

## INDIGENOUS LAND-BASED HEALING PROGRAM



### Healing Through Tradition: You are Invited to Our Indigenous Sweats

Sept 19, 2024 @ 12:00  
The location for Regina Sweat:  
Sherwood No. 159, SK S0G 5K0

Prince Albert area Sweat Lodge dates:  
• Aug. 18, 2024  
• The location for Prince Albert Sweat:  
120 - 1 Ave Paddockwood, SK S0J 1Z0

Please note all dates are subject to change due to fire bans and other unforeseen circumstances.



### NOTE ON WHAT TO BRING / WEAR

In keeping with tradition, it's customary to bring a small gift or donation as a gesture of respect and gratitude to the sweat lodge ceremony. You might consider bringing an offering such as tobacco, sage, or a small monetary donation.

To ensure we honor the traditions and everyone remains comfortable, we kindly ask the following:

Participants should dress modestly.

For women: Please wear a long skirt and a t-shirt.  
For men: Please wear a long bathing suit or shorts and bring a towel.

These guidelines help us maintain the integrity and respect of the ceremony.

Please feel free to contact:

James D. Gale

CSI-CAN Outreach Coordinator

[email address not shown in image]

(306) 531-2752

INVITATION LETTER >



POSTER >



As a commitment to Indigenous mental health equity, CSI-Can Saskatchewan Division continues working with Indigenous peoples dedicated to equitable access to care.

Part of our ongoing efforts are to address the mental health needs of Indigenous veterans within the Prince Albert & Regina communities, as well as provide awareness and hosting traditional healing events such as sweats and access to ceremony. The Sweat Lodge ceremony has been meaningful and transformative to many Indigenous families. Offering our teams this learning opportunity allows each participant to embrace their healing. Professional Wellness Leads and Protection and public wellness healing modalities that integrate spiritual, medicinal, and cognitive-based healing.

With this awareness we aim to aid Indigenous Veterans and promote knowledge in the historical roots of intergenerational trauma. This model supports their healing journey while addressing the aftermath from suppressed grief and loss. The Philosophy also allows the Professional Wellness Leads and Peer Support Teams supporting culturally safe reflections through learning and honoring. They are respectful of diverse values, beliefs, and traditions. This process assists Indigenous participants in broadening their cultural knowledge and allows them to explore the underlying trauma experiences in past generations. The shared experience of participating in cultural teachings and ceremonies serves as a useful tool for building connections and resilience while also offering mental health support.

This program would not be possible without the funding support of the Future Generations Foundation.

**FUNDED BY:**



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The target demographic of OSI-CAN are but not limited to: Former and serving members of the Canadian Armed Forces, Allied Armed Forces, the Royal Canadian Mounted Police and Frontline Protectors--- Municipal Police Services, CN Police Services, Emergency Medical Services, Fire Protection Services, Wildland Firefighters and Hospital Trauma personnel, Nurses, Healthcare Workers, Crown Prosecutors, Social Workers, Animal Control Officers, Coroners, Indigenous Emergency Management, Victim Services Personnel, Emergency Communications Specialist, Crisis Management Workers (such as Mobile Crisis, etc), Corrections Officers, "Volunteer" First Responders, Conservation Officers, Tow Truck drivers, and private sector First Responders. Persons who in the performance of their jobs are exposed to criminal acts of Trauma. We also provide supports to the spouses and significant others of those exposed to such trauma. This demographic was chosen due to the commonality of experiences they share through the service they provide to the country and community. We have a special interest and support volunteer first responders as they may not have proper access to support.



Mobile Crisis: call 306-757-0127

Crisis/Suicide Hotline 24/7: 1-833-456-4566

Or Consult <https://sk211.ca/> to find other help lines

If you would like an OSI-CAN support group or a spouse of OSI group in your community, contact Julius Brown at 306-552-3801 or 1-888-495-6068

[osicandir@cmhask.com](mailto:osicandir@cmhask.com)

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