

## 24 Week Program Schedule

Parent Group Curriculum - Synopsis of each session

Each session also will incorporate mindfulness and reinforce several words or phrases to be reinforced in each session:

$\frac{3}{4}$  When the mind is ready teachers or teachings will appear

$\frac{3}{4}$  When the community is ready teachers and teachings will appear

$\frac{3}{4}$  All Anishinabe(or human beings) want to be Understood and Appreciated

Session One: Bezhig

SelfLove, Self Esteem, Self Concept--Knowing your Self Indian style.





Value Statement "Honor Codes"  
Value Clarification

This Session looks at the system of cultural values that are an important part of Indian societies and the unique customs that identify our culture. Our values shape our personality. Our behavior is based upon our values. When our Values are consistent with our behavior

mood thinking, such as dependent bonding; fear of loss; fear of separation; loss of power; emotional paralysis, and habitual behavior. Other behaviors that can have a hurtful effect on children are low selfworth, repression, controlling, poor communication, anger, and lack of trust, weak boundaries. Emphasis will be placed upon High/Natural Mood thinking.

Session Fourteen      Ashi Niiwin

## Cultural Story "How to listen" By, Bill Sutton

These next two sessions address the need for effective communication skills in the family. These sessions are designed to explain why and how communication is important to Ojibwa Indian families. We will examine the causes for the Breakdown in communication skills within many Indian Families. (I.e. boarding Schools, Mission Schools) Traditionally, for Ojibwa people, communication was extremely important. It meant survival, knowledge, teaching, learning, good health, and long life. This session looks at the various levels of communication how they are expressed and learned through the cultural process. These four levels are: Intellectual communication, Emotional communication, Physical communication, and Spiritual communication. This process of communication is more important than ever in our ever-changing complex society.

Session Twenty	Niishtana
Session Twenty One	Nishtana Ashi Bezhig
Session Twenty two	Nishtana Ashi Niizh

### Conflict Resolution and Decisionmaking

Value Statement "Respecting Our Ways"

Value Statement "Bravery"

Session TwentyFour Nishtana Ashi Niinin  
Post Assessment and Review

Cultural Celebration Program closure Feast / Celebration / Recognition  
Anishinabe Assgasweive Final Talking Circle

Participants will complete the post assessments at this session and review the sessions that were covered in the previous weeks. A feast, recognition ceremony and celebration are held for the purpose of giving recognition to the parents and families who have completed the family classes.