



**CONFIDENTIAL**

**5 Day Aboriginal Women’s Trauma Healing Workshop Application**

**October 1-5, 2018 2100 Airport Rd, Timmins**

<b>Client Application date:</b>		
<b>Name:</b>	<b>Phone Number:</b>	<b>Email:</b>
<b>Health Card Number:</b>	<b>Aboriginal (First Nation, Metis, and/or Inuit?)</b>  Yes: _____ No: _____	<b>If First Nation, please specify Band and number</b>  _____ _____
<b>Are you currently attending counseling (Please circle the correct answer)-if yes Where?</b>  Yes _____ No _____	<b>Are there any court restrictions against you? (Please circle the correct answer)</b>  Yes _____ No _____	<b>Are you using any medications? (Please circle the correct answer)</b>  Yes _____ No _____
<b>Are you currently using any illegal drugs? (Please circle the correct answer)</b>  Yes _____ No _____		<b>Do you have medical issues with your heart or breathing? (Please circle the correct answer)</b>  Yes _____ No _____
<b>Notes</b>		

# **Aboriginal Women's Trauma Healing Workshop**

## **5 Day Workshop**

**Sponsored by Misiway Health Centre**

**Date: October 1-5, 2018**

**Location: 2100 Airport Rd.**

**Time: 8:30 a.m. – 4:00 p.m.**

The trauma healing workshop is for Aboriginal women who have been impacted by trauma exposure, from incidents such as; being assaulted, physical, sexual or spousal abuse, vehicle accident, legacy of the residential school, 60's scoop, day school inter-general trauma, or other related traumas. The inter-generational impact has left many aboriginal women experiencing post-traumatic stress disorder, the symptoms of addictions of alcohol and drugs, violence, poverty, difficulty in education and employment and challenges in a relationship and parenting are common. Many addictions and human behaviors are the underlying cause from trauma.

The workshop will offer the participants with an educational component on understanding trauma, symptoms of post-traumatic stress disorder and healing and exercises. Traditional and western healing exercises will be introduced. The program will focus on providing positive coping skills for the participant to utilize in the participant's daily lifestyle when returning home. The workshop will provide a holistic approach to recovery from post-traumatic stress disorder.

Each participant will be provided with a Trauma Healing Guide, the guide includes and understanding of trauma and post-traumatic stress disorder with healing exercises that can be used to balance the lifestyle.

Group discussions, sharing circles and dialogue are all forms of interaction with participants and facilitators. Participants are required to attend the full five days.

Our workshops are designed to assist you release/let go the stored trauma in the mind and body and to make positive improvements in your own life through balance. These days will be filled with healing, self-care, fun, food, and education about a variety of different everyday healing and wellness themes.

To register for the workshop, please complete attached form or please contact Misiway Health Centre at:

**\* Limited Space available**

**Cost: The workshop is free to participants.**

**Lunch is provided**

## 5 Day Aboriginal Women's Healing Workshop

### DAY ONE

8:30 am	Welcoming Remarks from Misiway Health Centre Prayer Introduction of facilitator and Support Staff	
9:15 am	Roles and Responsibilities of Participants	
10:00 am	Health Break	
10:15 am	Workshop for Participants <ul style="list-style-type: none"> <li>• Developing a support system at the Retreat</li> <li>• Self-Care</li> <li>• Practical exercise to reduce stress</li> </ul>	
12:00pm	Lunch	
1:00 pm	Sharing Circle Current Social Problems	
2:45 pm	Health Break	
3:00pm	Preparing Art and Journaling Exercise	
4:15 pm	End of Day One Recap of Day One Closing Prayer & Song	
End of Day - Have a Good Evening		

## 5 Day Aboriginal Women's Healing Workshop

### DAY TWO

8:30 am	Cleansing/Smudging	
9:00 am	Workshop Opening Prayer Understanding Trauma (Group Discussion)	
10:15 am	Health Break	
10:30 pm	Sharing Circle	
12:00 pm	Lunch	
1:00 pm	Workshop Recognizing Sensory Memory Identifying Negative Thoughts Generated from Trauma Identifying Feelings Generated from the Trauma	
2:45 pm	Health Break	
3:00 pm	Sharing Circle	
4:30 pm	End of Day Two Recap of Day Two Closing Prayer	
END OF DAY ENJOY YOUR EVENING		

## 5 Day Aboriginal Women's Healing Workshop

### DAY THREE

8:30am	Cleansing/Smudging	
9:15 am	Workshop Top Awareness of Post-Traumatic Stress Disorder	
10:00 am	Health Break	
10:15 am	Sharing Circle on Post-Traumatic Stress Disorder (Symptoms)	
	Lunch	
1:00 pm	Recognizing Unhealthy Behavior and Addictions	
2:45 pm	Health Break	
3:00 pm	Sharing Circle	
4:00 pm	Closing Remarks Recap of Day Four Closing Prayer	
5:00 pm	Dinner	
6:30 pm	Evening Activity	
End of Day - Have a Good Evening		

**5 Day Aboriginal Women's Trauma Healing Workshop**

**DAY FOUR**

6:30 am	Cleansing Ceremony	
7:00am	Breakfast	
9:00 am	Continued Workshop Post-Traumatic Stress Disorder	
10:00 am	Health Break	
10:15 am	Sharing Circle	
	Lunch	
1:00 pm	Continue to work on Journal and Art Exercise	
2:45 pm	Health Break	
3:00 pm	Continued Sharing Circle	
4:00 pm	Closing Remarks Recap of Day Four Closing Prayer	
5:00 pm	Dinner	
6:30 pm	Recreational Activity	

**End of Day - Have a Good Evening**

## 5 Day Aboriginal Women's Trauma Healing Workshop

### DAY FIVE

8:30 am	Cleansing/Smudging	
9:00 am	Positive Communication Skills	
10:00 am	Health Break	
10:15 am	Willingness to Change/Goal Setting	
	Lunch	
1:00 pm	Burning Ceremony (Letting Go)	
2:45 pm	Health Break	
3:00 pm	Closing Remarks and handing out certificates	
4:00 pm	Recap of Day Five Closing Prayer	
5:00 pm	Returning Home	
End of Day - Have a Safe Trip Home		