

Additional Community Resources

Aboriginal Health & Wellness Centre:

204-925-3700

Addictions Foundation of Manitoba:

204-944-6200

Alcoholics Anonymous: 204-942-0126

Centre for Aboriginal Human Resources

Development Inc. (CAHRD): 204-989-7110

Employment and Income Assistance:

204-948-4000

Eyaa-keen Healing Centre Inc.:

204-783-2976

The Indian Residential School (IRS) Health
Support Program (24/7):

1-866-925-4419

Klinic Crisis Line: 204-786-8686

Legal Aid Manitoba: 204-985-8500

Lighthouse Mission: 204-943-9669

Manitoba Addictions Helpline:

1-855-662-6605

Manitoba Ombudsman: 204-982-9130

Men's Resource Centre: 204-415-6797

Mobile Crisis Service: 204-940-1781

Native Addictions Council of Manitoba:
204-586-8395

Opportunities for Independence:

204-957-5113

Salvation Army: 204-946-9400

Sexual Assault Crisis Line (24/7):

204-786-8631

Siloam Mission: 204-956-4344

 THE JOHN HOWARD SOCIETY
OF MANITOBA, INC.



The John Howard Society of Manitoba is a non-profit organization that primarily works with men (18+) who have been, or may be incarcerated. We actively advocate for effective, evidence-based and humane approaches to reducing crime and creating safer, healthier communities.

583 Ellice Avenue (at Sherbrook)

Winnipeg, Manitoba R3B 1Z7

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Canada



Department of Justice
Canada

THE JOHN HOWARD SOCIETY

Healing Program for Indigenous Men



Tel. 204-775-1514 ext.108

Healing Program for Indigenous Men

The John Howard Healing Program for Indigenous Men aims to provide a **safe place** where men can understand themselves and learn skills to assist them with how they react to different situations.

The program gives men the opportunity to attend group sessions, develop an individualized Case Plan and receive follow up support.

In 14 closed group sessions, men will learn about the effects of childhood trauma, identify symptoms and triggers of trauma, explore healthy self regulation techniques, learn and practice healthy coping strategies and explore possibilities of reporting, testifying or providing impact statements.

*** Free Program: No Fee Required ***

Please note: participants are **not required to disclose** any information about their trauma.

Elder Services

The program model includes Indigenous Elder instruction to cultivate and build on strength, courage and healing from a traditional and cultural perspective.



Teachings and ceremonies are related to session topics and the end session will include a final celebration.

Program Criteria: The program content is for men who have experienced childhood trauma, which may include, *but is not limited to:*

- * childhood sexual abuse
- * physical, mental, emotional and/or spiritual abuse
- * family fragmentation
- * abandonment
- * intergenerational trauma
- * death of another person
- * grief and loss
- * fear or anything that has significantly impacted your life and/or wellbeing

Program Criteria Continued:

- Priority is given to Indigenous (First Nations, Métis and Inuit) men who are 18 and older.
- Men, 18+, who do not identify as Indigenous, but are respectful of the culture are welcome to apply.
- Comfortable hearing material/information regarding childhood sexual abuse
- Willing to participate in 14 group sessions held Monday and Wednesday afternoons from 1:00pm – 3:30pm
- Willing to participate in Elder services and cultural ceremonies.
- Willing to participate in the confidential assessment/intake and evaluation process.

For more information, or for a referral form, contact the Program Coordinator at

**204-775-1514 ext. 108 or email
mnolin@johnhoward.mb.ca**

**Program Room- 3rd Floor
583 Ellice Avenue
Winnipeg, MB
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