



Releasing With the Tides
October 27, 2011 to November 07, 2011

Program for former Indian Residential School students going through the settlement process

- Networking and getting acquainted
- Acquire skills to let go of Residential School trauma
- Develop and create an effective support network
- Learn to express healthy anger
- Positive thinking

Keeping the Circle Strong
November 08, 2011 to November 18, 2011

Co-ed program for Grief & Loss

- Holistic approach utilizing the Medicine Wheel
- Forgiveness letting go of negative emotion associated with Grief & Loss
- Family Dynamics
- Moving from Grief & Loss to celebrating our lives

Finding the Beat of Your Drum
November 19, 2011 to November 29, 2011

Co-ed program for Intergenerational men/women (parents or family attended Residential School)

- Cultural teachings
- History of Indian Residential Schools
- Effects of Indian Residential School
- Intergenerational effects of Indian Residential School
- Utilizing the medicine wheel for healing

Rekindling Our Spirit as Women
January 20, 2012 to February 01, 2012

Sexual Abuse program for Women

- Group process to address trauma, shame & guilt
- Holistic approach, Mental, Spiritual, Emotional, Physical
- Staying in balance while healing
- Effects of Sexual Abuse

Rekindling Our Spirit as Men
February 08, 2012 to February 20, 2012

Sexual Abuse program for Men

- Group process to address trauma, shame & guilt
- Holistic approach, Mental, Spiritual, Emotional, Physical
- Staying in balance while healing
- Effects of Sexual Abuse

Abandonment
February 21, 2012 to February 27, 2012

Co-ed program for abandonment

- Understand why does it hurt so much when some leaves us and where does it come from
- What triggers abandonment
- Learn what Acceptance and Love is
- Overcome feelings of inadequacy

Soaring Together
February 28, 2011 to March 07, 2012

Couples Program

- Learn how we were shamed as children
- Learn what shame and victim behavior is
- Releasing the shame messages we carry in relationships
- Healthy sexuality: teaching and tools

Transformation
March 14, 2012 to March 20, 2012

Co-ed program to address the impacts of shame

- Restore a sense of belonging through pride in identity, family, community, and ancestry
- Restore the wisdom of traditional teachings, practices and medicines that promote balanced for the mind, heart and spirit throughout the lifespan
- Provide opportunities to practice new ways of thinking, behaving and living
- Restore a sense of self through ceremony and appropriate therapies that deal with historic and present day traumas

Emotional Fitness
April 03, 2012 to April 13, 2012

Co-ed program to deal with emotions in a healthy manner – Anger management

- Define anger and types of anger
- Learn the “S.E.L.F.” model of peace and healing
- Develop a working understanding of one’s own anger/stress patterns and responses
- Develop a wellness plan that promotes healthy living with the emotion of anger and well being

***Prerequisite for Training the Trainers 2011/2012**

- **Some experience facilitating health/wellness workshops**
- **Commitment to health and well being of First Nations people**
- **Is addressing personal wellness issues (trauma, shame etc.) and willing to self-reflect**
- **Has an understanding of the impacts of colonization and oppression including residential schools**
- **Commitment to all *three* 5 day sessions**
- **Commitment to delivering workshops in the community**
- **Willing to produce a video showing a one hour segment of delivering a workshop**

Training the Trainers I
December 13 - 19, 2011

Co-ed program for frontline health workers

- Personal Development and Self Care
- Examine the impact of trauma and unresolved trauma
- Experience group healing processes
- Provide knowledge and training for facilitators
- Facilitator ethics
- Keys to effective group training
- Provide knowledge and skills
- Understanding keys to effective group function
- Practice planning, designing, preparing a presentation and delivering a session

Training the Trainers II
February 02 - 08, 2012

Co-ed program for frontline health workers

- Personal Development and Self Care
- Examine the impact of trauma and unresolved trauma
- Experience group healing processes
- Provide knowledge and training for facilitators
- Facilitator ethics
- Keys to effective group training
- Provide knowledge and skills
- Understanding keys to effective group function
- Practice planning, designing, preparing a presentation and delivering a session

Training the Trainers III
March 08 - 13, 2012

Co-ed program for frontline health workers

- Personal Development and Self Care
- Examine the impact of trauma and unresolved trauma
- Experience group healing processes
- Provide knowledge and training for facilitators
- Facilitator ethics
- Keys to effective group training
- Provide knowledge and skills
- Understanding keys to effective group function
- Practice planning, designing, preparing a presentation and delivering a session