

WOMEN

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



PROJECT PEACE WEBINAR

Presented by the
Native Women's
Association of Canada



NATIVE WOMEN'S
ASSOCIATION OF CANADA
L'ASSOCIATION DES FEMMES
AUTOCHTONES DU CANADA

Project PEACE Workbook

for Women that Support Healing and
Empowerment through Community
Safety Nets

October 2017

WEBINAR AGENDA



- Introduction – What is the PEACE Model, How you can use this toolkit
- Presence of Self and Setting Goals
- Encouraging Strength and Resilience
- Accessing Services and Supports
- Community as Safety Net
- Engaging in Culture
- Additional Resources
- Questions

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.

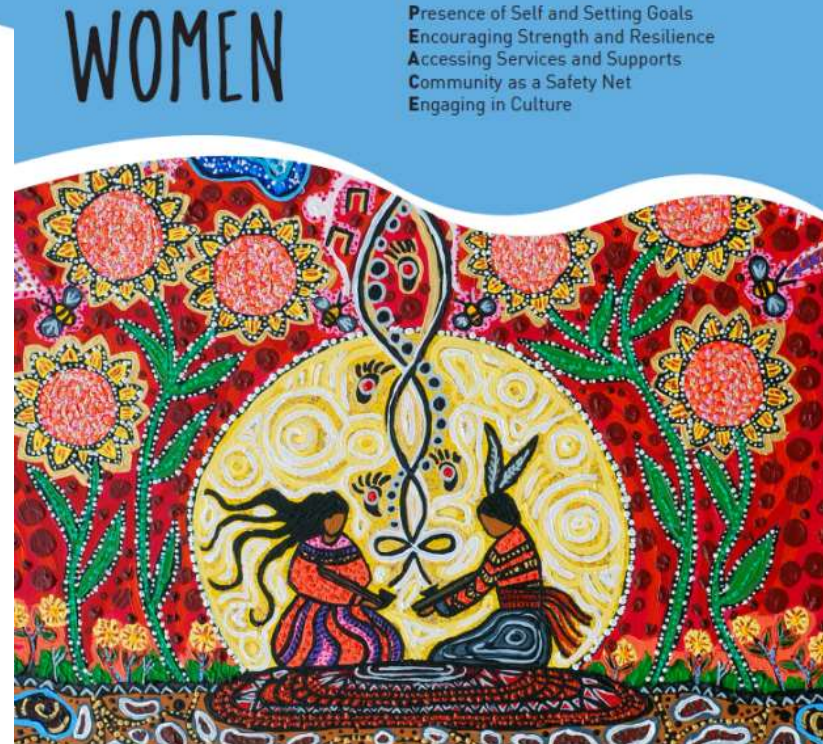
Five Workbooks in One Toolkit:

1. **Women's Toolkit**
2. **Girl's Toolkit**
3. **Two-Spirit People's Toolkit**
4. **Men's Toolkit**
5. **Boy's Toolkit**

Leah Dorion`s Art Work

Leah Marie Dorion is an interdisciplinary Metis artist raised in Prince Albert, Saskatchewan. She is a teacher, painter, filmmaker and published writer. Leah views her Metis heritage as providing her with a unique bridge for knowledge between all people. Leah`s paintings honour the spiritual strength of Aboriginal 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.



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What is the PEACE Model?



Presence of Self and Setting Goals,
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How You Can Use This Toolkit

These workbooks can be used one-on-one, between service providers and participants, or in larger community groups to meet different needs. It is helpful to have an Elder or Knowledge holder present for this work. 

This toolkit was developed using a strengths-based and trauma informed lens. The purpose of this was to be aware and considerate of the impact of trauma on Indigenous people. The workbooks emphasize physical, mental, emotional and spiritual safety for those who have experienced violence.

The goal of this resource is to create opportunities to rebuild a sense of self and empowerment.

P RESENCE OF SELF AND GOAL SETTING



Introduction

Setting goals is an important step in healing from experiences of violence. This 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.

Mindfulness Activity

Mindfulness is 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 and it will be used here to help bring focus, a clear mind, and grounding as we begin to set goals.

P RESENCE OF SELF AND GOAL SETTING



Mindfulness Activity – Sample Activity

Mindfulness is 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 and it will be used here to help bring focus, a clear mind, and grounding as we begin to set goals.



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.

PRESENCE OF SELF AND GOAL SETTING

Goal Setting

Young women and girls have our own set of barriers and demands that need to be considered.

In goal setting think of what you need to achieve this goal while feeling safe and supported.

By learning how to set SMART goals (Specific, Measurable, Attainable, Relevant and Timely) we can be successful and effective.

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. | |

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ENCOURAGING STRENGTH AND RESILIENCE

Resiliency Plans - **Sample Activity**

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

Resiliency is a term we use to discuss one's ability to overcome challenges and difficulties. Indigenous people, especially Indigenous women and girls, have a long history of resilience in the face colonialism, racism and multiple forms of violence.



ENCOURAGING STRENGTH AND RESILIENCE



Resiliency Plans Include:

- Developing a Daily Wellness Strategy
- Understanding and Overcoming Obstacles
- Contact list of Supports and Supporters
- Early Signs of Crisis and Crisis Support lines
- Self Care strategies
- Re-Focusing on Goals After Crisis



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A

ACCESSING SERVICES AND SUPPORTS



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

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.

ACCESSING SERVICES AND SUPPORTS

- 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

Building My Support Bundle

Sample Activity

Spiritual

Physical



Emotional

Mental

A ACCESSING SERVICES AND SUPPORTS



How to Use Community Services Guide

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.

Knowing how to access service providers and how to self-advocate are skills that will help to achieve your goals.

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COMMUNITY AS A SAFETY NET



Identifying Supports and Supporters in Your Community

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.



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ENGAGING IN CULTURE



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 Holders
- 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

ENGAGING IN CULTURE



Additional Resources

Breathing and centering activities:

<http://www.equaywuk.ca/Kookum%20Workbook.pdf>



Kate McCombs full article on self-care:

<https://www.continuumcollective.org/blog/2017/3/7/5-self-care-strategies-that-arent-fucking-mani-pedis>

Burnaby Community Resource Guide:

http://www.bbyservices.ca/pdfs/Bby_CRG%202017_PRESS%20FINAL_web.pdf

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

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/>

To connect with Native Women's Organizations in your province or territory visit :

<https://www.nwac.ca/home/about-nwac/provincialterritorial-member-associations/>



Questions?



In Closing

- **Thank You**
- **Evaluations**
- **Resource**



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THANK YOU

For Additional
Information, please visit:

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