

# nato'weho win *(The Art of Self-Healing)*

## Healing Group

Tuesdays - January 9 - April 17, 2018

This group is intended for Indigenous Women who are survivors of Intimate Partner Violence.

The group will consist of Indigenous cultural activities, including hand-building; the group will be facilitated by an Indigenous Knowledge Keeper and there will be an Elder present at each group.

The program will also include participation in research, with the goal of reducing symptoms of complex trauma through learning more about the role of Indigenous cultural traditions in healing.

We believe that Indigenous cultural traditions can assist women who are healing from trauma and abuse.



### Commitment

- Attend a 3 hour group, one evening per week for 13 weeks.
- Participate in a sharing circle/focus group at the end of the group, and again 1 year after completion of the group.
- An honorarium will be provided to participants who agree to participate in research by sharing their experiences to gather evidence for the use of cultural and artistic activities in healing from trauma.
- Participants will be asked to fill out a questionnaire at the beginning and end of the group and 1-year after the group has ended.

For more information or to register

please call or text:

Theresa 306-940-8793



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