

Cercle Sacré Anishinabe Sacred Circle

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

The Youth Bundles

14 to 20 years old

We have several projects designed for young girls and young boys to develop tools to better understand who they are, to find their purpose, to take ownership of their life and learn the Red Path's Way. These bundles also include rites of passage.

Knowing who you are is essential to understand how to deal with conflict in a healthy way; identity is fundamental. Once they know who they are, pride kicks-in and pride is the key towards emotional, physical, spiritual and mental healthy life.

The goal of these programs is to empower our youth to develop leadership commitment, to promote wellness and decrease youth suicide risk factors of social isolation & poor self-esteem. While the objectives and suggested activities of these programs are primarily related to mental health and suicide prevention, these programs' model could be adopted to incorporate healthy living.

An important factor is to create a safe environment where the youth feel safe to express themselves openly and the freedom to do so.

These sessions include: relationship building, problem solving, self-esteem building, facts and myths of suicide, life planning and finally a ceremony to celebrate their achievements and to recognize them as young adults.

Sessions are divided some programs are for girls and some are for boys to promote comfort and safety, but a few sessions are mixed.

We also offer program for pregnancy, babies & young parents' program and parenting bundles.

Please contact us to discuss any of these programs for your organisation.