

Program Outcomes

Spiritual Component

Develop a sense of hope, persistence and achievement motivation.

Encourage a positive belief/value system.

Foster a sense community belonging.

Physical Component

Develop self-discipline & self-care.

Strengthen communication skills.

Develop the ability to act independently.

Develop a positive supports.

Emotional Component

Develop ability to express feelings.

Develop a healthy sense of identity.

Develop an emotional awareness.

Develop empathy and caring for others.

Mental Component

Develop an understanding of historical trauma.

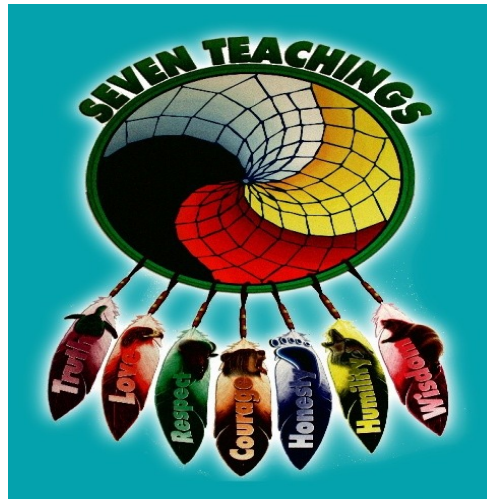
Understand anger and triggers for anger.

To take personal responsibility.

Develop problem solving skills.

Develop an internal focus of control.

Abandon irrational beliefs.



Kanaweyimik Child & Family Services Inc.

Box 1270

91-23rd Street West
Battleford, SK S0M 0E0

Phone: (306) 445-3500

Toll Free: 1-888-445-5262

Fax: 306-445-2533

Website: www.kanaweyimik.com

Office Hours:

Monday — Friday
8:30am — 5:00pm

Men's group

Wednesdays 9:30 am to 12:30 pm

Ladies Group

Thursdays 1:00 pm to 4:00 pm

An Elder is present in all groups.



WARRIOR PROGRAM

Intergenerational Trauma Recovery



Program Description

The In Search of Your Warrior program (men), the Spirit of a Warrior program (women) and TAPWE Youth Warrior programs were designed by Native Counselling Services of Alberta.

The programs are designed to assist individuals who are caught in the cycle of historic-trauma informed behaviour.

The warrior metaphor calls to mind a powerful archetype that is equally meaningful for men and women. The act of searching for an inner Warrior refers participants to find and follow a spiritual healing path – a way of seeking the good life. The program is similar to finding your inner child when on a healing journey.

The program is founded in holistic Aboriginal philosophy; the belief that all things are inter-connected and that for sustainable change to occur, an individual must engage the physical, mental, emotional and spiritual aspects of self in the changing/learning/healing process.

The Seven Teachings are engrained throughout the program. Reawakening the traditional values and teachings as a way of life.

Process

The process includes daily smudging, frequent ceremonies (chore and led by the Elder), and sessions that encourage participants to explore core issues that underlie violent behaviours.

In this process, the participants identify their own cycle of historic trauma-informed behaviour and then can develop skills that will enable them to live a positive and healthy lifestyle.

The program employs a highly kinaesthetic and experiential learning process.

The program sessions employ the rules and process of the sharing circle.

Program Goals

Assist individuals to better understand their personal inter-generational cycle of trauma informed behaviour.

To build knowledge and skills that will reduce and eventually eliminate trauma-informed behaviour.

To facilitate the participants' connection and commitment to their life-long healing journey.

What you need to know:

Regular attendance is important for you to gain full benefit from the programs.

Any disclosures of child abuse will be reported to appropriate authorities.

Confidentiality is strictly enforced.

Referral Process

1. Contact Kanawayimik Child & Family Services and meet with the Program Facilitator.
2. Probation ordered attendance.
3. Social Services referral to program.

