

HEALING PROGRAM for Indigenous Men



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Program begins
July 9, 2018

This program aims to provide a safe place where Indigenous men can understand themselves and learn skills to assist them with how they react to different situations.



Who this program is for

1. This is for Indigenous men (First Nations, Métis or Inuit), age 18 and older
2. for those men who have experienced childhood sexual abuse and trauma (sexual contact or comments, pornography, witnessed sexual acts)
3. be willing to attend all 14 group sessions held Monday and Wednesday afternoons
4. participate in Elder services and cultural ceremonies
5. participate in the confidential assessment and evaluation process

About the program

- 14 closed-group sessions, with instruction from an Indigenous Elder
- learn about effects of childhood sexual abuse and trauma
- identify symptoms and triggers of trauma
- explore healthy self-regulation techniques and coping strategies
- explore reporting, testifying, or providing impact statements
- develop an individualized Case Plan, receive follow-up support

Note: Participants are not required to disclose any information about their trauma.



THE JOHN HOWARD SOCIETY OF MANITOBA, INC.
583 Ellice Ave. Winnipeg, MB R3B 1Z7
office@johnhoward.mb.ca; (204) 775-1514 ext. 316
www.johnjhoward.mb.ca

Funded by Department of Justice Victims Fund

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