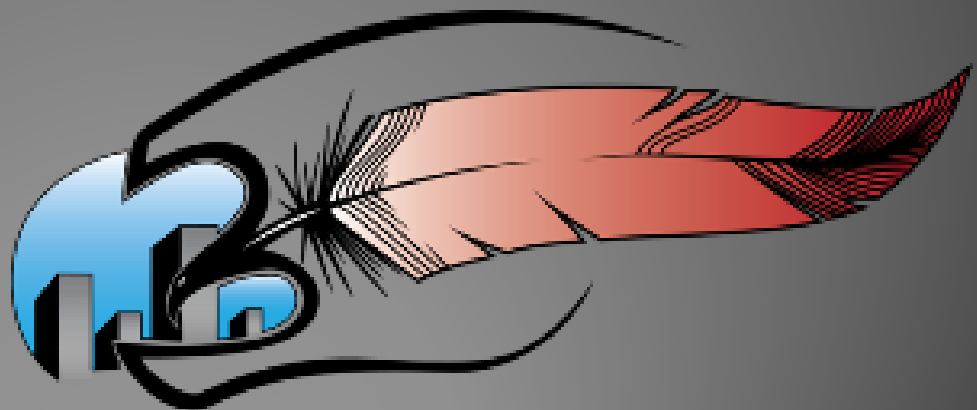


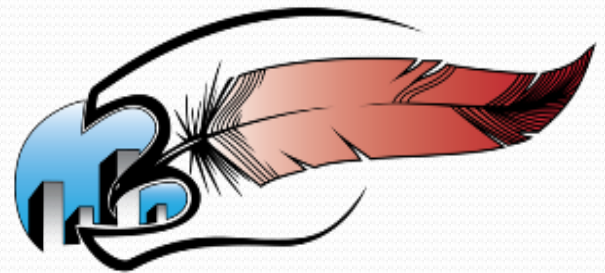
Wichii Oskiiaga

“Helping The Youth” Mentorship Program



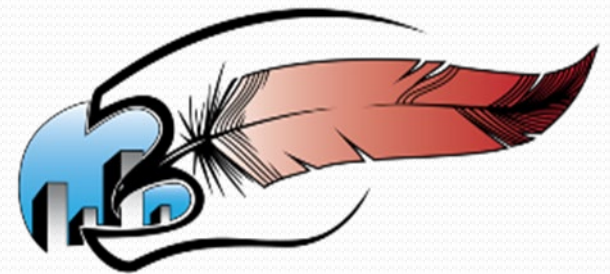
Wichii Oskiiaga Vision

- To create a safe learning environment where Indigenous youth are loved, celebrated, empowered and inspired to dream big and achieve personal goals.



Wichii Oskiiaga Goal

- To support youth ageing out of care in a culturally-based holistic manner to become balanced self-determined individuals that can make decisions that are necessary to get their needs met inclusive of housing, education, training, finance and employment while building community supports and social skills.



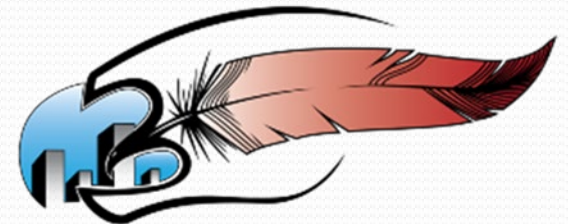
Mentor Objectives:

- Develop positive leadership skills
- Attend orientation, Mentorship training and group activities
- To be good relatives and inspire meaningful relationships with youth exiting care.
- To ensure youth have access to our relatives including Elders, land, natural medicines, and holistic ways to support healing
- Reduce risks of victimization and strengthen resiliency
- Assist and guide youth with developing skills, exploring careers, developing contacts, and identifying resources in the community.

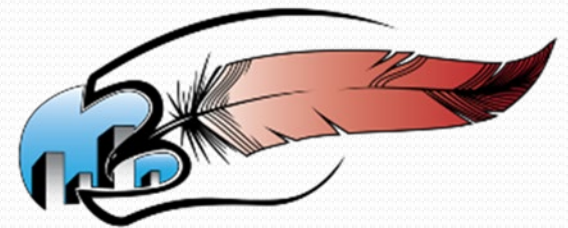
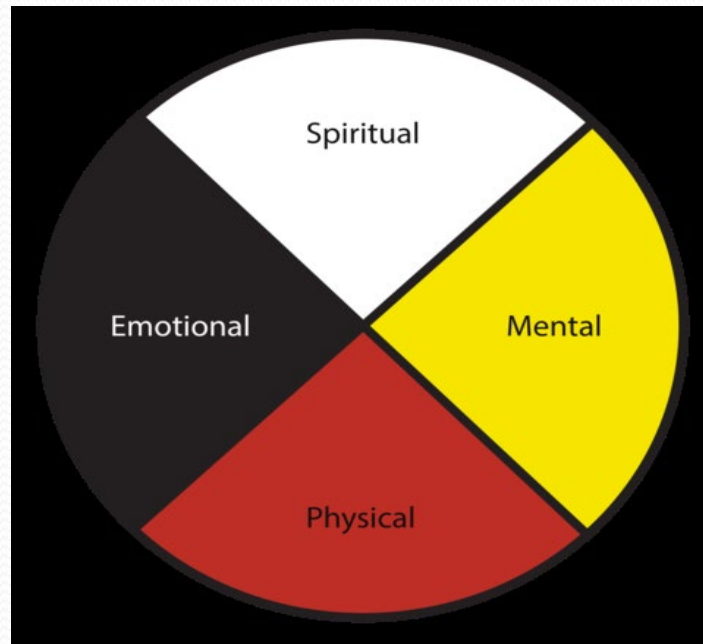


Mentee Objectives:

- Receive support from Indigenous Youth Mentor inclusive of housing, education, training, finance, employment and community supports.
- Develop an individual action plan identifying goals to facilitate the transition to living independent
- Complete education or training programs as a means to acquiring employment and life skills including nutrition, money management/budgeting, resume writing, CPR/First Aid, Food Handler Certification, Suicide Prevention, NVCI, etc.

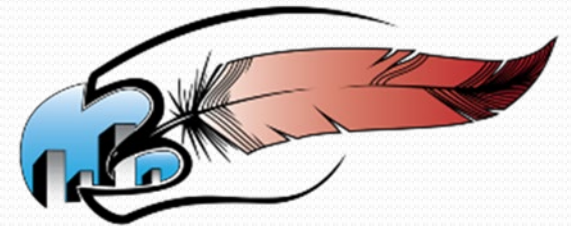


Holistic Model



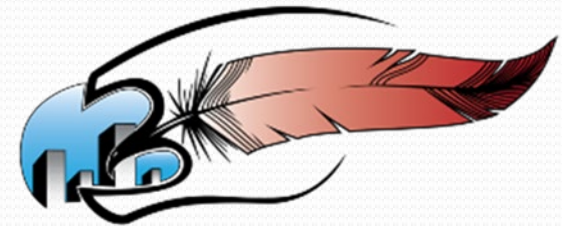
Emotional/Social

- Goal Setting
- Healthy Relationships/ Red Road to Healing
- Gang awareness
- Self-care/Mindfulness
- Exploitation Awareness
- Volunteering
- Team building
- Vision Board
- Peer Counselling
- Team building games
- Etc.



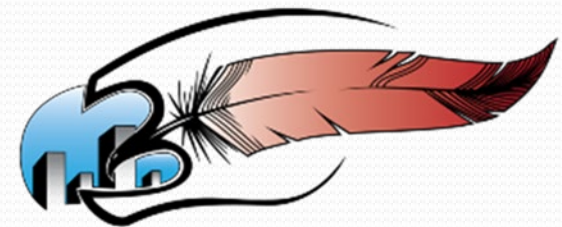
Spiritual/Cultural:

- Rites of Passage
- Sharing Circles
- The Sundance Way of Life
- Sweats
- The Yuwipi
- Cedar Bath
- Women's teachings
- Men's teachings
- Traditional Family Parenting
- Medicine Picking
- Berry Picking
- Singing/Drumming
- Etc.



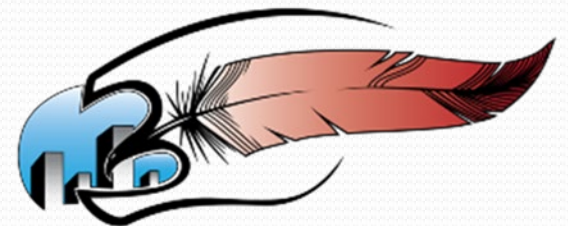
Mental/Learning:

- Life Skills
- Housing and Tenancy Workshop
- Resume writing
- Non-violent crisis intervention
- Mental health CPR
- First Aid CPR
- Food Handler certificate
- ASIST
- Colonization
- Gardening
- Budgeting
- University and College Tours

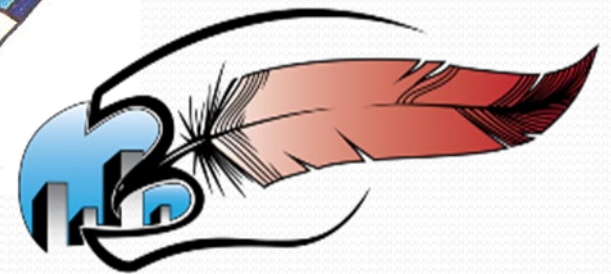
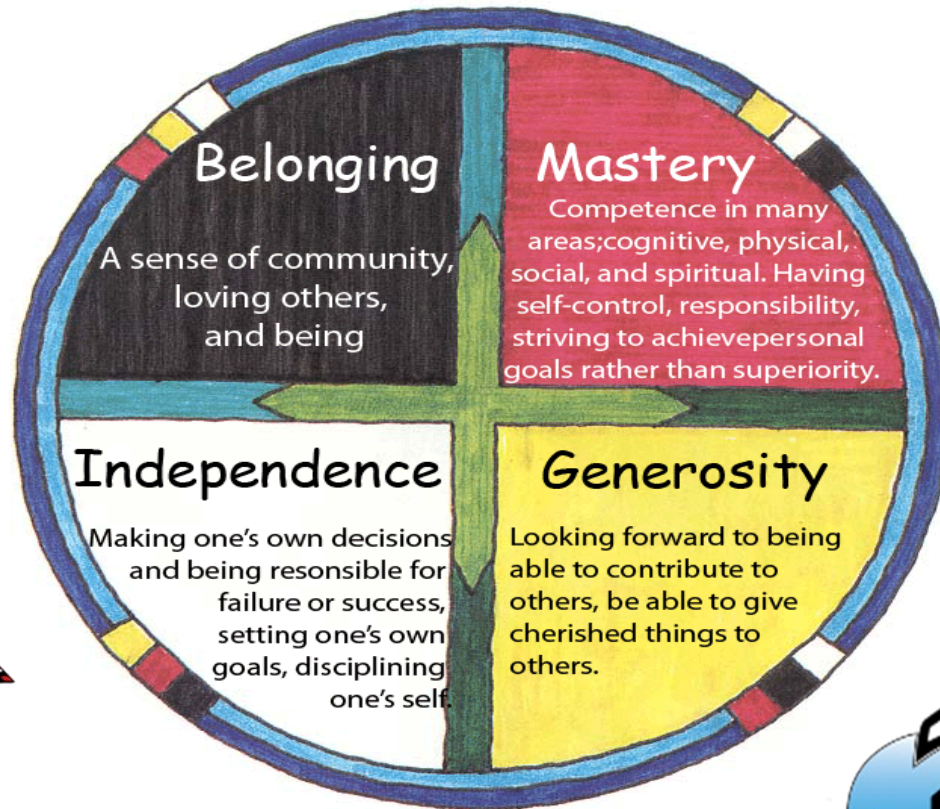


Physical/Recreation:

- Self-defense
- Working out
- Powwow dancing
- Gardening
- Food is Medicine and meal planning
- Bowling
- Baseball
- Volleyball
- Skating
- Health and Wellness- Family Doctor, Dentist, Eyes, Sexual Health
- Yoga



Circle of Courage



Contact:

Raven Hart

Youth Community Transition Counsellor

Wichii Oskiiniga (Helping Our Youth)

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Empowerment (EAGLE Urban Transition Centre)

