

## **Reconciliation, Recommendations & Self Renewal**

July 18 – July 22 2016:

*Arlene Roberts, Nisga'a/Tsimshian, fourth generation residential school survivor, 33 years sobriety, Resolution Health Support Worker for the Indian Residential School Survivor's Society.*

*In this course students will focus on the "Truth & Reconciliation 94 Recommendations Calls to Action" 'In order to redress the legacy of residential schools and advance the process of Canadian reconciliation," Beginning with the History of Residential Schools in BC / just the facts – why residential schools. Each day: each section of the Recommendations will be addressed: Child Welfare, Education, Language & Culture, Health, and Justice, students will also be taught healing tools; Genograms, Medicine Wheel, PTSD & Healing, Understanding Culture. Daily journal work will be 'putting it together' focusing on the TRC recommendation section, healing tools and Creator God's teaching in the Bible; each class session will begin with a Talking Circle of Sharing.*

### **Course Outline:**

July 18<sup>th</sup>

Introduction: Why are you taking this course?

Review of Course Schedule; Healing Tools; Define 'Reconciliation' and 'Impact'

History & Understanding of "Residential Schools – Just the Facts" List out 'Impacts'

Introduction & Information on Post Trauma Stress Disorder (PTSD)

Overview & Background on the "Truth & Reconciliation Recommendations"

- **Section 1: Child Welfare:** What is the "Jordan's Principle"
- Journal (homework): How can your community teach & support "Culturally Appropriate" Parenting programs: What hasn't worked in your community, What can work in your community – base your information on Scripture.

July 19<sup>th</sup>

Check in: Healing Circle

Understanding & Developing: Genograms / Family mapping of issues / Generational Impacts

Developing a Medicine Wheel of Understanding.

Overview & Background on the "Truth & Reconciliation Recommendations"

- **Section 2: Education:** Repeal Section 43 of the Criminal Code of Canada: overview: History, Current Law, and Programs that support of Advocacy and Repeal.
- Journal (homework): Using the Medicine Wheel: Focus on "the Soul of a Child" adding one Scripture to each Medicine Wheel section.

July 20<sup>th</sup>

Check in: Healing Circle: present your Medicine Wheel

Overview & Background on the "Truth & Reconciliation Recommendations"

- **Section 3: Language & Culture:** Group work: List out: Why Aboriginal Language is important, What is the Aboriginal Language & Culture in your community and area, What can you do to support Language & Culture in your community and area.
- Drumming / Rattles: Learning to use Drums & Rattles: Songs: 'Here I Am Lord' and 'Unity' traditional song.
- Journal (homework): Using the Medicine Wheel: Focus on "Making a Joyful Noise Unto the Lord" adding one Scripture to each Medicine Wheel section and your personal information of Spiritual feelings when drumming and singing.

July 21<sup>st</sup>

Check in: Healing Circle: present your Medicine Wheel

Overview & Background on the "Truth & Reconciliation Recommendations"

- **Section 4: Health:** Overview: Historic Health issues at Residential Schools
- Using the Genogram/ Mapping: List out: Current / generational impacts of the Historic Health issues and present.
- Drumming / Rattles / Singing
- Journal (homework): Define: Cultural Competency, based on scripture: Set up a one day training for your community and/or church.

July 22<sup>nd</sup>

Check in: Healing Circle: present your Cultural Competency training day

Overview & Background on the "Truth & Reconciliation Recommendations"

- **Section 5: Justice:** Overview: United Nations Declaration on the Rights of Indigenous Peoples and Fetal Alcohol Spectrum Disorder (FASD).
- Understanding: Missing & Murdered Women of BC and Canada; information sharing.
- Group work & discussion: Based on the past four classes; list out the generational Impacts that is in your community.
- Evaluation of course
- Final Healing Circle
- Drumming / Rattles / Singing

Preparation for Course:

Read the "Truth & Reconciliation Recommendations"

Bring your Drum(s) and Rattles to class each day (there will be a few extra at the class, please let us know if you need to use one).

Blessings for our continued Success

Arlene Roberts