

# *Cercle Sacré Anishinabe Sacred Circle*

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

## **The Bee Bundle Project & The Loon Bundle Project**

The enclosed projects are designed for women to promote healthy living taking a holistic approach by means of cultural teaching and practice to include empowerment/building, self-esteem, good nutrition and other element that might be identified along the process

Knowing who you are is essential to understand how to deal with conflict in a healthy way; identity is fundamental. We aim to encourage women in leadership and decision-making roles; to combat alcohol/drug use and its impact on parenting skills and families. The Bee Bundle project will provide the proper tools to take ownership of their lives and stay on the red path and the Loon Project will provide the tools necessary to help the participants to find their purpose and set ACHIEVABLE goals.

The healthy living elements in this program are leadership, self-esteem, community engagement, cultural teachings and practices, addiction/violence prevention, nutrition/healthy cooking, food security, parenting, health education and physical activities.

### **First Nations, Métis and Inuit Women's Support Project**

#### **Empowering women to build healthy communities**

These activities are done indoor and on the land guiding participants towards understanding the meaning of the word *identity*, *self-esteem*, *dignity*, the *thirteen Moon teachings* and the teaching of the *medicine wheel / the circle of life*.

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

Taking into account the challenges faced by First Nation women, approaches have been based on anishanabe spirituality and values aiming for lasting results. The accomplishment of the project will be measured by the number of sessions and the number of participants vs the retention rate. This project is also seeking to create strong relationship / partnership with community organizations with the same goal when working with women including First Nation, Metis and Inuit women; raising awareness among decision-makers about urban situation to ensure inclusion and use of the strong potential workforce available.

## **Participants:**

This project is open to the following group of women and will be adjusted as needed for the different groups:

1. First Nation, Metis, Inuit and self-identified women who have young children or who have children just starting school and they are ready to start looking to return to school or find a job.
2. First Nation, Metis, Inuit and self-identified women who have been struggling with drug or alcohol abuse and are now ready to make a return to school or work (these women already went to a detox program and are ready to move on)
3. Open to First Nation, Metis, Inuit and self-identified women who have been victim of abuse, have little or no education, have been victim of human trafficking, struggling with life issues in general, survivor or children of survivor of residential school

## **Objectives:**

The objectives are to help First Nation, Metis, Inuit and self-identified women to gain self-respect and to learn how to live their culture bringing spirituality into their life to help them cope with difficult situations. Getting to know each other, learn from each other, share their experiences and helping them understand that they are not alone and that others are living the same issues are also part of the program. This is done with teachings given in simplicity and concrete exercises giving powerful and durable results.

This project is a two-part project; we begin with the Bee Bundle project and continue with the Loon bundle project