<u> Thinking about sucide? Call or text 988. In crisis call? 1-877-303-2462.</u> Click to Call Looking for other supports? Call 211 (Saskatchewan only).

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INDIGENOUS LAND-BASED HEALING PROGRAM

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Healing Through Tradition: You are Invited to Our Indigenous Sweats

> Sept 19, 2024 @ 12:00 The location for Regina Sweat: Sherwood No. 159, SK SOG 5KO

Prince Albert area Sweat Lodge dates:

- Aug. 18, 2024
- The location for Prince Albert Sweat: 120 - 1 Ave Paddockwood, SK SOJ 1ZO

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**









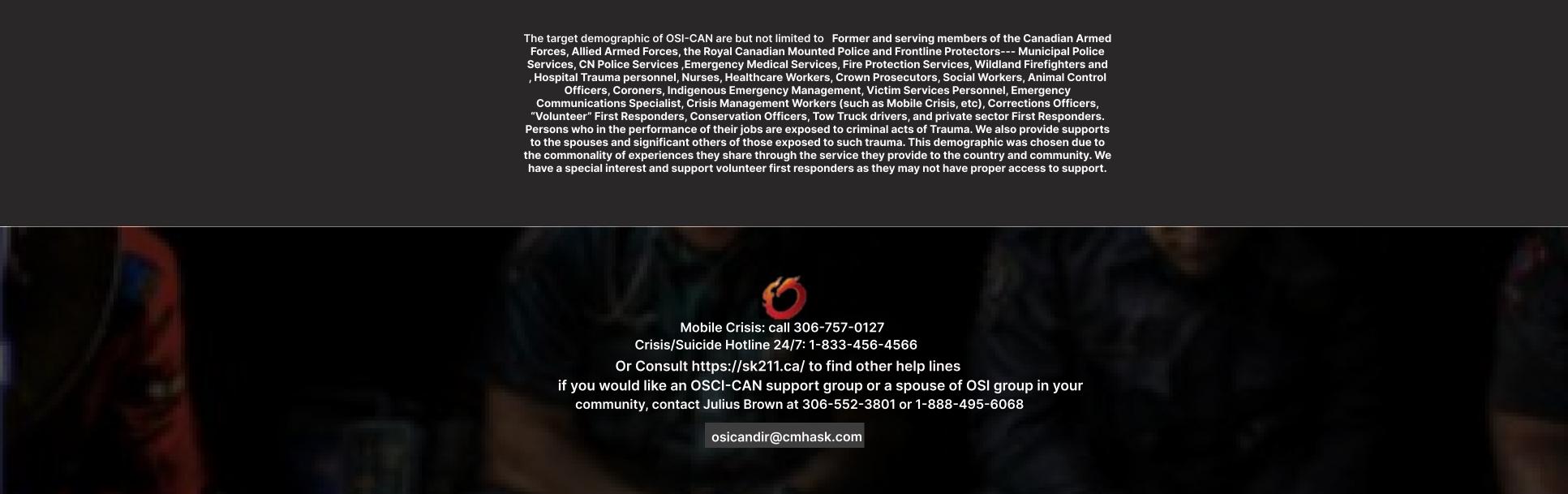
As a commitment to Indigenous mental health equity, CSI-Can Saskatchewan Division continues working with Indigenous peoples dedicated to equitable access to care.

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.**





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