

Anishinabe Sacred Circle

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

Bear Bundle

This program is suitable for both young and more mature men.

Accompaniment

In our circles we establish a climate of respect for others that promotes communication and allows constructive exchanges that challenge participants and thus promote growth. All this takes place in an environment that encourages questioning, discussion and decision-making by men, aiming at a renewed perception of their situation and, ultimately, an improvement in their quality of life. Thus, the activities are incidental; The key is what men learn about themselves by taking action and taking an introspective look at what they have accomplished.

The intergenerational approach

Currently, in our society, whether it is First Nations communities or other communities, regardless of nationality, there is a gap between young men and older men; few bridges allow them to meet, we try to bring generations together, which makes it possible to exploit the strengths of each and thus contribute in a unique way to the journey of each of the participants. In our approach to young men, we try to establish a frank and reciprocal dialogue between generations.

It is proposed to hold a healing circle each week according to the needs of the group for a period of 15 weeks (13 weeks in a circle, a circle in the forest and one week for a sweat lodge)

Why a healing circle? It is very important to bring men back into the circle. In the circle, everyone has the right to speak, everyone is equal, which helps to increase self-esteem; The circle is a safe place where everything that is said stays in the circle, which helps to develop confidence in oneself and in others. The Eagle feather will be used, which promotes ease of expression and authenticity.

Objectives

1. Develop a new pedagogy, based on voice, respect, dignity and courage;
2. To accompany men to overcome their difficulties in all areas of their lives;
3. Equip men to find their place in today's society.

How ?

1. By allowing men to express themselves freely in a context conducive to discussion;
2. By introducing them to different aspects of First Nation culture such as rites of passage, responsibility for Fire and protection of life;
3. By developing tools that aim to help men get to know themselves better and regain their identity;
4. By creating bonds of solidarity and mutual aid;

This program is open to all and can be easily adapted to any situation, therefore, can be suitable for all groups of men. The goal is to bring men back to the circle and open the conversation. In today's society there is very little room to just talk about real things, especially for men.

To learn more about this highly effective program, please do not hesitate to contact us.