

Anishinabe Sacred Circle

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

The project: gathering of the sacred medicines

This project is designed for women and men aged 55 and over to promote a healthy lifestyle.

Taking a holistic approach through cultural teaching and practice to include empowerment, self-esteem, good nutrition and other elements that could be identified along the process.

Knowing who you are is essential to understanding how to handle conflict in a healthy way; Identity is fundamental. We aim to encourage people of the 3rd age to come forward and share their stories. The Gathering of the Sacred Medicine project aims to provide information on programs and services offered in the areas of wellness, mental health, fitness, nutrition, health care and healthy living conditions. Many First Nations, Metis and Inuit elders are still very afraid of the colonial system that failed them. Most of them are residential school survivors or victims of the sixties scoop. This project will provide them with the appropriate tools to rebuild their identity and make their lives comfortable and easier.

The wellness elements of this program are leadership, self-esteem, community engagement, cultural teachings and practices, substance abuse and violence prevention, nutrition and healthy cooking, food security, health education, fitness and living conditions and support.

Support Project for First Nations, Métis, Inuit Elders and all seniors who want to improve their lifestyle

Empowering our seniors **to build** healthier communities

These activities are done inside and on the land guiding participants towards understanding the meaning of the words *identity, self-esteem, dignity, sacred medicine* all according to the teachings of the *Medicine Wheel / the circle of life*.

❖ *Encourage the participation of seniors, thereby guiding the process of developing a healthy community.*

Given the challenges faced by Elders, approaches were based on Anishinabek spirituality and values for sustainable results. The completion of the project will be measured by the number of sessions and the number of participants in relation to the retention rate. This project also aims to create strong relationships/partnerships with like-minded community organizations when working with Elders, including First Nations, Métis and Inuit women and men; working with these decision-makers on the urban situation to ensure inclusion for all.

Participants

This project is open to all women and men aged 55+ and will be adjusted as needed according to the different groups:

1. People 55+ who are struggling with their financial situation, loss of mobility, physical, emotional, mental, spiritual and general life situation
2. People 55+ who are struggling with drug or alcohol abuse and are now ready to make a positive change in their lives (these individuals must have participated in a detox program and ready to move on.)
3. Open to First Nations, Métis, Inuit and all 55+ seniors who have been abused, have little or no education, have been victims of human trafficking, who are struggling with life problems in general, survivors or children of survivors or victims of the sixties 'scoop.

Objectives:

The objectives are to help First Nations, Métis, Inuit and all seniors to respect themselves and learn to live their culture by bringing spirituality into their lives to help them cope with difficult situations. Get to know each other, learn from each other, share their experiences and help them understand that they are not alone and that others are going through the same problems. This is done with teachings given in simplicity and concrete exercises giving powerful and lasting results.