MEN

Presence of Self and Setting Goals
Encouraging Strength and Resilience
Accessing Services and Supports
Community as a Safety Net
Engaging in Culture



NATIVE WOMEN'S ASSOCIATION OF CANADA

L'ASSOCIATION DES FEMMES AUTOCHTONES DU CANADA

Project PEACE Workbook

for Men that Support Healing and Empowerment through Community Safety Nets

NATIVE WOMEN'S ASSOCIATION OF CANADA

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NWAC is a National Indigenous Organization with over 42 years experience working to advance the equality and wellbeing of First Nations and Métis women and girls. NWAC's mission is to help empower Indigenous women by being involved in developing and changing legislation, which affects them, and by engaging them in the development and delivery of programs promoting equitable opportunity for Indigenous women. With this mission in mind, NWAC has been at the forefront of developing resources that address all forms of violence impacting Indigenous women, their families, and communities.

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Project PEACE would like to thank the Elders and youth who shared their knowledge and wisdom to help shape these workbooks

About the Artwork

Artwork featured on the cover and throughout the workbooks is by Leah Dorion. Leah Marie Dorion is an interdisciplinary Métis artist raised in Prince Albert, Saskatchewan. A teacher, painter, filmmaker and published writer, Leah views her Métis heritage as providing her with a unique bridge for knowledge between all people. Leah holds a Bachelor of Education, Bachelor of Arts, and Master of Arts degree. She has numerous creative projects to her credit, including academic papers for the Royal Commission of Aboriginal Peoples, books for children, gallery showings of her art works, and numerous video documentaries that showcase Métis culture and history. Leah's paintings honour the spiritual strength of Indigenous women and the sacred feminine. Leah believes that women play a key role in passing on vital knowledge for all of humanity which is deeply reflected in her artistic practice. She believes women are the first teachers to the next generation. To learn more about Leah, visit www.leahdorion.ca



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INTRODUCTION

NWAC's Project PEACE is a toolkit of five workbooks to support Indigenous women, girls, Two-Spirit people, men and boys who have experienced or witnessed violence achieve their goals. The goal of this work is to promote safety, violence prevention in communities through engagement. These workbooks were created through engaging knowledge holders, Elders, and Indigenous people in 13 different communities. It is through this process of knowledge sharing that the Project PEACE workbooks were created to help foster community safety nets, and community networks to support the safety, success and empowerment of Indigenous women, girls and Two-Spirit people.

WHAT IS THE PEACE MODEL?

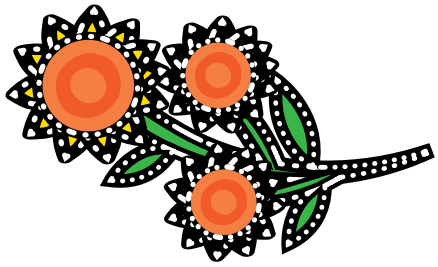
Project PEACE uses the PEACE Model, which organizes each workbook into chapters connected to supporting the successes of Indigenous women, girls and Two-Spirit people. PEACE is an acronym for :

Presence of Self and Setting Goals,
Encouraging Strength and Resilience,
Accessing Services and Supports,
Community as a Safety Net, and
Engaging in Culture.

The PEACE Model is grounded in culture and applies a gendered lens to help meet the distinct and specific needs of participants.

ALL ARE WELCOME TO USE THESE WORKBOOKS

These workbooks can be used one-on-one, between service providers and participants, or in larger community groups to meet different needs and interests. It is helpful to have an Elder or Knowledge holder present for this work to support the needs of participants. These workbooks are designed to support the needs of individuals who have experienced or witnessed violence and are interested in achieving their ambitions and goals.





MEN AND BOYS

Introduction to Project PEACE

These workbooks provide opportunities for men and boys to learn about addressing violence against Indigenous women, girls, and Two-Spirit people. It is important to understand that everyone plays a role in ending violence against Indigenous women girls and Two-Spirit people. Men and boys experience violence and harm from colonization, racism and toxic masculinity and can work to address these harms and build safer communities.

In the Project PEACE workbooks there are activities to support goal setting, strength and resilience, accessing services, community as safety nets and connecting with culture. Through these activities men and boys learn the important role they play in ending violence and healing.

There are many ways to effect positive change in your family, community and nation. By learning and having conversations about honouring and respecting Indigenous women, girls or Two-Spirit people you can help end violence.

Due to colonization, many men and boys experience toxic masculinity. This is a term for how men are taught that to be masculine is to be unfeeling, violent and aggressive. Toxic masculinity is harmful to men as it doesn't allow for healthy Indigenous gender roles to be honoured. Often media portrays men and boys through a lens of toxic masculinity and shames men who communicate and express their feelings. Toxic masculinity is harmful to women, girls or Two-Spirit people as well. It is important to identify how these roles have been taught and reinforced to understand how to take apart the harm and violence created by toxic masculinity.



PRESENCE OF SELF AND SETTING GOALS

Introduction

Setting goals is an important step in healing from experiences of violence and becoming leaders in ending violence. It can be difficult as trauma can affect our sense of self and confidence. Goals help us plan for the future and use our gifts and strengths to achieve what is important. To begin goals setting it is important to take time to focus on ourselves and what we need to feel safe and supported.

To set goals it is important to consider the change you want to create. Youth who have experienced or witnessed violence often become the leaders in their communities in ending violence. It is important to remember you have support in this work. In goal setting think of what you need to achieve this goal while feeling safe and supported.

MINDFULNESS ACTIVITY

Purpose and Learning outcomes

Before beginning to set goals it is important to feel grounded and safe. Men and Boys do not always have opportunities to be vulnerable and focus on their own wellness. Mindfulness is the achieving a state of calm through focusing on the present moment while acknowledging thoughts, feelings and bodily sensations. The practice of mindfulness is used for a variety of purposes, it will be used here to help bring focus, a clear mind, and grounding as we begin to set goals. One activity that can be helpful in grounding yourself and quieting a busy mind is the practice of mindfulness. Participants will learn a new tool to help calm, ground and focus when in crisis or stressful situations.



Steps

1. Begin by sitting or laying in a comfortable position. Try to make yourself comfortable but alert enough not to fall asleep.

2. Close your eyes or look at something in the medium distance.

3. Begin to notice your breath. Breathe in through your nose for a count of 6 and exhale through your mouth for a count of 7. Pause here and focus on breathing for 2 minutes.

4. As you inhale slowly become more aware of your body. Notice your feet on the ground, relax the muscles in your shoulders, arms and back. Next relax your legs and feet. Pause here and focus on your body for 2 minutes.

5. Next, as you exhale let go of your thoughts. Let go of any lists you are making in your head or things that need to be completed. Do not worry about the past or the future. Thoughts may come into your mind, don't worry about this, just be present in the moment. Pause here and continue to focus on breathing and clearing your mind.

6. Be aware of your breathing, think of inhaling healing and exhaling out any heaviness and doubt. As you breathe ground yourself in the moment and in your body. Continue to focus on breathing for 2 minutes.

7. Slowly open your eyes. You have just completed a mindful breathing exercise. You can use this technique to address anxiety or to help focus if you are feeling overwhelmed.

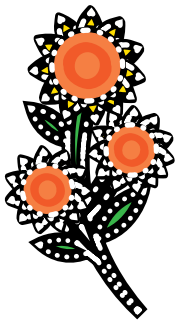
Now that we have learned this grounding technique try to incorporate it into your day-to-day. Take a moment to breath and be mindful when you are in a crowded or loud space. The more you practice mindfulness the easier it is to use if you are dealing with stress or pressures.



Helper Bees Check-in:

Mindfulness can be used to help centre and ground yourself. Sometimes slowing down and focusing on one self can bring up strong emotions. It can be helpful to have an Elder, support person or counsellor available if you need some additional support.





"When a man chooses to use violence towards a woman he is dispiriting her. He is changing the very spirit she entered the world as."
Pauline Shirt (Cree Elder)
OFIFC I Am A Kind Man Toolkit page 13

GOAL SETTING

Purpose and Learning outcomes

It can be hard to know where to begin in addressing violence and building strong communities. To achieve our goals we need to understand where to start and what steps are needed. By learning how to set SMART goals (Specific, Measurable, Attainable, Relevant and Timely) we can be successful and effective. Here are some activities to help us set SMART goals, the next activities are about building on our own resiliency and connecting with community to achieve our goals. Goals can be personal or community based. A personal goal could include respectful communication or intervening when you see men or boys being disrespectful to women, girls or Two-Spirit people. Community goals could include being a role model to young men and boys, talking to family or friends about honouring Indigenous women, girls or Two-Spirit people or teaching men and boys about toxic masculinity and gender roles. Learning how to address violence in our communities can be difficult but supports are available and are discuss later in the workbook.

Steps

1. Read through each section in the goal worksheet and begin to think about how your goal can fit into these categories.

2. If you need support reach out to service providers in your community. Take the time you need to think about your goal.



Helper Bees Check-in:

Take the time and support you need to filling out the SMART Goal Setting Worksheet. If you feel overwhelmed try using mindfulness to ground yourself. Remember that you can always ask for help.

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GOAL SETTING WORKSHEET

Specific Goal	To achieve a goal you need to ensure it is specific so you can effectively focus your energy and attention. Define your goal as much as possible. Consider: Who is involved, what do I want to accomplish, why am I doing this (purpose) and what are the constraints or requirements.	
Measurable	Tracking the progress and outcomes of your goal will help you see how far you have come and what still needs to be completed.	
Achievable Actions	For a goal to be achievable you need a road map. Here is where you consider the actions or steps to completing your goal.	
Relevant	Setting relevant goals helps ensure successes and long term benefits. Consider how this goal fit into your wholistic wellness and long term objectives.	
Timely	Setting timely goals means considering the time needed to complete as well as when you will work on this goal. Having a timeline for each step of the goal will help keep you on track to success.	



ENCOURAGING STRENGTH AND RESILIENCE

RESILIENCY PLAN

Introduction

In this section, Encouraging Strength and Resilience we will be building resiliency plans to remind us of our strength when we need support. We will also identify obstacles or barriers to our goals and discuss solutions and supports. By fostering our strength and resiliency we can find constructive ways to support our own growth as well as support women, girls and Two-spirit people in our lives.

Purpose and Learning Outcomes

The purpose of this section is to help us identify our strengths, resiliency and understand our community of support.

Supplies

Resiliency Plan in Workbook, flip chart paper or chalk board, markers and pens.

Steps

1. One on one or in a group read through the Resiliency Plan and complete each field. If you have any questions ask for clarification or help.



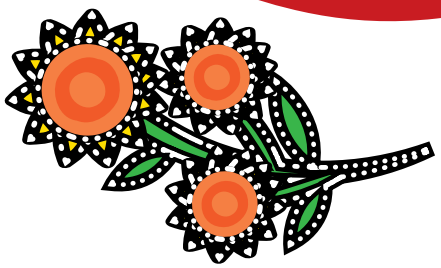
Helper Bees Check-in:

Additional information for Men and boys
• NWAC's Community Resource Guide.
• I Am A Kind Man Toolkit
www.iamakindman.ca





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THE 7 GRANDFATHERS' TEACHINGS

The first elder was given these gifts of knowledge by the Seven Grandfathers. These gifts were to help the people live a good life and to respect the Creator, the earth and each other.

1. Wisdom: to cherish knowledge is to know wisdom.
2. Love: to know love is to know peace.
3. Respect: to honor all of creation is to have respect.
4. Bravery: to face life with courage is to know bravery.
5. Honesty: is to be honest in action and character, be faithful to fact and reality--to walk through life with integrity is to know honesty.
6. Humility: to accept yourself as a sacred part of creation is to know humility.
7. Truth: to know of these things is to know the truth.

From the Native Women's Centre Aboriginal Healing and Outreach Program 'Traditional Teachings Handbook' - http://www.nativewomenscentre.com/files/Traditional_Teachings_Booklet.pdf

RESILIENCY PLAN

Resiliency is a term we use to discuss one's ability to overcome challenges and difficulties. Indigenous people, especially Indigenous Two-Spirit people, have a long history of resilience in the face colonialism, racism and multiple forms of violence. Indigenous people have overcome hardships through traditions, culture and supporting each other.

In creating a Resiliency Plan, we can identify our strengths, our supports and overcoming obstacles. The Resiliency Plan includes developing a daily wellness strategy, understanding and overcoming obstacles, identifying early signs of obstacles to prevent crisis, and focusing on goals.

Developing a Daily Wellness Strategy

- How do I feel when I am grounded?
- When I am grounded and feel supported I...
- These are things I need to do every day to feel grounded and supported...
- These are things I need to do occasionally to feel grounded and supported...
- These are things I know are important to my wellness but I do not always do them...

Understanding and Overcoming Obstacles

1. It's important to identify what in our lives can be barriers to achieving our goals because when we understand barriers we can make a plan to address them.

- What in my life can become a barrier to achieving my goals? This can include money, health, family responsibilities, etc.
- In the past, how have I successfully addresses these barriers?
- How can we plan to address these obstacles before they affect our goal?
- What supports can we reach out to when we have obstacles or feel overwhelmed?



Collecting contact information of your supports can be helpful:

Counselor/support contact:_____

Phone:_____

Advocate:_____

Phone:_____

Crisis

support:_____

Phone:_____

Community Service

Provider:_____

Phone:_____

Friend / Family:_____

Phone:_____

(Other) _____

Phone: _____

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IDENTIFYING EARLY SIGNS OF OBSTACLES TO PREVENT CRISIS

Even when we have strategies for obstacles we can sometimes feel overwhelmed or out of control.

For those who have experienced trauma, addressing barriers can be even more stressful or difficult. Remember you are resilient and belong to a community of supporters. You can look at these steps if you feel stressed to help remind you of your resilience and strength.

- Remember how you feel when you are grounded, in your daily wellness plan you outline your habits that have helped you feel grounded and supported.
- You have successfully overcome obstacles in the past, remember those strategies and supports.
- If you need to step back from your goal, give yourself permission to care for yourself and meet your needs. You are always deserving of care and kindness.
- If you are feeling out of control, you have a community of support. You can always reach out to Elders, Knowledge Holders, Friends/ Family, Support Workers, Counsellors or call 24/7 Crisis Lines. You always have support.
- Self-Care can play a big role in re-focusing and grounding oneself. Colonization and western gender-roles dictated that Two-Spirit peoples sense of worth is tied to their caring for others and putting others first, which is often at the detriment of our wellness. There are also those who enact violence toward Two-Spirit people based on homophobia, transphobia and western gender ideas. In reclaiming our self-determination, self-care can be a revolutionary act.

Talk 4 Healing (EN/FR) is a helpline that provides culturally sensitive counselling, advice and support to Indigenous Women. Services available in Ojibway, Oji-Cree and Cree
1-855-554-4325 24/7 or online at www.talk4healing.com

First Nations and Inuit Hope for Wellness Help Line (EN/FR) provides culturally grounded assessment, referrals, support in times of crisis, and suicide intervention. Services available in Ojibway, Cree and Inuktut.
1-855-242-3310 24/7

Kid's Help Phone (EN/FR) provides anonymous and non-judgemental support to youth and teens.
1-800-668-6868 24/7 or online at www.kidshelphone.ca

Youth Services Bureau (EN/FR) provides counselling and crisis line for youth and the LGBTQ community in Ottawa and Eastern Ontario; will also make refferals in other cities.
1-877-377-7775 24/7 or online at www.ysbchat.ysb.ca
Thurs to Sun 4pm – 10pm EST

Trans-Lifeline (EN) provides support, information and resources to transgender or questioning people, as well as to their families and friends.
1-877-330-6366 24/7

24 Hour Sexual Assault Line (EN) provides services for women that experience or witness sexual assault.
1-604-876-2622 24/7

Canadian Association of Suicide Prevention provides educational materials and resources. Links to suicide prevention and intervention lines across Canada.
www.suicideprevention.ca

SOS Violence Conjugale (FR) provides confidential assessment, support, information and referral services.
1-800-363-9010 24/7

MMIW Crisis Line (EN/FR) provides support to family, friends and community members who are being impacted by the loss of a missing or murdered Indigenous woman, girl or Two-spirit person.
1-844-413-6649 24/7

Assaulted Women's Helpline (Multiple Languages) provides support, information and referrals for women who have experienced any form of abuse.
1-866-863-0511 24/7

Here are strategies for self-care from Kate McCombs article 5 Self-Care Strategies That Aren't F***ing Mani-Pedis:

1. **"I feel my feelings without judging them."** Connected to a mindfulness practice, you can grant yourself space and permission to feel your feelings without judgement.

2. **"I have reflective self-care practices in addition to kind self-care practices."** Kind self-care explore being gentle with yourself and can include baths, good food and getting enough sleep. Reflective self-care is the practice of reflecting on emotional and spiritual state and can include journaling, smudging and ceremony.

3. **"I make space for playfulness"** Play can be restorative and helps adults let go of some seriousness in their lives.

4. **"I actively discourage unsolicited advice."** Often when we are looking for support and empathy we are met with advice. We can reclaim our agency by communicating if we are looking for advice or empathy.

5. **"I respect my time. I require others to do the same".** This strategy is about finding time for self-care which can be created by setting boundaries and giving ourselves permission to say no.

You can learn more about Kate McCombs writing on self-care at: www.continuumcollective.org/blog/2017/3/7/5-self-care-strategies-that-arent-fucking-mani-pedis

FOCUSING ON GOALS

When you have addressed challenges or barriers you may want to come back to a place of grounding and wellness. This helps us move forward in achieving our goals.

- You can use grounding strategies like mindfulness, smudging and connecting to land to reset your priorities.

- You can review your goal setting worksheet to remember the SMART goals outline you have created.

- You can look to services and supports that are available in your community. In the next section Accessing Service and Supports, services and support networks will be explored.



ACCESSING SERVICES AND SUPPORTS

Introduction

There are many supports available to help achieve your goals, including employment, education, housing, counselling and community. In the Accessing Services and Supports section you learn to build a support bundle, access community supports and self-advocate.

Men can feel that they have no one to talk to about pressure, stress and trauma. It is important to know that supports are available and you can access support 24/7 and anonymously if you wish.

Building My Support Bundle

A bundle is a collection of teachings, medicines, materials and skills. Bundles can be physical, such as a bag or box with medicines and sacred items, but they can also be spiritual, emotional or mental experiences that provide us with teachings on how to navigate our lives. Our bundles grow and change as we learn new things and have new experiences.

Purpose and Learning outcomes

In this section we learn to build a support bundle through self-reflection. This activity can be done in a group or one-on-one.

Steps

1. Discuss the guiding/reflection questions and write out the responses.
2. Read through the list of techniques and activities for the support bundle.
3. Write some of the support bundle resources on each the four quadrants.
4. Based on the activity fill out the Building MY Support Bundle Worksheet.

Guiding/Reflection questions

While building your bundle consider how you would answer the following questions:

In my experience what are things that have worked to support my wellness?

What inspires me and reminds me of my values?

What are some things that I would like to try to see if they would support my wellness?



Helper Bees Check-in:

For some it can be difficult to focus on our own wellness and bundle as we may feel responsible for so many people. We can remind ourselves that balance and caring for yourself helps with resilience in the face of barriers. You can consider having sacred medicines available for use.



BUILDING MY SUPPORT BUNDLE RESOURCES TEACHINGS, MEDICINES, MATERIALS AND SKILLS

A bundle is a collection of teachings, medicines, materials and skills. On the next page is a wheel where you can write techniques, experiences and teachings that help you feel supported. Try to find five or more for each of the four sections (spiritual, physical, emotional and mental).

- Meditation or mindfulness
- Traditional teachings
- Breathing
- Walking in nature
- Harvesting plants
- Sitting with Elders
- Smudging
- Music
- Eating healthy foods
- Dancing
- Drumming
- Attend Ceremony
- Yoga or Stretching
- Rest, nap or get extra sleep
- Beading or crafting
- Create new habits
- Un-plug from social media
- A hot bath
- Talk to a close friend
- Prayer
- Plant something/Garden
- Make a to-do list
- Wake-up early to feel less rushed
- Compliment someone
- Read a book or blog
- Spend time with a pet
- Feel the sun
- Stay hydrated
- De-clutter a room or desk
- Outdoor activities (Snowshoeing or skiing)
- Journaling or writing
- Connecting to land
- Talking to counsellors or Elders
- Drinking Tea
- Cooking or Baking
- Running or Physical Activities



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BUILDING MY SUPPORT BUNDLE WORKSHEET

Spiritual

Physical

MY BUNDLE

Emotional

Mental





HOW TO USE COMMUNITY SERVICES GUIDES

Introduction

There are many supports available to help achieve your goals, including employment, education, housing, counselling and community. This section looks at helping us access and navigate services.

Purpose and Learning outcomes

Knowing how to access service providers and how to self-advocate are skills that will help to achieve your goals. A community services guide is a directory of services available, it can be helpful to know if services are Indigenous specific or mainstream, what age groups are serviced and if these are safe-spaces for LGBTQ2S clients.

Steps

1. List the different kind of supports that may be needed to achieve goals.

2. Review Community Resource Guides, which organisations co uld meet the needs from Step 1.

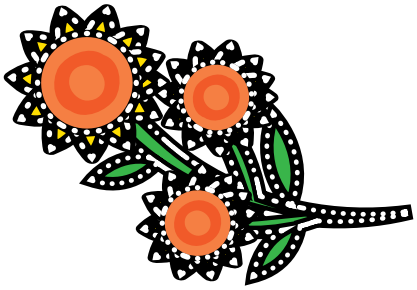
3. Many municipalities have Indigenous resource guides which can be found by searching the name of your community and "Indigenous Guide" or "Services Guide".

4. Consider how to be inquisitive – what types of questions would you need to ask to access support.

5. How can you insure your questions are answered and you don't become discouraged? You can make a plan before calling or going into an office.

Guiding/Reflection questions

- What types of supports do you need to meet your goal?
- What organisations could meet these needs?
- What type of questions needs to be answered by the service providers?
- If that organisation doesn't support your needs can you ask if they have recommendations of other service providers?
- How do you ensure you don't get discouraged?





Helper Bees Check-in: Self-care, additional info for supporting clients

Certain service providers won't be able meet specific needs, it is important to make sure not to become discouraged or disconnected. This is where it is important to make sure that you have supports that are coordinated from service providers. Some people excel with self-advocating and others need additional support. Consider including system navigators and patient advocates in the community resource guides if any are available in your community.



Additional Note for Service Providers

A community services guide is a directory of services available to clients based on services available, if they are Indigenous specific or mainstream, age groups serviced and if these spaces are safe-spaces for LGBTQ2S clients. Support workers can develop community resource guides specific to the needs of their clients.

If you are supporting a client completing this workbook, consider assembling or accessing a community services guide. You can include programs available, where the services are offered, office locations, if childcare or programs for children are offered and how accessible the service provider is. Accessibility can include if the service provider is safe and well accessed by LGBTQ2S community, disability accessibility, language and literacy considerations for clients and transportation options to location.

This type of resource can help a client be empowered to access the supports they need.







HOW TO USE A COMMUNITY SERVICES GUIDE

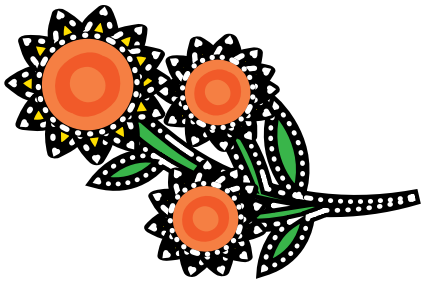
1. What types of supports do you need to meet your goal? For example: someone to walk you through the steps of your goals, employment service, funding for education, accessing childcare, housing, etc.

2. What organisations could meet these needs? Look at the community resource guides.

3. Being inquisitive – what types of questions would you need to ask to access support? Is it best to call first, do they have drop-ins or appointments you can access?

4. If that organisation doesn't support your needs can you ask if they have recommendations of other service providers?

5. What are the specific questions you want to ask the service provider (fill out before calling or going into office)?



COMMUNITY AS A SAFETY NET

Introduction

Community can be a source of strength and support in achieving goals. Community can be family, friends, and any individuals that support you. In Community as a Safety Net you can explore how to connect with community and build safety nets as well as how using a Resiliency Plan and Community Resource Guide can help support your Safety Net.

Purpose and Learning outcomes

For this activity we consider the different types of supports and supporters in our community. By identifying the different supporters a visual community safety net is created. This can act as a reminder of the different supports available to us in achieving our goals.

Supplies

Community Resource Guide, Resiliency Guide Worksheets, pens

Steps

1. List the different people your life that support and help you achieve goals. You can look through their Community Resource Guide and Resiliency Guide Worksheets to think of different supports and supporters.

2. On the Community as Safety Net worksheet you consider the different supporters and build a visual representation. By adding names and drawing connections you create a web or net of support.

3. Write one or more names for each role:

   a. Role Model: A person who can give me advice or direction

   b. Helper: A person I can go to if I am in crisis

   c. Confidant: A person I can confide in who will not judge me

   d. Friend: A person I can go to who I can laugh with and be silly

   e. Advisor: A person I can go to for their opinion or solutions

   f. Advocate: A person who could connect me with resources or assistance

   g. Challenger: A person who could recommend a new way of looking at an issue

   h. Knowledge Holder: A person I can talk to about my culture

   i. Loved One: A person who will make me feel loved and valued



Role Model: A person who can give me advice or direction

_____

Helper: A person I can go to if I am in crisis

_____

Confidant: A person I can confide in who will not judge me

_____

Friend: A person I can go to who I can laugh with and be silly

_____



Advisor: A person I can go to for their opinion or solutions

_____

Advocate: A person who could connect me with resources or assistance

_____

Challenger: A person who could recommend a new way of looking at an issue

_____

Loved One: A person who will make me feel loved and valued

_____

Knowledge Holder: A person I can talk to about my culture

_____



ENGAGING IN CULTURE

Introduction

Culture is important as it helps us reflect on who we are and that we come from resilient communities. Culture shows us how we are connected and how we belong. Our connection to community, identity, the land and waters all support wellbeing and balance. If you are feeling disconnected from culture there are a variety of ways to reach out to knowledge holders and your community. If you have experienced violence in your community you can reach out to your support network to make sure you feel safe at community and cultural events you attend.

Purpose and Learning outcomes

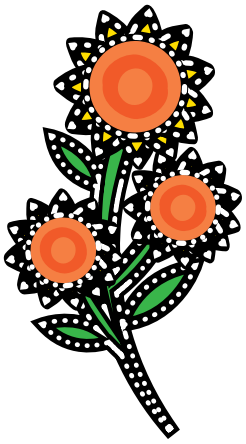
In this section we learn about connecting with culture in a way that is safe and supportive. This section builds on the bundle activity to ensure we have supports that are meaningful and grounded in culture. There are different ways individuals and communities engage with and share their culture, remember that we may carry different teaching and ways of practicing culture. Consider inviting an Elder or Knowledge Holder or Elder to share cultural knowledge and resources.

Supplies

Markers, pens, scissors, glue sticks, photocopies of leaves page

Steps

1. List the different ways they connect with your culture.
2. Read the Ways to Connect with Culture list.
3. On the Engaging with Culture Activity pages, write one way you would like to engage with their culture on each leaf.
4. You can then cut out the leaves and glue them to the tree on the Engaging with Culture Activity page.



WAYS TO CONNECT WITH CULTURE

- Connect with Elders or Knowledge Holders through Indigenous Centres such as Friendship Centres. For a list of all Indigenous Friendship Centres visit: http://nafc.ca/en/friendship-centres/
- Take an Indigenous language class
- Have tea with an Elder or Knowledge Holder
- Learn about harvesting, hunting, fishing or working with hides and furs
- Participate in a cultural event, social or ceremony
- Learn about music and dance from your community or nation
- Listen or share stories
- Learn how to harvest, prepare and use medicines and plants
- Learn about the territories your family are from
- Connect with the land by walking or going to water
- Learn a creation story or traditional teaching
- Take part in ceremony such as smudging, a sweat or ask your Elder for meaningful ceremony to your nation or community
- Help prepare food for a community event or ceremony
- Pray or drum and sing



Helper Bees Check-in:

If you have questions or wish to learn more about connecting with culture consider speaking with an Elder or Knowledge holder. You can reach out to your local Indigenous Friendship Centre to connect with Elders or Knowledge Holders.



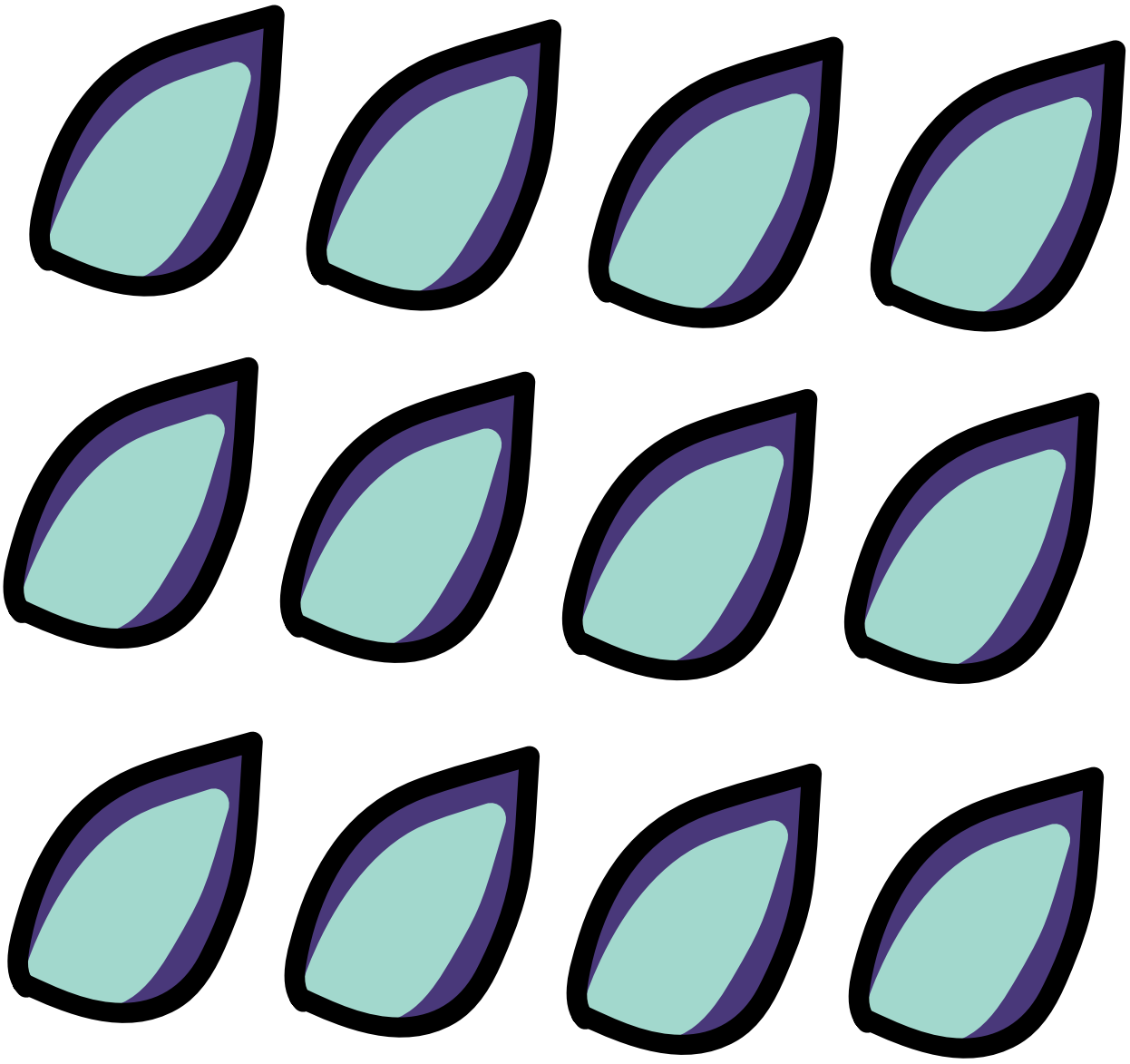


MEN

ENGAGING IN CULTURE ACTIVITY PAGES



ENGAGING IN CULTURE ACTIVITY PAGES



MEN

RESOURCES



Presence of Self and Setting Goals

Breathing and centering activities:

- https://healthypsych.com/5-minute-mindful-breathing-exercise/
- https://www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/
- https://healthypsych.com/5-minute-mindful-breathing-exercise/
- http://www.equaywuk.ca/Kookum%20Workbook.pdf

Self-Care activity: [https://tinybuddha.com/blog/45-simple-self-care-practices-for-a-healthy-mind-body-and-soul/)

Encouraging Strength and Resilience

Breathing and centering activities:

- Kate McCombs full article on self-care: https://www.continuumcollective.org/blog/2017/3/7/5-self-care-strategies-that-arent-fucking-mani-pedis

Accessing Services and Supports

Examples of community resource guides:

- Burnaby Community Resource Guide: http://www.bbyservices.ca/pdfs/Bby_CRG%202017_PRESS%20FINAL_web.pdf
- Vanier Community Resource Booklet: http://www.cscvanier.com/assets/files/devcom/cscv-guide-e-august-2015.pdf

Community as a Safety Net

If you need help building your Safety Net or just need to talk you can reach out to Talk 4 Healing. http://www.talk4healing.com/ or 1-855-554-HEAL

Engaging in Culture

To learn more about connecting with Indigenous culture while in a city or town visit the National Association of Friendship Centres. http://nafc.ca/en/









NATIVE WOMEN'S ASSOCIATION OF CANADA

L'ASSOCIATION DES FEMMES AUTOCHTONES DU CANADA

WWW.NWAC.CA