

## *"Awo Taan"*

is a Blackfoot word which means "Shield" a name given to the Society for protection for the families using the services of Awo Taan

## *Our Vision*

Nurturing Families Living in Peace

## *Our Mission*

To provide a broad continuum of support services, guided by Aboriginal traditional teachings, that include prevention, intervention, and healing to anyone affected by any form of abuse



# Alberta

Children and  
Youth Services

*Kids Help Phone:*  
1 800 668-6868

**Awo Taan Healing Lodge Society  
Family Wellness Center  
4518 17 Ave SE  
Calgary AB T2A 0T8**

**Youth & Family Support Workers**

**(403) 531-1880 ext. 110 or 111  
Fax (403) 531-1884**

### **Partnership Locations:**

**MOCA- Millican Ogden Community Assoc.  
2734 - 76 Avenue SE Calgary**

**Vista Heights School  
2411 Vermillion Street, Calgary**

**Piitoayis Family School @ Colonel Walker  
1921-9<sup>th</sup> Avenue SE, Calgary**

**Village Square Leisure Centre  
(located in room next to the view deck)  
2623 56<sup>th</sup> Street NE, Calgary**

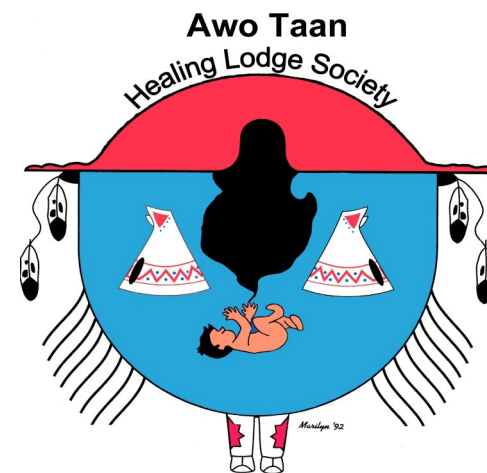
**Awo Taan Healing Lodge Society  
P.O. Box 6084 Stn. A  
Calgary AB T2H-2L3**

If your life is being affected by abuse and you and your family are in crisis, call our Crisis Line:

**(403) 531-1972 or  
(403) 531-1976**

# *Awo Taan Healing Lodge Society*

## *Family Wellness Centre*



## *Youth & Family Support Program*

Registered Charity 13957-18863rr001

# Youth & Family Support Program

## *“Embracing Our Youth”*

The Youth & Family Support Program focuses on Youth in the Calgary Area to empower and embrace their unique identities and varied cultures, by sharing Aboriginal culture and traditions.

The sessions are focused on the Seven Sacred Teachings: love, respect, honesty, wisdom, bravery, humility, and truth. The Four Directions of the Medicine Wheel: Mental, Physical, Spiritual, and Social aspects will also be incorporated into the program.

## Family Traditions & Parenting Skills Development:

- ◆ Enhancing communication skills with your adolescents/teens
- ◆ Youth & Family Support
- ◆ Initiating Self Esteem & Motivation
- ◆ Parent Sharing Circles
- ◆ Native Language teachings through our elders.

## Recreational and School Support:

- ◆ Employment workshops
- ◆ Study Skills workshops
- ◆ Goal Setting workshops
- ◆ Time Management workshops

## Cultural Enrichment:

### *After school program teachings:*

- ◆ The importance of Elders & Cultural advisors
- ◆ Traditional crafts
- ◆ Traditional food and preparation
- ◆ Medicine Wheel Teachings
- ◆ Importance of preserving our traditional languages
- ◆ The importance of Mint, Sage, Sweet grass and Root picking!
- ◆ Traditional Drumming & Singing
- ◆ Powwow dancing
- ◆ Everyday life skills

### *Through:*

- ◆ Youth Sharing Circles
- ◆ Various Aboriginal Ceremonies through Cultural Advisors and Elders.
- ◆ Historical Aboriginal Events
- ◆ Sewing Powwow Regalia & Beading
- ◆ Traditional Storytelling, Games & Dramatic Skits
- ◆ Family Feasts
- ◆ Cultural Awareness
- ◆ Physical activities

## Personal Support:

- ◆ Bullying Prevention
- ◆ Depression/ Suicide Prevention
- ◆ Mentoring & Role modeling
- ◆ Peer Influence & Positive Relationships
- ◆ Conflict Resolution & Stress Management
- ◆ Family Violence Prevention
- ◆ Safe and Healthy ‘Dating’ Relationships
- ◆ Anti-Gangs and Anti-Violence
- ◆ Building A Positive Self- Image
- ◆ Youth Healing Circles
- ◆ Health & Nutrition
- ◆ Anti-Smoking workshop
- ◆ Alcohol and Drug Prevention
- ◆ Sexual Health and Wellness
- ◆ Two Spirited Awareness
- ◆ Time management
- ◆ Support Networking