

NOTICE OF UPCOMING SESSIONS:

“Being Me, Being Free” - Improving My Relationships...

The “Being Me, Being Free” Programs are a series of sessions that are designed and delivered by Aboriginal Behavioral Health Specialists, Mel and Shirley Chartrand. Each group session has a unique theme which provides a focus on what will be addressed during the session. Participating in sessions with different themes builds on progress made at previous sessions.

The “Being Me, Being Free” sessions address a variety of needs including situational stressors, family relations, interpersonal relationships, employee personal concerns, mental health issues, life span issues, sexuality issues and **underlying issues** of addictions. As well, sessions address the needs of survivors of the Residential Schools Legacy, victims of historical trauma, abuse, domestic violence, and survivors of a loved one’s suicide, sudden accidental death or other traumas and losses.

January 22 to 26,
2010

Pinewood Lodge,
Whiteshell Prov Park, MB



Internationally
Accredited by CARF

Each session is for Aboriginal adults who have been seeking:

- New ways, behaviours, and disciplines in order to become better parents, workers, leaders and mentors within their family, community and society.
- To improve the quality of their life.
- To improve their own functional abilities and their families.

Participants will learn over a series of sessions, How to:

- Heal themselves in a kind and gentle manner in an individually designed treatment plan.
- Handle and address their stress, anxiety, fears, depression and anger in their lives.
- Address underlying issues causing one to be stuck, anxious, depressed, helpless, angry, struggle and in pain for example.
- Make healthy, progressive changes within themselves and in their lives.
- Support themselves and the ones they love in good ways.
- Develop and apply self-care/management disciplines

Criteria:

- Aboriginal adult (over twenty-four).
- Alcohol/drug free (please call to clarify).
- Info on type of medication.
- Willingness to look at oneself.
- Willing to be responsible, accountable for own healing/change process.
- Willing to participate in change and healing process.
- Willing to stay and complete program.
- Demonstrate a willingness to invest in the process personally.
- Able to arrange own child care.

Interested individuals are encouraged to call with any questions about the Intake process and to obtain an Intake form.

Please call Karen or Wanda at the number below for more info.



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Changing Ways, Changing Lives

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