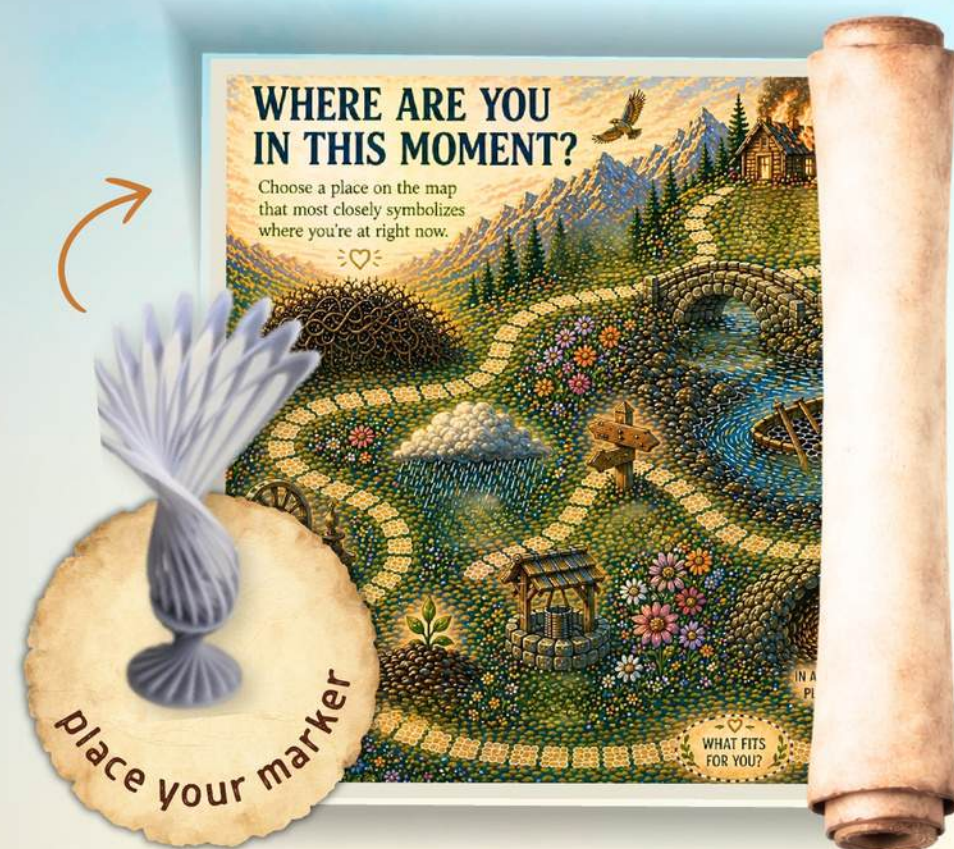
Perspective

the story can offer new insights and possibilities

A Significant Story

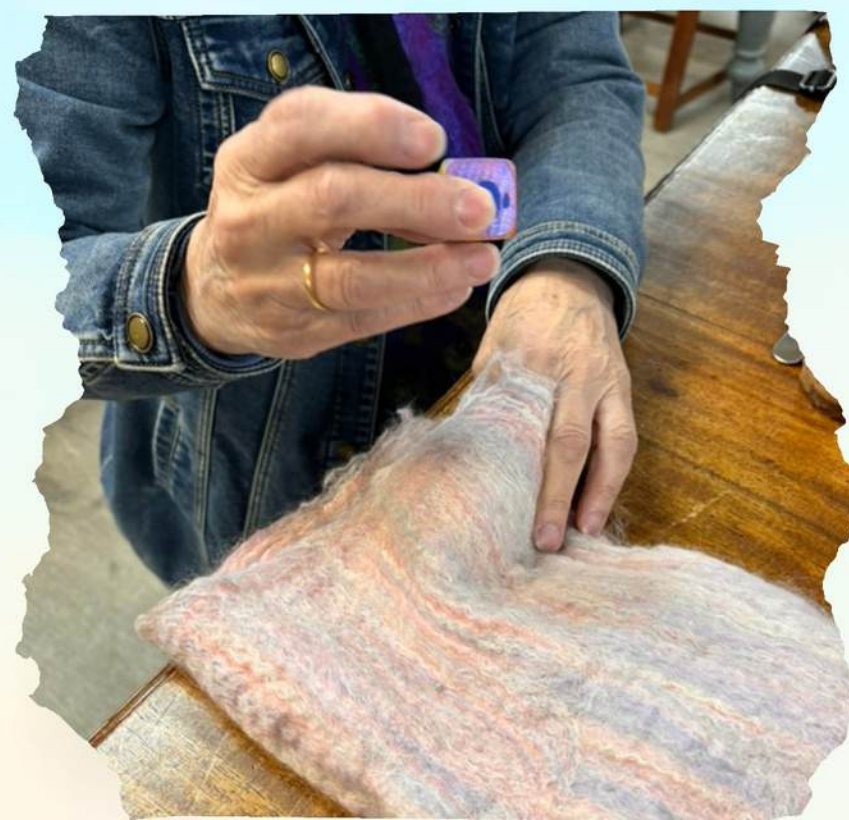
that is yours alone, share it with others, or not

How does it work?



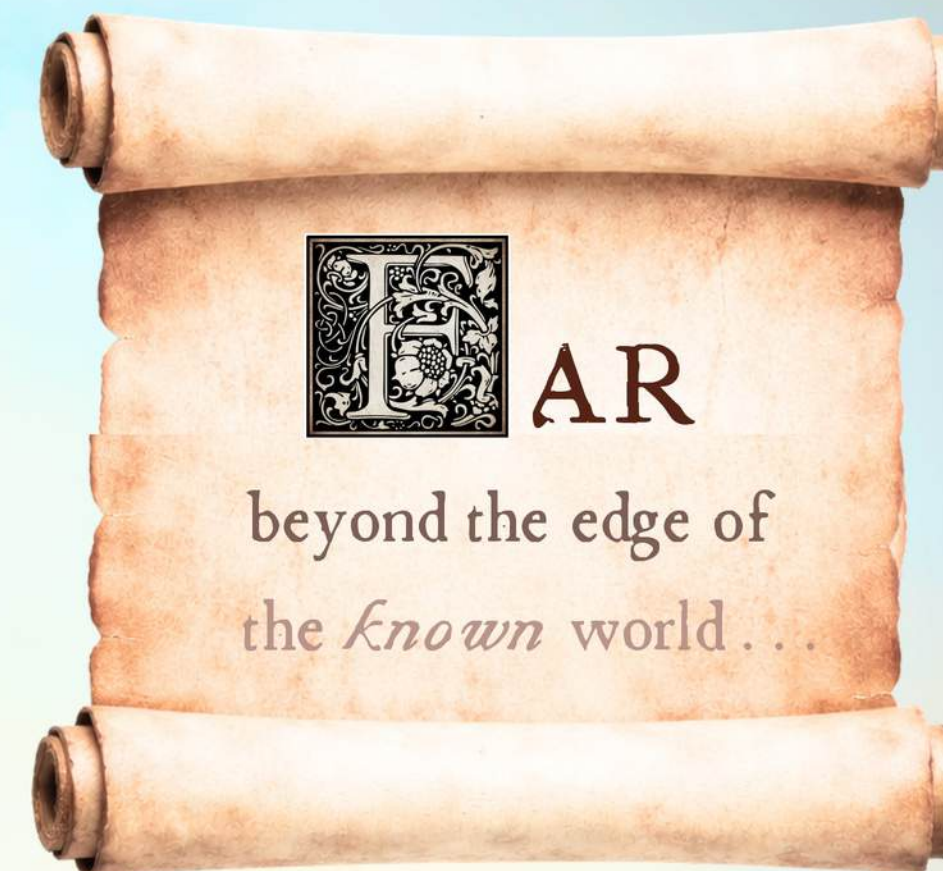
1. Begin with the map

Choose where on the map you are today.



2. Piece by Piece

Reach into the soft bag, one at a time take out the numbered cubes. Each number corresponds to an element of a story (such as character, setting, or challenge).



3. Discover the Story

Side by side with the StoryWeaver, who will capture your words, a fairytale-like story emerges.

You receive a printed copy of your story, and an audio version if you decide to record it.



SOS Gallery



Listen to the Excerpt

Stella's Story: The Queen, The Bird & The Jewel

This SOS - Story of Significance Process was recorded in a cafe in rural Ontario, Canada for Stella who just received a diagnosis.



Listen to the Excerpt

Jacquie's Story: The Wolf & the Gnome

This SOS - Story of Significance was crafted with Jacquie who is working through cancer treatment.



Listen to the Excerpt

Care Partner Story: The Shapeshifter

This SOS - Story of Significance was co-created with a care partner in a coffee shop in Victoria, British Columbia.

SOS Testimonials



“The visual is perfect and whimsical... It was such a cool experience. I certainly had a skip in my step today. You are very gifted at your craft and you made the entire experience flow with ease.”
-Jacquie Z.

“It was really interesting and revealing. It took me in directions that I probably wouldn't have gone! The true value of your work!” -HH



“Thanks for guiding me through the story weaving as I stumbled on thoughts and tried to be imaginative. You are a great storyweaver and listener. I walked home in the sunshine feeling very relaxed and happy. It was a fun and relaxing experience for me.” -PR

Frequently Asked Questions



How long does the process take?

Just over an hour if you decide to record your story.

Do I have to be a storyteller?

Absolutely not! Once we have the story elements, we will discover the story together. You won't need to write it down, since I'll do that and we can edit it together.

How much does this cost?

Right now SOS is in the pilot phase, so there is no cost to you. I am grateful you are part of making SOS the best it can be! If you are able to donate that's great, but it is not expected.



What is a StoryWeaver?

A StoryWeaver guides the SOS process. Side by side with you, in a collaborative approach, your story will evolve.

Is this Memoir writing?

No it's not. The metaphorical story expresses the here and now – the story of today – having your voice heard in the moment.

Who will hear this story if I decide to record it?

SOS is for you alone. You will receive an mp4 and it is up to you who you share it with. If you give your permission, I will share it with people as an example, and to accompany grant applications. Regardless, you will receive a printed copy of your story.

About Me

Meet your StoryWeaver.

- I am passionate about stories, mine, and others.
- I have the privilege of guiding people to put difficult stories into a metaphorical story world using traditional and digital formats.
- I work with art-making materials as tools to encourage self-expression in an authentic way.

My Current Focus.

- I design and deliver innovative programs for those living with illness, grief or anxiety through art-full gatherings and truth-full digital stories called Stories in Motion.
- **SOS** Stories of Significance has evolved from Stories in Motion. They are short, fairytale-like Stories co-created in written and audio formats that reflect the present moment.
- I continue to learn, be astonished and humbled by the people I have the privilege to work with.



H. Fay Wilkinson

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Arts Practitioner,
StoryWeaver



I am honoured to have been called an 'Illisaiji' - someone who creates an environment where wisdom can reveal itself.



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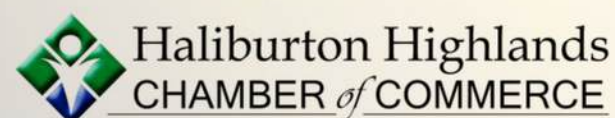
Vimeo channel

About Me

I have been working in the field for over 30 years. My Creative Cocoon Practice is in rural Ontario Canada.

COMMUNITY IMPACT

I have been Faculty and the Coordinator of the Expressive Arts Post Graduate Program at Fleming College's Haliburton School of Art and Design, awarded the Fellowship of Applied Education from Fleming College, and nominated for the Innovation and Creativity Award from the Chamber of Commerce. Founder of the Visible Voices Open Arts Studio, a community hub for making.



CURRENT CLIENTS

As well as working with individual clients, I design and deliver in person and online programs for Mental Health Services and Brooksong Retreat & Cancer Support Centre.



ACCREDITATIONS

I am registered with IEATA (International Expressive Arts Therapy Association) and OEATA Ontario Expressive Arts Therapy Association.



WRITING & SPEAKING

Published a research paper as first author in the International, peer reviewed journal of Arts and Health. Article featured in SAGE-ING magazine. Authored a chapter in: Healing with Art and Soul, edited by Kathy Luethje. A speaker locally, nationally, and internationally, including the World Conference on Arts & Health in Australia.



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