



Métis Family Services
Personal Healing and
Traditional Parenting Program



Traditional Parenting
Facilitator Workshops

Learn to facilitate a Personal Healing and
Traditional Parenting Program

September 12-16, 2011

The MFS Personal Healing and Traditional Parenting Program will give participants the tools to facilitate a culturally sensitive parenting Program in their communities. Tools learned will re-focus the importance of reclaiming identity and Culture in healing and Parenting.
A program manual and Medicine Wheel teachings are provided to Participants

"We facilitated our first parenting group last October and it went really well. I remain truly grateful for the teachings you offered to make this all happen in the first place."



*Workshop Participant
Kris (Castlegar, BC)*

Here is a link to a radio interview given by a past participant of the Traditional Parenting Workshops:
http://www.cjly.org/index.php?/radio-show/comments/parenting_path_aboriginal_traditional_parenting

**To Register for the September 2011 Workshops or to get information on the availability of these workshops being facilitated in your community please contact Catherine Caldwell or Suzanne Thomaidis at (604) 584-6621
Email: Catherine.Caldwell@gov.bc.ca or sthomaidis@metisfamilyservices.ca**

Métis Family Services 13639 108th Avenue Surrey, BC V3T 2K4
Phone: 604.584.6621 Fax: 604.582.4820

About the Facilitators

Larry Arkell/Elder

Larry Arkell, a (Métis) Ojibway Elder, has a wealth of life, education and employment experience. Born and raised in Northern Ontario he joined the Canadian Military after high school and served for eight years. This was followed by six years at the University of Victoria where he earned a degree in Political Science. Larry financed his education by working as an underground miner and by doing general labour.

Larry's professional life was centered in the human services field; as a youth counselor in corrections doing wilderness programs with young offenders (10 years) and as a Child Protection Social Worker with MCFD (15 years). During his working life he took advantage of every training and educational opportunity that was presented. Retired in 2004 Larry spends his time studying and volunteering at Metis Family Services where he continues to share his knowledge and teachings in a traditional way.

Suzanne Thomaidis

Suzanne Thomaidis is Métis and was born in North Bay Ontario. She is the mother of two biological and one adopted child, the grandmother of three, and "Auntie" to hundreds. Suzanne received her education in family and Community Counseling from the Native Education Centre in Vancouver, BC.

Suzanne unique style of presentation, interaction and accessibility allow her to connect with a variety of audiences and groups. Suzanne has presented Women's Empowerment Programs for Corrections Canada and has worked as a Family Support Worker and counselor both on and off reserve. She has also worked with youth and families in a variety of settings and is involved in providing cultural programs at Métis Family Services.

In 2004 Suzanne joined Métis Family Services and developed the Personal Healing and Traditional Parenting Program. The program started out as a pilot project and has become a success. Suzanne has run 18 parenting programs and taught the MFS Personal Healing and Parenting Facilitator's Workshops in Surrey for the past 4 years.

The workshops are now being offered in communities throughout BC

Workshop Series

Day One

Workshop 1: A Different Kind of Parenting Program

A look at the innovations in the MFS Personal Healing and Traditional Parenting Program.

Workshop 2: Group Modality and Process

Topics covered in this workshop include learning styles and how to create a safe, non-threatening environment for the clients.

Workshop 3: Elders and their Role

This workshop will look at the role of Elders in communities and how they aid in parenting and in the healing process.

Day Two

Workshop 4: 'May the Circle Be Unbroken'—Part 1

An exploration of the effects of colonization and its impact on Metis and Aboriginal families and communities.

Workshop 5: 'May the Circle Be Unbroken'—Part 2

This workshop will focus on reclaiming our identity and culture as well as exploring the role of identity and culture in healing and parenting.

Workshop 6: Values and Beliefs: Where Are You?

A discussion on values, beliefs and traditions and how they impact facilitation and group cohesion

Day Three

Workshop 7: The Awareness Wheel

A look at how the Awareness Wheel can be used as a teaching tool to encourage clients to better understand themselves and to enhance communication.

Workshop 8: The Feeling Wheel

A workshop exploring the importance of this tool in personal healing and parenting

Workshop 9: The Wheels of Fear and Anger

This workshop focuses on understanding fear and anger and their impact on our way of life.

Day Four

Workshop 10: Health Issues

In this workshop, we will address health issues such as AIDS/HIV, ADHD and FASD.

Workshop 11: Mental Health Issues

An examination of mental health challenges for Métis and Aboriginal communities, specifically, addictions and depression.

Workshop 12: Building Relationships with Service Providers

In this workshop, we will look at ways to assist clients in accessing services and how to effectively communicate with service providers.

Day Five

Workshop 13: Self-Care

A look at the importance of self-care with regard to issues such as vicarious trauma. There will also be a group discussion and sharing of resources.

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**Métis Family Services
Personal Healing and Traditional
Parenting Facilitator Workshops
Registration Form**



**September 12 -16 , 2011
9AM to 4PM**

Participant Information

Community of:

Name: _____

Organization/Agency _____

Street: _____

City/Town/Reserve: _____

Province: _____

Postal/Box #: _____

Home Phone: _____

Cell Phone: _____

How many participants will be attending? _____

Questions or comments:

Registration Fee

\$1000.00

**All Cheques and Money
Orders are payable to:
Métis Family Services
13639 108 Avenue
Surrey BC, V3T 2K4**

Payment information

- Payment by Cheque
- Payment by Money Order
- Payment by Cash

Proceeds are donated to the Stephanie Foerderer Memorial Fund

Participant's Signature

Date

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