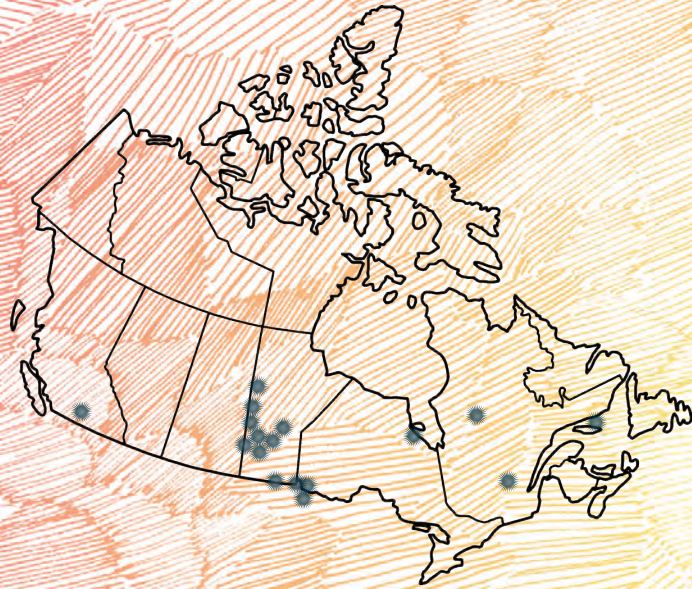


**MANY FIRST NATIONS
MANY APPROACHES
ONE MISSION**

**YOUTH SHARE THEIR
HIGHLIGHTS**

**LISTENING TO
ONE ANOTHER**



**CELEBRATE OUR
CULTURES AND CREATE
LIFESTYLES THAT
ENHANCE OUR
WELLBEING**

CONTACT INFO:

www.mcgill.ca/mhp

Program recommended by the Public Health Agency of Canada as a "Ways Tried and True" (WTT) best practice. WTT refers to successful public health practices implemented in First Nations, Inuit and Métis contexts to address local needs.

No one judged me for my opinion

I loved to learn the language

I like how I got to hear others with situations similar to mine, it made me know I wasn't the only one

I loved the food and the talking circles and the stories

Adult Flyer



THE PROGRAM

PROGRAM OVERVIEW

Listening to One Another is a culturally based family wellness program developed in partnership between Indigenous communities across the country and researchers.

In the program, guardians and their children aged 10-14 take part in weekly sessions facilitated and coordinated by members of our community.

ORIGINS

The Listening to One Another program is based on an American project called Strengthening Families.

Since 1996, communities and researchers have been collaborating to adapt the program for Indigenous families.

CULTURAL ADAPTATION

Elders and members of our community worked together with researchers over a long period of time to create a version of the Listening to One Another program that reflects the language, history and ways of our first nation - a program that belongs to us.

HOW IT WORKS

FLEXIBLE FORMAT

Guardians and youth take part in sessions on a schedule designed to fit the community.

Usually, sessions take place for about two and a half hours, once a week, over the course of four months.

The program is completely free, and every session starts with a meal!

SESSION STRUCTURE

The program begins and ends with a celebratory feast for all participants.

Cultural Roots

Learn about the history and ways of our community. Talk about family and good ways of life!

Strong Self

Learn about our personal strengths and appreciate the unique strengths of others. Think about our culture as a tool to deal with tough situations.

Community

Discover the ways that friends, family and community can support us in times of need. Talk about strengthening our families and our surroundings using the skills developed through the program.

THE RESULTS

BETTER COMMUNICATION

The sessions are a safe place to talk face-to-face and share thoughts and feelings with family and friends.

STRENGTHENED FAMILIES

Families grow stronger by spending time together, learning communication skills, and working to solve problems together.

EMPOWERMENT

The sessions help youth boost their self-confidence, develop conflict resolution skills, and learn tools to access resources in the community and greater region.

CULTURAL PRIDE

Listening to One Another supports youth and guardians' cultural pride by celebrating our strengths, stories and ways of life.

CONNECTED COMMUNITY

Build strong links between community members by playing a part in community life and events. Grow as a family, and see how your community grows around you!