

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

## Healing Group

Thursday, January 11 - April 6, 2018

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

The group will consist of indigenous cultural activities and a new art project each week. The group will be facilitated by a professional artist & counsellor and there will be an elder present 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:**

**Samantha - 306-531-6312**



This program is made possible by funding through the Public Health Agency of Canada and organized by the Provincial Association of Transition Houses & Services of Saskatchewan (PATHS) in partnership with Indigenous Knowledge Keepers, researchers at the University of Regina, and PATHS' member agencies