

Cercle Sacré Anishinabe Sacred Circle

Humility, Honesty, Courage, Truth, Love, Respect, Wisdom

The Sacred Medicine Bundle Project

The enclosed projects are designed for woman and men 55+ to promote healthy living. Taking a holistic approach by means of cultural teaching and practice to include empowerment/building, self esteem, good nutrition and other element that might be identified along the process

Knowing who you are is essential to understand how to deal with conflict in a healthy way; identity is fundamental. We aim to encourage elderly people to come forward and share their stories. The Sacred medicine bundle project aim to deliver information about elderly programs and services to safeguard the first nation, metis and Inuit older generation's well-being, mental health, fitness, nutrition, health care and healthy living arrangements. Many first nation, metis and Inuit elders are still very afraid of the system that once failed them. Many of them are residential school survivors or victims of the sixties' scoop. The Sacred Medicine Bundle Project will provide the proper tools to rebuild their identity and make their life comfortable and easier.

The well-being elements in this program are leadership, self-esteem, community engagement, cultural teachings and practices, addiction/violence prevention, nutrition/healthy cooking, food security, health education, fitness program, living facilities and support.

First Nations, Métis and Inuit Senior's Support Project

Empowering our elders to build healthier communities

These activities are done indoor and on the land guiding participants towards understanding the meaning of the word *identity*, *self-esteem*, *dignity*, *Sacred medicine* and the teaching of the *medicine wheel / the circle of life*.

❖ *Encouraging the participation of elders, thus guiding the process of development of a healthy community.*

Taking into account the challenges faced by elders, approaches have been based on anishinabek spirituality and values aiming for lasting results. The accomplishment of the project will be measured by the number of sessions and the number of participants vs the retention rate. This project is also seeking to create strong relationship / partnership with community organizations with the same goal when working with seniors including First Nation, Metis and Inuit; raising awareness among decision-makers about urban situation to ensure inclusion and use of the strong potential workforce available.

Participants:

This project is open to the following group of men and women 55 years old + and will be adjusted as needed for the different groups:

1. First Nation, Metis, Inuit and self-identified seniors who is struggling with their situation, their lost of mobility, their physical, emotional, mental and spiritual health and their living situation
2. First Nation, Metis, Inuit and self-identified seniors who have been struggling with drug or alcohol abuse and are now ready to make a positive change in their lives (these seniors already went to a detox program and are ready to move on)
3. Open to First Nation, Metis, Inuit and self-identified seniors who have been victim of abuse, have little or no education, have been victim of human trafficking, struggling with life issues in general, survivor or children of survivor of residential school or victim of the sixties scoop.

Objectives:

The objectives are to help First Nation, Metis, Inuit and self-identified seniors to gain self-respect and to learn how to live their culture bringing spirituality into their life to help them cope with difficult situations. Getting to know each other, learn from each other, share their experiences and helping them understand that they are not alone and that others are living the same issues. This is done with teachings given in simplicity and concrete exercises giving powerful and durable results.