

# Manitoba First Nations Shelter Networking Group

- There are 63 recognized First Nations in Manitoba
- 124,410 Registered First Nation members in Manitoba
  - 76,660 live on-reserve
- 59.8% of First Nations members are under age of 30
- 23 FNs in MB are not accessible by an all-weather road

As of January 2007, INAC

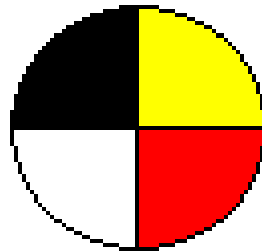
# Shelter Networking Group

There are four shelters operating in Manitoba's  
63 First Nations:

- 1) First Nation Healing Centre
  - Fisher River Cree Nation
- 2) Mamawehetowin Crisis Centre
  - Mathias Colomb First Nation
- 3) Wechin Waskigan Crisis Centre
  - Shamattawa Cree Nation
- 4) Jean Folster Place
  - Norway House Cree Nation



Holistic Approach:  
belief that true physical, mental,  
emotional and spiritual healing  
occurs when an individual is in harmony  
with his or her environment





‘Circle’ represents the fact that  
we are all one and that  
the entire universe is connected.

‘Circle’ embodies the  
four elements of whole health:





## Spiritual

Can mean many things depending on individual's approach to spirituality, and may include ceremonies, gaining traditional knowledge and exploring his or her spiritual heritage





## Mental

Includes education,  
knowledge of Aboriginal history and  
cultural contributions, and  
activities that promote self-confidence



## Physical

Includes nutrition, sports and recreation,  
and cultural activities;

May also include examination of past  
trauma effects on physical aspects of  
individual and healing the wounds



## Emotional

Gained through access to sharing circles,  
counsellors, and Elders;  
Also connecting with self,  
family, community and nation  
through concept of identity

Adapted from: Steven Hick. Social Work in Canada: An Introduction 2<sup>nd</sup> Ed. 2006. Thompson. Toronto, ON.



# Four Principles

- Aboriginal worldview is distinct
- Examining history, culture and traditions to uncover causes of problems
- Recognizing and analyzing the impact of colonialism
- Empowerment to bring about lasting change



Steven Hick. Social Work in Canada:  
An Introduction 2<sup>nd</sup> Ed. 2006.  
Thompson. Toronto, ON.

# 7 Week Residential Program

## Week One

### Self- Awareness- Who Am I?, Teaching on Love

- Getting to know each other
- Healing Mechanisms
- History/Colonization
- Residential School Era

Exercises: video, emotions wheel, facing our feelings, describing love, happiness, goal setting, integrated self, four basic skills of a relationship



# 7 Week Residential Program

## Week Two

### Family of Origin, Teaching on Respect, Anger Management

- Genogram/family tree
- Attitudes and beliefs
- Recognizing patterns
- Alcohol abuse, family violence, sexual abuse, other patterns and their relation to today

Exercises: video, sharing, 23 questions exercise, genograms, family tree



# 7 Week Residential Program

## Week Three

### Family Violence, Teaching on Courage, Anger Management

- Honouring our voices
- Cycle of violence- roots and causes
- Types of abuse, profile of a batterer
- Fear
- Valuing our strengths, qualities, and vulnerabilities

Exercises: video, group discussion, relating cycle of violence to personal experiences, my worst fears

# 7 Week Residential Program

## Week Four

### Sexual Abuse, Teaching on Honesty

- Understanding sexual abuse
- Who are sexual abusers?
- What happens to a person experiencing past sexual abuse
- Common indicators
- Coping, defence mechanisms

Exercises: video, myths, fact sheets, exploring feelings, invited speaker, long term effects, healthy sexuality



# 7 Week Residential Program

## Week Five

### Loss and Grieving, Teaching on Wisdom

- What is death?
- 5 Stages of Grief
- Coping and healing
- Letting go

Exercises: video, guest speaker, group processing and sharing, letter writing exercise, fun activity to end week



# 7 Week Residential Program

## Week Six

### Our Little People, Teaching on Humility

- Parenting today vs. Parenting in the past
- Children who witness violence
- Mediation in parenting
- It takes a whole community to raise a child
- Safe Proofing children from sexual abuse

Exercises: video, handouts, ingredients of a healthy family,  
101 ways to praise a child, family outing

# 7 Week Residential Program

## Week Seven

### Self-Care and Empowerment, Teaching on Truth

Achieving goals in spite of obstacles

- Enhancing self-esteem, self-empowerment
- Aftercare plans and safety plans
- Honouring with feast, certificates

Before pictures and after pictures to see growth in all areas:  
physically, mentally, emotionally, spiritually



# 7 Week Residential Program

Motivational tools are used:

- 'Reflection of the light within us' candles
- Crystals, inspiring quotes, cards, self-care items

Morning smudge, prayer, sharing circle, reading from a meditation book

Walks and exercise are incorporated to help find balance in four areas of our being



