

ACTIVITY

The blanket exercise : is a cultural sensitization, a moment in time taking you through the true history of First Nations people, to better understand the ways in which First Nations experiences have a direct link to substance abuse and mental health.

This exercise takes 3 hours of the day and can be delivered on its own.

Note: This activity can be done in person only and requires a minimum of 15 people.

ADDITIONAL INFORMATION

The complete program which includes the presentation with all the options included and the blankets exercise is a one and a half day program.

If you want a full day program with the blanket exercise included you can afford to take only up to one-two (maximum) of the presentation options.

COST

The bass price is \$1000 per facilitator, plus accommodations and travel, if the presentation is in person.

If the blanket activity is included, it requires a minimum of two facilitators (3 if the group is large).

If you want the complete program for a day and a half, the fee increases to \$1,500 per facilitator.



FIRST NATION EDUCATION AND INTERVENTION: SUBSTANCE ABUSE RECOVERY AND WELLNESS

A HOLISTIC/CULTURAL APPROACH



By Wanaki MWT

PRESENTATION

Intervention approaches:

7 Grand-father teachings: How we utilize these teachings in the work we do with clients, the ways in which clients use the teachings as driving forces in their recovery journey.

7 Grand-father teachings as ethical guidelines for front-line workers, utilizing the tools to work on yourself, your capacities, and your own truth in the work you do.

Teachings of the circle, medicines, and protocols:

This workshop presents the ways in which we utilize the sacred circle as healing sessions, workshops settings, teachings. The circle has been with us for a long time, and the medicines come to support that circle and work taking place with individuals, families, and communities.

This part of the presentation lasts 2 hours

The presentation part can be done in-person or online (Zoom platform)

Here are options that can be added to the presentation. If you wish to select all the options, the presentations automatically turns into a full day (7hrs with lunch break included)

Structural approach and the continuum of care:

Understanding the laws that govern First Nations people and the ways in which these laws contribute to on-going colonization, poverty, violence, substance abuse and mental health. **1hr**

Strengths-based approach: Moving away from the problem focused approach and utilizing individuals, families, and community's strengths to recognize their resiliency, successes, and ability to guide their own healing and journey. **1hr**

Holistic approach: teachings on the medicine wheel, the ways in which we can utilize this tool for clinical evaluations, intervention plans and after-care plans. **1hr**

Family systems approach: Building awareness of the gender and family roles within First Nations communities and the ways in which systems work against keeping our families and communities together. Building awareness about the importance of working from a new family systems approach. **1hr**



IF YOU ARE INTERESTED IN PARTICIPATING, OR NEED MORE INFORMATION PLEASE CONTACT:

**TIFFANY DUMONT
MWT@WANAKICENTRE.COM**