

EVENT SCHEDULE PLANNER 2014 - 2015

PROJECT/EVENT	YEARLY PLAN
ORGANIZER	MWT

The following schedule covers the 2nd part of the 2014-2015 fiscal year for the Chisasibi Mental Wellness Team. The projects listed are available to all community members (see descriptions p.2). The Justice Committee as a main partner will leverage the existing programming to respond to their clients' needs.

PROJECT TYPE	STARTING	ENDING	PROJECT RECURRENCE
CULTURAL COMPETENCE WORKSHOPS	11.4.2014	3.26.2015	BIMONTHLY
ELDERS LODGE	11.10.2014	3.26.2015	ONCE A MONTH
ASIST	2.16.2015	3.26.2015	THREE SESSIONS
STORYTELLING	2.16.2015	2.19.2015	ONCE
LAND-BASED	1.19.2015	4.18.2015	TWICE
YEAR END REPORTING	3.30.2015	4.3.2015	

NOVEMBER							DECEMBER							JANUARY							FEBRUARY							MARCH							APRIL							
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	S	
					1	2	1	2	3	4	5	6	7				1	2	3	4							1							1				1	2	3	4	5
3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11	2	3	4	5	6	7	8	2	3	4	5	6	7	8	6	7	8	9	10	11	12	
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18	9	10	11	12	13	14	15	9	10	11	12	13	14	15	13	14	15	16	17	18	19	
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25	16	17	18	19	20	21	22	16	17	18	19	20	21	22	20	21	22	23	24	25	26	
24	25	26	27	28	29	30	29	30	31					26	27	28	29	30	31	23	24	25	26	27	28	23	24	25	26	27	28	29	27	28	29	30						
																												30	31													

PROJECT DESCRIPTIONS

Suicide...A cry for help - cultural competencies workshop

No one wants to die. We need to understand that a person who threatens to kill themselves actually wants to live. Suicide is more of a messenger than anything else. It is a language spoken by those who are not being listened to, or being heard.

This workshop is designed as a prevention and intervention activity; for both individuals who have either attempted suicide or have had suicide ideation thoughts as well as a mental health life-skill teaching tool. It teaches the person how to give those deep down feelings a voice so that they can express what it is that they are feeling, how to face their fears and to confront what is really at hand. It also helps the ones, that the message is being sent to, about how one needs to hear that cry for help and that it needs to be taken seriously. The workshop is designed to help that person get to the core of their issue by listening and hearing what it is they are trying to say.

Life is a valuable gift from our creator and one needs help in relearning the core values of the life given to them embedded in Cree culture teachings. There really is a lot to live for.

Elders Lodge - Women's rites of passage and life-skills

Using Cree cultural teachings, the project aims to instill a positive cultural identity and provide life skills development to the participants. Elders will teach Cree cultural values associated with the rites of passage as a cultural anchor from which the participants can appropriate life skills and coping mechanisms. Some examples include: walking out ceremony, puberty rights, snowshoe ceremony, modeling traditional outfits such as young hunter (boy and girl), introduction to womanhood, and others as agreed upon by the elders.

Applied Suicide Intervention Skills Training (ASIST)

This workshop introduces concerned community members to suicide first-aid intervention skills; skills that can be used to help prevent the immediate risk of suicide. ASIST is a two-day, hands-on, practice-oriented, immersion experience that helps caregivers become ready, willing and able to do suicide first-aid interventions.

Storytelling Workshop

The acclaimed Ojibway author, journalist and storyteller Richard Wagamese, will be hosting a three day 'writer's retreat' that focuses on learning spontaneous, oral storytelling and then transferring that skill to the printed page. The workshop revolves around "real" stories about human beings rather than using myth/legend/animal metaphors. It is all about "re-igniting the fire of storytelling," and showing real human beings learning these lessons seemed the best way to go. The activity will be focused on suicide prevention and intervention as developed by the Facilitator.

Land-based

As per program manual (see www.chisasibiwellness.ca)