



Confederated Tribes of Warm Springs, Oregon
Health & Human Services Branch
PO Box C
Warm Springs, OR 97761
Phone: 541-553-0497
Fax: 541-553-0508

HEALING AND WELLNESS GATHERING

Sponsored by:

The Confederated Tribes of Warm Springs Health & Human Services Branch

Location: Old Elementary School Gym

June 7-9, 2016

Purpose: 1) To discuss traumatic issues that have impacted our community
2) To come up with community-based solutions

Lead Facilitator: John Spence, MSW, PhD. (Gros Ventre/Sioux), Tribal Consultant

Facilitators: Tony Prairiebear (Northern Cheyenne), Cultural Input Specialist, Rocky Mountain Tribal Leaders Council, with the Tribal Prevention Initiative

Jillene Joseph (Gros Ventre), Executive Director, Native Wellness Institute

Various staff from NARA, Oregon Tribes, the State and local departments

Tuesday – June 7

1:00 pm – 5:00 pm Sign in, Coffee and snacks, Smudging and Opening Prayer

Introductions and Overview – Respect and Listening

Healing Circle 1 – *“The Hurt of One is the Hurt of All”*

The 7 Symptoms of lateral Violence

The Unwritten Rules: Don’t Talk/Don’t Trust/Don’t Feel

5:00 pm – 6:00 pm Break – Dinner provided

6:00 pm - 9:00 pm Healing Circle 2 –*“Wishing Circle”* (me, family, school/work, community)



Wednesday – June 8

- 9:00 am – 12:00 pm** Smudging and Opening Prayer, Introductions of new participants
Healing Circle 3 – *“The 5 Stages of Grief”*
Denial, Anger, Bargaining, Depression, Acceptance
- 12:00 – 1:00 pm** Break – lunch provided
- 1:00 pm - 5:00pm** Healing Circle 4 – *“Healthy Natives”* (focus on individual and family wellness)
- 5:00 pm – 8:00 pm** Community Dinner and Open Mic

Thursday June 9

- 9:00 am to 1:00 pm** Smudging and Open Prayer (lunch provided)
Healing Circle 5 – *“New Paths to Follow”* (focus on Community Wellness)
Summary and Traditional Closing

Questions? Email Caroline Cruz at caroline.cruz@wstribes.org

