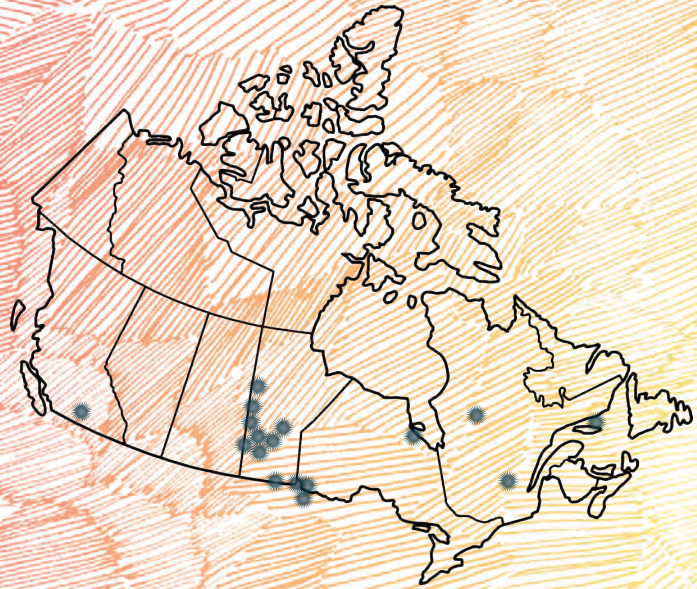


**MANY FIRST NATIONS  
MANY APPROACHES  
ONE MISSION**

**YOUTH SHARE THEIR  
HIGHLIGHTS**

**LISTENING TO  
ONE ANOTHER**



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

CONTACT INFO:  
  
[www.mcgill.ca/mhp](http://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





# CULTURAL ROOTS

## SESSIONS 1-5

### 1. WELCOMING FEAST

Celebrate the start of the program together.

### 2. HISTORY

Further discover the story of our culture and community. Learn how they have shaped our world.

### 3. FAMILY

Learn about listening from the heart, and see how communication can bring our families closer together.

### 4. WAY OF LIFE

Learn that 'living a good life' is possible, and that mistakes are learning opportunities.

### 5. COLLABORATION

Appreciate our world and learn ways to give and receive help in daily life.

# SELF

## SESSIONS 6-9

### 6. LIVING IN HARMONY

View stressful situations as temporary, help stop bullying and recognize safe spaces.

### 7. BALANCE

Manage natural emotions, like anger, by identifying cause and effect.



### 8. PROBLEM SOLVING

Discuss common problems and how to solve them in ways that align with our cultural identity and personal strengths.

### 9. MAKING CHOICES

Use critical thinking to explore the impact of our choices and the power of saying "no".

# COMMUNITY

## SESSIONS 10-14

### 10. COMMUNICATION

Identify real friends and connections to help us face life's challenges.

### 11. VALUING DIFFERENCES

Recognize that gifts and differences make us unique; plan ways to cope with teasing and discrimination.

### 12. SOCIAL SUPPORT

Everything is connected. Decide who and where to turn to if we need advice and support. Understand behaviours that build and break trust.

### 13. EMPOWERMENT

Understand community empowerment and think of ways to strengthen our world.

### 14. CELEBRATION FEAST

Honour families by celebrating the end of the program and discussing how to incorporate the things we learned into our daily lives.