

Cercle Sacré Anishinabe Sacred Circle

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

Healthy Babies Program

The enclosed project is designed for young people to develop tools to lead a healthier life. This Journey to wellness will help the youth to better understand the impact their way of life today will have on the health of the generations to come.

This information and activity package have been prepared for youth 15 to 20.

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.

These activities are done in schools or on the land guiding participants towards understanding the responsibility of their actions today and the consequences for tomorrow. The project is activity-oriented and designed to engage the participants. The content and objectives of this program are primarily related to mental health promotion and suicide prevention but easily adaptable to incorporate other healthy living elements as self-esteem, social support, community engagement and drug/alcohol prevention. This program offers many opportunities for social interaction and support. The objectives are to provide the child with the skills, knowledge and values necessary to persevere as an individual and to contribute to the community.

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