

Cercle Sacré Anishinabe Sacred Circle
Humility, Honesty, Courage, Truth, Love, Respect, Wisdom

The Sacred medicines bundle project

Support for First Nations, Métis and Inuit elders and all seniors who do not have the help or education to find available resources

This project is designed for women and men aged 55 and over to promote a healthy lifestyle.

Take a holistic approach through cultural teaching and practice to include empowerment, self-esteem, good nutrition and other elements that could be identified along the way. This project is open to all nations regardless of beliefs and cultural practices.

Knowing who you are is essential to understanding how to handle conflict in a healthy way; Identity is fundamental. We aim to encourage people of the 3rd age to come forward and share their stories. Many First Nations, Metis and Inuit elders are still very afraid of the system that has failed them. Many of them are residential school survivors or victims of the sixties scoop. This project will provide the appropriate tools to rebuild their identity and make their lives comfortable and easier.

The Sacred Medicines Bundle aims to provide information on programs and services available to First Nations, Métis and Inuit seniors and all persons who do not have the necessary assistance or education to protect them and provide them with well-being, mental health, physical fitness, nutrition, health care and healthy living conditions.

The wellness elements of this program are leadership, self-esteem, community engagement, cultural teachings and practices, substance abuse and violence prevention, nutrition and healthy cooking, food security, health education, fitness.

Empowering our seniors to build healthier communities

These activities are done indoors and on the Land while guiding participants towards understanding the meaning of the word identity, self-esteem, dignity, sacred medicine and teaching the medicine wheel/circle of life.

Given the challenges faced by Elders, approaches were based on Anishinabe spirituality and values for sustainable results.

The completion of the project will be measured by the number of sessions and the number of participants in relation to the retention rate. This project also aims to create strong relationships/partnerships with like-minded community organizations when working with Elders, including First Nations, Métis and Inuit women and men.

Participants:

This project is open to all women and men aged 55+ but will prioritize the following groups; this program can easily be adapted according to the group of participants.

1. First Nations, Métis, Inuit and self-identified seniors who are struggling with their circumstances, loss of mobility, physical, emotional, mental, spiritual and life conditions.
2. First Nations, Métis, Inuit and self-identified seniors who have struggled with drug or alcohol abuse and are now ready to make a positive change in their lives (these seniors have already participated in a detoxification program and are ready to move on.)
3. Open to First Nations, Métis, Inuit and self-identified seniors who have been abused, have little or no education, have been trafficked, have life problems in general, survivors or children of residential school survivors or victims of the sixties scoop.
4. Seniors who do not have the means, resources or education to find the help they need to support their emotional, physical, spiritual and mental health. These people have lost their dignity and self-esteem.

Objectives:

The goals are to help seniors respect themselves and learn to live, not survive, by bringing spirituality into their lives to help them cope with difficult situations. Get to know each other, learn from each other, share their experiences and help them understand that they are not alone and that others are going through the same problems. This is done with teachings given in simplicity and concrete exercises giving powerful and lasting results.

Some of the proposed activities:

- Talking circles are suggested for this project
- Preparation of traditional medicines
- Shopping for healthy food and easy and healthy meal preparation
- Inviting representatives from different community groups as needed
- Knitting, sewing, beading and more

To learn more about our programs for seniors, please contact us.