



OUR Workshops

- NOW WE ARE SOBER
- 7 GRANDFATHER TEACHINGS
- GROWING UP IN AN UNHEALTHY ENVIRONMENT
- STAGES OF USE
- DEFENSE MECHANISMS
- SLOW DOWN SKILLS
- COMMUNICATION & CONFLICT
- ANGER & RESENTMENT
- SUICIDE & GRIEF
- SELF-ESTEEM
- HER LIFE EXPERIENCE
- ANXIETY
- ATTITUDES
- UNDERSTANDING TRAUMA
- FAMILIES EXPERIENCING DIFFICULTIES
- VIOLENCE
- CO-DEPENDANT RELATIONSHIPS
- BUDGET
- HEALTHY & UNHEALTHY RELATIONSHIPS
- PARENTING
- RELAPSE PREVENTION & CHANGE IN BEHAVIOUR
- WELLNESS PLAN
- RESIDENTIAL SCHOOL & SHARING ON OPPRESSION IN GENERAL
- MOTIVATION & INSPIRATION
- GAMBLING
- OUR STORY (MMIMG)
- OUR STORY PART 2 (LANGUAGE)
- PROBLEM SOLVING
- YOUTH PROTECTION
- HEALTHY SEXUALITY