

# Assessment & Orientation

## WEEK 1 - MONDAY

### INDIGENOUS WELLNESS FRAMEWORK

Belonging

### HOLISTIC HEALING GOAL

Ensuring the youth that they are important and protected - "It takes a community to raise a child"



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Andrew  
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## Supplies

- Paper
- Crayons, Markers, etc.
- Journals

## Opening

- Greet the youth
- Learn their names and how to pronounce them
- Ask if they have any other names they like to be called

## Procedure

- Introduce Family Support Workers
- Ask if anyone would like to share a favourite song, colour, story, etc.
- Encourage the youth to take the lead and ask the staff questions
- Explain the usefulness of journaling

## Take Home Activity

- Ask them to get to know the facility with their family

## References/Background Reading:

# Assessment & Orientation

## WEEK 1 - TUESDAY

### INDIGENOUS WELLNESS FRAMEWORK

Belonging

### HOLISTIC HEALING GOAL

Ensuring the youth that they are important and protected - "It takes a community to raise a child"



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## Supplies

- Paper
- Crayons, Markers, etc.

## Opening

- Greet the youth
- Introduce them to Sharling Circle & the purpose

## Procedure

- Bring the youth to the family room in the unit
- Draw a picture explaining how you feel about being at the centre

## Take Home Activity

- Help their parent(s) with chore list

## References/Back-ground Reading:

# Assessment & Orientation + Psychoeducation & Understanding Addiction

## WEEK 1 - WEDNESDAY

### INDIGENOUS WELLNESS FRAMEWORK

Belonging

### HOLISTIC HEALING GOAL

Ensuring the youth that they are important and protected - "It takes a community to raise a child"



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## Supplies

- Paper
- Crayons, Markers, etc.

## Opening

- Greet the youth (fist bump, high five, etc.)
- Start with the Sharing Circle

## Procedure

- Ask the youth to create a cover for their journal
- Assure them it is private and for themselves only

## Take Home Activity

- Ask them to give their parents a big hug!

## References/Back- ground Reading:

# Psychoeducation & Understanding Addiction

## WEEK 1 - THURSDAY

### INDIGENOUS WELLNESS FRAMEWORK

Belonging

### HOLISTIC HEALING GOAL

Ensuring the youth that they are important and protected - "It takes a community to raise a child"



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## Supplies

- Paper
- Glue/Tape
- Crayons, Markers, etc.

## Opening

- Greet the youth
- Go to unit for Sharing Circle

## Procedure

- Make a collage of what they have learned about the centre in the first days
- Show & discuss addictive habits, objects, substances, etc.

## Take Home Activity

- Give someone/anyone a compliment

References/Back-  
ground Reading:

# Psychoeducation & Understanding Addiction

## WEEK 1 - FRIDAY

### INDIGENOUS WELLNESS FRAMEWORK

Belonging

### HOLISTIC HEALING GOAL

Ensuring the youth that they are important and protected - "It takes a community to raise a child"



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## Supplies

- Paper
- Crayons, Markers, etc.
- To-Do List

## Opening

- Greet the youth
- Go to unit for Sharing Circle

## Procedure

- Re-cap the week
- Ask the youth to draw or write a "To-Do" List; things that they would like to do

## Take Home Activity

- Be happy and get prepared for Nutshimit

## References/Back- ground Reading:

# Intergenerational Trauma

## WEEK 3 - MONDAY

### INDIGENOUS WELLNESS FRAMEWORK

Forgiveness

### HOLISTIC HEALING GOAL

Intertwine your body, mind and spirit in healing



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## Supplies

- Paper
- Crayons, Markers, etc.

## Opening

- Greet the youth
- Go to unit for Sharing Circle

## Procedure

- Show the youth an Indigenous timeline

## Take Home Activity

- Write or draw in their journal

References/Back-  
ground Reading:

# Intergenerational Trauma

## WEEK 3 - TUESDAY

### INDIGENOUS WELLNESS FRAMEWORK

Forgiveness

### HOLISTIC HEALING GOAL

Intertwine your body, mind and spirit in healing



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## Supplies

- Paper
- Crayons, Markers, etc.

## Opening

- Greet the youth
- Go to unit for Sharing Circle

## Procedure

- Draw & discuss the changes in their community that they've noticed

## Take Home Activity

- Do something nice for someone

## References/Background Reading:

# Intergenerational Trauma + Culture

## WEEK 3 - WEDNESDAY

### INDIGENOUS WELLNESS FRAMEWORK

Forgiveness

### HOLISTIC HEALING GOAL

Intertwine your body, mind and spirit in healing



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## Supplies

- Paper
- Crayons, Markers, etc.

## Opening

- Greet the youth
- Start with the Sharing Circle

## Procedure

- Write a letter to someone they respect

## Take Home Activity

- Write or draw in their journal

References/Back-  
ground Reading:



# Culture

## WEEK 3 - THURSDAY

### INDIGENOUS WELLNESS FRAMEWORK

Forgiveness

### HOLISTIC HEALING GOAL

Intertwine your body, mind and spirit in healing



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## Supplies

- Paper
- Crayons, Markers, etc.
- Medicine Wheel handout

## Opening

- Greet the youth
- Go to unit for Sharing Circle

## Procedure

- Have the youth work on the Medicine Wheel and explain the significance

## Take Home Activity

- Play a game with their parent(s)

References/Back-  
ground Reading:

# Culture

## WEEK 3 - FRIDAY

### INDIGENOUS WELLNESS FRAMEWORK

Forgiveness

### HOLISTIC HEALING GOAL

Intertwine your body, mind and spirit in healing



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## Supplies

- Paper
- Crayons, Markers, etc.

## Opening

- Greet the youth
- Go to unit for Sharing Circle

## Procedure

- Open discussion on where the youth are from, how to get there, their favourite part of their town, something that they would like to change if they could
- Re-cap the week

## Take Home Activity

- Get ready for Nutshimit

References/Back-  
ground Reading:

# Emotions Work

## WEEK 5 - MONDAY

### INDIGENOUS WELLNESS FRAMEWORK

Love yourself

### HOLISTIC HEALING GOAL

We are all healing and none of us are ever alone. Your journey starts but with a single step.



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## Supplies

- Paper
- Crayons, Markers, etc.
- Emotions booklet

## Opening

- Greet the youth
- Go to unit for Sharing Circle

## Procedure

- What makes you happy and sad?  
Discuss with the group

## Take Home Activity

- Compliment someone
- Journal writing/drawing

References/Back-  
ground Reading:

# Emotions Work

## WEEK 5 - TUESDAY

### INDIGENOUS WELLNESS FRAMEWORK

Love yourself

### HOLISTIC HEALING GOAL

We are all healing and none of us are ever alone. Your journey starts but with a single step.



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Andrew  
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## Supplies

- Paper
- Crayons, Markers, etc.
- Emotions booklet

## Opening

- Greet the youth
- Go to unit for Sharing Circle

## Procedure

- What makes you mad and glad?  
Discuss with the group

## Take Home Activity

- Journal writing/drawing

## References/Back- ground Reading:

Emotions Work +

# Coping Skills Development

WEEK 5 - WEDNESDAY

## INDIGENOUS WELLNESS FRAMEWORK

Love yourself

## HOLISTIC HEALING GOAL

We are all healing and none of us are ever alone. Your journey starts but with a single step.



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Healing  
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## Supplies

- Paper
- Crayons, Markers, etc.
- Emotions booklet

## Opening

- Greet the youth
- Start with the Sharing Circle

## Procedure

- What makes you worried or surprised? Discuss with the group

## Take Home Activity

- Journal writing/drawing

References/Back-  
ground Reading:

# Coping Skills Development

## WEEK 5 - THURSDAY

### INDIGENOUS WELLNESS FRAMEWORK

Love yourself

### HOLISTIC HEALING GOAL

We are all healing and none of us are ever alone. Your journey starts but with a single step.



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## Supplies

- Paper
- Crayons, Markers, etc.
- Emotions booklet

## Opening

- Greet the youth
- Go to unit for Sharing Circle

## Procedure

- What makes you nervous and proud? Discuss with the group

## Take Home Activity

- Journal writing/drawing
- Do a chore without being asked

## References/Back-ground Reading:

# Coping Skills Development

## WEEK 5 - FRIDAY

### INDIGENOUS WELLNESS FRAMEWORK

Love yourself

### HOLISTIC HEALING GOAL

We are all healing and none of us are ever alone. Your journey starts but with a single step.



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Centre

## Supplies

- Paper
- Crayons, Markers, etc.
- Emotions booklet

## Opening

- Greet the youth
- Go to unit for Sharing Circle

## Procedure

- What can we do to make negative feelings stop? What can we do to make more positive feelings? Discuss with the group

## Take Home Activity

- Start preparing for Nutshimit

## References/Back-ground Reading:

# Grief & Trauma

WEEK 7 - MONDAY

## INDIGENOUS WELLNESS FRAMEWORK

Grieving is healthy

## HOLISTIC HEALING GOAL

To grieve is to love. Always remember how much you are loved.



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## Supplies

- Paper
- Crayons, Markers, etc.

## Opening

- Greet the youth
- Go to unit for Sharing Circle

## Procedure

- Discuss what grief means
- Ask youth if they ever experienced grief

## Take Home Activity

- Journal writing/drawing

References/Back-  
ground Reading:



# Grief & Trauma

WEEK 7 - TUESDAY

## INDIGENOUS WELLNESS FRAMEWORK

Grieving is healthy

## HOLISTIC HEALING GOAL

To grieve is to love. Always remember how much you are loved.



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Andrew  
Healing  
Centre

## Supplies

- Paper
- Crayons, Markers, etc.

## Opening

- Greet the youth
- Go to unit for Sharing Circle

## Procedure

- Discuss how they have dealt with grief/trauma
- Introduce healthy methods of grieving

## Take Home Activity

- Journal writing/drawing

References/Back-  
ground Reading:

# Grief & Trauma

## WEEK 7 - WEDNESDAY

### INDIGENOUS WELLNESS FRAMEWORK

Grieving is healthy

### HOLISTIC HEALING GOAL

To grieve is to love. Always remember how much you are loved.



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## Supplies

- Paper
- Crayons, Markers, etc.

## Opening

- Greet the youth
- Go to unit for Sharing Circle

## Procedure

- Explain & discuss that everyone's grief/trauma isn't alike

## Take Home Activity

- Journal writing/drawing
- Remind someone that they are important

## References/Back-ground Reading:

# Grief & Trauma

## WEEK 7 - THURSDAY

### INDIGENOUS WELLNESS FRAMEWORK

Grieving is healthy

### HOLISTIC HEALING GOAL

To grieve is to love. Always remember how much you are loved.



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Centre

## Supplies

- Paper
- Crayons, Markers, etc.

## Opening

- Greet the youth
- Go to unit for Sharing Circle

## Procedure

- Discuss "Bullying" and some reasons some may be "Bullies"
- Inform the youth that this, too, is a form of grief & trauma

## Take Home Activity

- Journal writing/drawing

## References/Back-ground Reading:

# Grief & Trauma

## WEEK 7 - FRIDAY

### INDIGENOUS WELLNESS FRAMEWORK

Grieving is healthy

### HOLISTIC HEALING GOAL

To grieve is to love. Always remember how much you are loved.



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## Supplies

- Paper
- Crayons, Markers, etc.

## Opening

- Greet the youth
- Go to unit for Sharing Circle

## Procedure

- Re-cap the week and make a collage of what they've gained in the last days

## Take Home Activity

- Prepare for Nutshimit

References/Back-  
ground Reading:

# Harm Reduction

WEEK 9 - MONDAY

## INDIGENOUS WELLNESS FRAMEWORK

Hurting you is hurting us

## HOLISTIC HEALING GOAL

Taking care of your mental health is as important as your physical health



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## Supplies

- Paper
- Crayons, Markers, etc.

## Opening

- Greet the youth
- Go to unit for Sharing Circle

## Procedure

- Introduce the youth to harmful substances & practices

## Take Home Activity

- Journal writing/drawing

References/Back-  
ground Reading:

# Harm Reduction

WEEK 9 - TUESDAY

## INDIGENOUS WELLNESS FRAMEWORK

Hurting you is hurting us

## HOLISTIC HEALING GOAL

Taking care of your mental health is as important as your physical health



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Andrew  
Healing  
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## Supplies

- Paper
- Crayons, Markers, etc.

## Opening

- Greet the youth
- Go to unit for Sharing Circle

## Procedure

- Make charts of harmful substances, practices and situations
- Help them identify what to do in each situation

## Take Home Activity

- Journal writing/drawing
- Take notice to any harmful things in their everyday

References/Back-ground Reading:

# Assessment & Orientation + Life Skills

## WEEK 9 - WEDNESDAY

### INDIGENOUS WELLNESS FRAMEWORK

Hurting you is hurting us

### HOLISTIC HEALING GOAL

Taking care of your mental health is as important as your physical health



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Healing  
Centre

## Supplies

- Paper
- Crayons, Markers, etc.

## Opening

- Greet the youth
- Go to unit for Sharing Circle

## Procedure

- Review harm reduction unit
- Teach youth safe practices in the kitchen and with food preparation

## Take Home Activity

- Journal writing/drawing

## References/Back- ground Reading:

# Life Skills

## WEEK 9 - THURSDAY

### INDIGENOUS WELLNESS FRAMEWORK

Hurting you is hurting us

### HOLISTIC HEALING GOAL

Taking care of your mental health is as important as your physical health



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Healing  
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## Supplies

- Paper
- Crayons, Markers, etc.

## Opening

- Greet the youth
- Go to unit for Sharing Circle

## Procedure

- Teach the youth how to wash and dry laundry
- Teach them how to fold laundry

## Take Home Activity

- Journal writing/drawing
- Fold their laundry

## References/Back- ground Reading:



# Life Skills

## WEEK 9 - FRIDAY

### INDIGENOUS WELLNESS FRAMEWORK

Hurting you is hurting us

### HOLISTIC HEALING GOAL

Taking care of your mental health is as important as your physical health



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Andrew  
Healing  
Centre

## Supplies

- Paper
- Crayons, Markers, etc.

## Opening

- Greet the youth
- Go to unit for Sharing Circle

## Procedure

- Re-cap the life skills
- Prepare a healthy snack, showing what they've learned

## Take Home Activity

- Journal writing/drawing
- Fold their laundry

## References/Back-ground Reading:

# Selfcare & Wellness

## WEEK 11 - MONDAY

### INDIGENOUS WELLNESS FRAMEWORK

Don't fear change, change is growth

### HOLISTIC HEALING GOAL

There is no way to feel wrong in your body; Always remember to love yourself first



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Andrew  
Healing  
Centre

## Supplies

- Paper
- Crayons, Markers, etc.

## Opening

- Greet the youth
- Go to unit for Sharing Circle

## Procedure

- Introduce the youth to harmful substances & practices

## Take Home Activity

- Journal writing/drawing

References/Back-  
ground Reading:

# Selfcare & Wellness

## WEEK 11 - TUESDAY

### INDIGENOUS WELLNESS FRAMEWORK

Don't fear change, change is growth

### HOLISTIC HEALING GOAL

There is no way to feel wrong in your body; Always remember to love yourself first



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Andrew  
Healing  
Centre

## Supplies

- Paper
- Crayons, Markers, etc.

## Opening

- Greet the youth
- Go to unit for Sharing Circle

## Procedure

- Have a "spa" day with the things they chose for their selfcare and wellness

## Take Home Activity

References/Back-  
ground Reading:

Selfcare & Wellness +

# Transition & Aftercare

WEEK 11 - WEDNESDAY

## INDIGENOUS WELLNESS FRAMEWORK

Don't fear change, change is growth

## HOLISTIC HEALING GOAL

There is no way to feel wrong in your body; Always remember to love yourself first



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Healing  
Centre

## Supplies

- Paper
- Crayons, Markers, etc.

## Opening

- Greet the youth
- Go to unit for Sharing Circle

## Procedure

- Re-cap the Selfcare & Wellness unit
- Make a list of their aspirations for after programming

## Take Home Activity

References/Back-  
ground Reading:

# Transition & Aftercare Planning

## WEEK 11 - THURSDAY

### INDIGENOUS WELLNESS FRAMEWORK

Don't fear change, change is growth

### HOLISTIC HEALING GOAL

There is no way to feel wrong in your body; Always remember to love yourself first



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Centre

## Supplies

- Paper
- Crayons, Markers, etc.

## Opening

- Greet the youth
- Go to unit for Sharing Circle

## Procedure

- Educate the youth on safe numbers and practices once they leave the program
- Assist the youth on creating a positivity chart

## Take Home Activity

References/Back-  
ground Reading:

# Transition & Aftercare

## WEEK 11 - FRIDAY

### INDIGENOUS WELLNESS FRAMEWORK

Don't fear change, change is growth

### HOLISTIC HEALING GOAL

There is no way to feel wrong in your body; Always remember to love yourself first



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Healing  
Centre

## Supplies

- Paper
- Crayons, Markers, etc.

## Opening

- Greet the youth
- Go to unit for Sharing Circle

## Procedure

- Have a celebration event for the youth preparing to leave program; acknowledging their hard work and determination

## Take Home Activity

- Get ready for Nutshimit

References/Back-  
ground Reading: