



## **Current Workshops**

**For more information or to book a workshop for your group please contact us: 204-334-9395 or E-mail [healingcentre@anish.ca](mailto:healingcentre@anish.ca)**

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### **Indian Residential Schools (I.R.S.) Effects & Impacts Presentation**

The I.R.S. Effects & Impacts Presentation focuses on how these institutions impacted Indigenous peoples and are affecting Indigenous youth today. The goal is to help participants understand how the I.R.S. era may have impacted their own families and communities so they can begin to heal and reconcile the effects for themselves and their families.

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### **Understanding Trauma**

#### **A Trauma-informed Workshop from an Indigenous Perspective**

This workshop focuses on the trauma experienced by Indigenous peoples through historical traumatic events and the intergenerational impacts. It is meant to offer the broader community insight, from an Indigenous perspective, into the effects and impacts traumatic events of the past had and still have on Indigenous people today.

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### **Internalized Oppression - Lateral Violence ~ Lateral Kindness**

This workshop was designed to generate awareness of Internalized Oppression and Lateral Violence by providing participants with information on how these behaviors can be very harmful to individuals, families, communities and organizations and will provide information to participants on what Internalized Oppression is, how it occurs and about the harmful affects of Lateral Violence whether it be in the workplace, the home, or in the community. Participants will work together and share their thoughts on; what is working, what is not working, what are the weaknesses, how to eliminate negativity, and what their individual and group strengths are. These discussions will pave the way to the creation of Lateral Violence Policy & Procedures as well as “Lateral Violence Free” zones!

## **Domestic Violence & Healthy Relationships Workshop**

The Domestic Violence & Healthy Relationships workshop was developed to provide participants with a better understanding of what domestic violence is, who it can happen to and what some of the warning signs are as well as what healthy relationships are in comparison whether they be personal or professional relationships.

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## **Traditional Family Parenting Workshop**

The Traditional Family Parenting Workshop consists of teachings and hands-on activities. In this workshop we will discuss how Indigenous people parented prior to colonization and Indian Residential School, healthy family and gender roles through "Life Star" teachings, the importance of family unity and nurturing environments, and tipi teachings; what the tipi represents, the teachings of each pole and how the poles teach us about family values.

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## **Cultural Awareness Training**

The Cultural Awareness Training is geared toward helping our non-Indigenous friends to understand the historical trauma, oppression, racism and cultural insensitivity that Indigenous people have been subjected to for over 500 years. In this workshop we will conceptualize a timeline of European contact to the present, demystify some myths and misconceptions of Indigenous people, discuss traditional Indigenous worldviews, spiritualities, relationships with the land, and beliefs vs. religion, and reflect on the effects & impacts of the Indian Residential Schools.

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## **Financial Wellness Workshop**

The Financial Wellness Workshop incorporates a holistic approach to socio-economic Indigenous prosperity based on developing a strong foundation of financial literacy against real-world applications. A relevant and usable financial education will arm our people with the knowledge to make informed decisions and enable them to become financially self-sustaining. The goal is for clients to learn from experienced financial professionals (banking, finance, counselling, business, etc.) to decipher the often, cloudy world of money management; professionals who will simplify and deconstruct seemingly complex financial topics into "bite-size" portions which are easy to understand and apply to everyday life. This will create fewer financial worries and help our people find balance and control over their finances, now and throughout their lifetime.

## Inner Child Healing Workshop

The Inner Child Healing Workshop is a 10-week journey designed to empower self-healing, personal growth, and reconnection through a culturally grounded and supportive process. This program based on concepts of reconnecting to identity, understanding the Inner Child through Attachment Theory, exploring Mother and Father wounds, and addressing the impacts of colonial policies and trauma.

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## Loss & Grief Workshop

In the Loss & Grief Workshop we will discuss the different stages of grieving and that there is no order to these stages; they will happen when they need to. Participants will learn how to cope with loss whether their loss is tangible (something we can see, feel, hold, etc.) or intangible (love, self-esteem, honor, etc.)

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## Smart Work Ethics Training Course

The Smart Work Ethics training was designed to enhance employ-ability skills and workplace ethics or “soft skills” to prepare clients for the workforce. From making a good first impression to knowing what interpersonal skills are required in today’s workplace, employees need to be aware of what their employers look for, look at, and measure when they hire and promote employees. Employee responsibility is often the missing vital link in the working arena. The universal standards for thriving in a work environment will be presented and discussed and participants will develop an understanding of what employers want and look for in employees. The goal is for clients to learn workplace ethics or soft skills such as:

- Show up every day & on time
- Use work time as work time – not personal time
- Have a positive work attitude – enhance productivity
- Get along with boss, co-workers and customers
- Work independently
- Take responsibility
- Make informed choices
- Create goals
- Communicate effectively
- Work with difficult people
- Have accurate self-perception of abilities
- Manage time effectively
- Manage emotions
- Use problem solving and critical thinking
- Dress appropriately