



# Family Wellbeing Program

The program provides supports and resources to address intergenerational trauma and violence and their root causes. It is holistic healing for family and individual wellbeing. The program is community-based and addresses violence against women and children through the creation of safe spaces and culturally appropriate programming.

## WHO IS ELIGIBLE FOR SERVICES

- Community members

## SERVICES PROVIDED

- Land-based healing
- Community based programming
- Biigtigong Nishnaabeg Culture

***“When you take care of you, Creator takes care of you.”***

***-Elder Elmer Courchene***





## LAND-BASED PROGRAMS

- Healing initiatives offered through land based programming.
- Helping support families reclaim traditional land based practices (e.g. blue berry picking).

## COMMUNITY EVENTS

- Organize and support community events that bring community together and ultimately contributes to the community's healing journey.

## CULTURE

- Opportunities to feed your spirit through teachings and practices (e.g. information about ceremony or a ride to ceremony)
- Help to organize Pow Wow.
- Offer traditional medicines (sage, cedar, tobacco, sweet grass and others).

