

Cercle Sacré Anishinabe Sacred Circle

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

The grandfather's / 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 life and learn the Red Path's Way.

This project has been prepared for youth 14 to 19

The organization's purpose is to empower first nation, metis, Inuit, status, non-status and self-identified youth, women, men and elders by facilitating talking circles, healing programs and traditional teachings reflecting on the different ways that everyone has to develop their full potential.

The urban first nation families are not as fortunate as the on-reserve natives in terms of culture. In an urban setting, it's not right there, they have to seek it and when they find it, they are captivated. They want to learn more. 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 physical, mental, emotional and spiritual healthy life. The goal of this program 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 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 to create a safe environment where the youth feel safe to express themselves openly and the freedom to do so.

The 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 by gender as needed to promote comfort and safety.

These activities are done in schools or on the land guiding participants towards understanding the meaning of the word *identity*, *self-esteem*, *dignity* and the *seven grandfather's teachings*.

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

To receive the complete program please contact us to arrange for a visit.