

Public Safety Department, Okanagan Indian Band Healing Circles Schedule 2022

A Cultural Approach to Personal Healing

Healing Circle	Goals & Teachings	Dates
Daughters of Tradition	Character building and prevention. Girls will become aware of and be able to discuss their feelings, apply teachings and principles of healthy living, recognize healthy behavior and understand the meaning of boundaries, goals, taking care of oneself.	Regular scheduled circles at the School District(s), Youth workshops and at the request of families.
Sons of Tradition	The males will learn how their own cultural traditions and ceremonies can provide a framework for healthy lifestyles, learn how to draw upon their own innate knowledge to make healthy decisions, learn how to express their feelings and how respect can provide them with a set of values for living.	Regular scheduled circles at the School District(s), Youth workshops and at the request of families.
Medicine Wheel and 12 Steps for Youth	Overall cultural approach for youth is to learn to use traditional cultural practices to assist them in maintain healthy, balanced life that is how to make healthy choices, have healthy behaviors and enhance their personal strengths.	Regular scheduled circles at the School District(s), Youth workshops and at the request of families.
Medicine Wheel and 12 Steps for Men	The program is designed to enable people to meet their own needs. You will learn how strong social and emotional bonds are created, participate to develop trust, autonomy and other healthy feelings and thought patterns that will help you grow emotionally, mentally, physically and spiritually.	Regular scheduled circles at the School District(s), Youth workshops and at the request of families.

Wellbriety Healing Circles	The term Wellbriety is an affirmation that recovery is more than the removal of alcohol and other drugs from an otherwise unchanged life. Wellbriety is a larger change in personal identity and values and a visible change in one's relationship with others. It is about physical, emotional, spiritual, and relational health. Wellbriety is founded on the recognition that we cannot bring one part of our lives under control while other parts are out of control.	<p>Public Safety Office, Wednesdays, 5:30 p.m. to 7:30 p.m.</p> <p>Kikanee Estates, Vernon, Thursdays, 5:30 to 7:30 p.m.</p> <p>People Place, Vernon, Fridays, 1 p.m. to 3 p.m.</p>
Mending Broken Hearts Healing Circles	This two-day culturally based healing program explores strategies for reconnecting with our loved ones, how to complete those relationships, even with family members who have made their journey. You will develop the capacity to heal from unresolved grief and the losses created by the legacy of historical and intergenerational trauma.	<p>Schedule healing circles at the request of families</p> <p>Note: averaging 2 healing circle per month.</p>
Cultural Safety Education	Cultural Safety education provides positive information on who we are as Syilx people. Information on historical, pre-contact and understanding the truths.	Regular scheduled circles at the local businesses, Youth workshops and at the request of partners.

For more information or to schedule a booking for Healing Circles, please contact:

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