

3/14/2016

# Chisasibi Mental Wellness Team

Activity report, 2016-17 Fiscal Year

# EVENT SCHEDULE PLANNER 2016-2017

PROJECT/EVENT	YEARLY PLAN
ORGANIZER	MWT

The following schedule covers the entirety of the 2016-2017 fiscal year for the Chisasibi Mental Wellness Team. This is a **PLANNED** activity schedule, actual projects are dependent on **PENDING** funding. Efforts to harmonize funding with Justice Committee and Iiyuu Athaawin Planning will be made.

PROJECT TYPE	STARTING	ENDING	PROJECT RECURRENCE
RESIDENTIAL SCHOOL AWARENESS	4.11.2016	3.24.2017	QUARTERLY + 3 DAY EVENT
COUNSELLING	4.11.2016	3.24.2017	ONGOING
TRADITIONAL HEALING GATHERING	7.15.2016	7.17.2016	ONCE
LAND-BASED PROGRAM	6.13.2016	3.24.2017	FOUR
GROUP INTERVENTIONS	5.23.2016	3.25.2017	BIMONTHLY
COLLABORATION WITH ELDERS	13.04.2016	19.03.2017	ONGOING

MAY							JUNE							JULY							AUGUST							SEPTEMBER							OCTOBER							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
					1	2		1	2	3	4	5	6				1	2	3	4							1			1	2	3	4	5						1	2	3
3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10	
10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17	
17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24	
24	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31	23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31		
31																					30	31																				
NOVEMBER							DECEMBER							JANUARY							FEBRUARY							MARCH							APRIL							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
1	2	3	4	5	6	7			1	2	3	4	5						1	2		1	2	3	4	5	6			1	2	3	4	5						1	2	
8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9	7	8	9	10	11	12	13	6	7	8	9	10	11	12	3	4	5	6	7	8	9	
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16	14	15	16	17	18	19	20	13	14	15	16	17	18	19	10	11	12	13	14	15	16	
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23	21	22	23	24	25	26	27	20	21	22	23	24	25	26	17	18	19	20	21	22	23	
29	30						27	28	29	30	31			24	25	26	27	28	29	30	28	29						27	28	29	30	31			24	25	26	27	28	29	30	
														31																												

# PROJECT DESCRIPTIONS

## RESIDENTIAL SCHOOL AWARENESS INITIATIVE

This activity is planned in collaboration with the former residential school students. It includes an annual three-day remembrance conference and a quarterly awareness campaign that responds to the TRC Call for action.

## COUNSELLING

Ongoing counselling will start as soon as the office space has been secured. We will have at least one full time Community Addictions Worker with a possible one part-time depending on the revenue.

## TRADITIONAL HEALING GATHERING

The Cree traditional healing Gathering takes place over a week for preparations (workshops & site preparation) and a weekend for the cultural activities (group & individual counselling; dances; ceremonies). The main purpose of this gathering is to embrace life and give thanks to the creator for the many gifts that he has given to the people. The gift of life, the gift of healing, and the gift of love, this is where thanks are offered throughout the gathering, with song and dance celebrating life. This is an event that is becoming more popular each year, where people from all walks of life come for healing, guidance and support and also for spiritual, emotional and physical healing. The CMWT will contribute maximum \$15,000 to this event.

## LAND-BASED PROGRAM

See program manual at [www.chisasibiwellness.ca](http://www.chisasibiwellness.ca)

## SWEATS - GROUP INTERVENTIONS

Sweat lodge ceremonies are cultural group intervention consistent across NNADAP, that are designed to sensitize participants to their own attitudes towards self-harm or suicide and to provide them with the knowledge and skills to recognize risk and develop safe habits of mind. The interventions allow participants to share in a safe and non-judgmental setting their suicidal thoughts/actions as well promote commitment to positively transform their life by connecting them with a helping network locally.

## ONGOING COLLABORATION WITH ELDERS

The CMWT has begun ongoing collaboration with local groups, especially the elders and the women's groups. The activities vary depending on the priorities of each group. For example in March 2015, the CMWT has provided financial support for the Grandmothers' Gathering that too place in Chisasibi, March 21-24, 2016. Throughout 2016-2017 fiscal year the CMWT will continue this types of collaborations.