

Anishinabe Sacred Circle

Humility, honesty, courage, truth, love, respect, wisdom

The Grandfather/Grandmother's Bundle Project

This project is designed for young people to develop tools to better understand who they are, find their purpose, take ownership of their lives and learn the Way of the Red Path.

This project was prepared for young people aged 14 to 20

The goal of the organization is to empower First Nations, Métis, Inuit, Status, non-Status or Self-identified youth, women, men and Elders by facilitating circles of discussion, healing programs using traditional teachings and ceremonies by reflecting on the different ways in which each person must develop their full potential.

Knowing who you are is essential to understanding how to handle conflict in a healthy way; Identity is fundamental. Once young people know who they are, pride returns and pride is the key to emotional, physical, spiritual and mental health.

The goal of this program is to enable our youth to develop their leadership commitment, promote well-being and reduce the risk factors for suicide, namely social isolation and low self-esteem.

While the suggested goals and activities of this program are primarily related to mental health and suicide prevention, this program model could be adopted to incorporate healthy living. An important factor is creating a safe environment where youth feel safe and free to speak out.

Sessions include: relationship building, problem solving, building self-esteem, facts and myths of suicide, life planning and finally preparation for rites of passage to celebrate their achievements and recognize them as young adults. Some sessions are divided into 2 groups, a group of girls and a group of boys in order to promote comfort and safety.

These activities are done in a safe place that guides participants towards understanding the meaning of identity, self-esteem, dignity and the *teachings of the seven grandfathers*.

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

To receive the full program please contact us to schedule a meeting.