

# REDISCOVERY OF FAMILIES

PROGRAM



Families reclaiming the  
wisdom of our past

A Holistic Approach to  
Community Wellness



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre<sup>INC.</sup>

## What is the Rediscovery of Families Program?

The RDF program re-engages people with traditional culture and activities to discover – and remember – how they can be loving and consistent parents.

This program began in 2002 when Ketiyatisak and other community members voiced their concern that NCN social services at the time left out Indigenous values and traditions. They believed this oversight creates unresolved issues, and that traditional wisdom is important to improving and healing.

We believe Indigenous families that embrace traditional beliefs can be happy and successful. People who can meet the daily stresses of life with poise and clarity can lead their families in a positive way. Children growing up in secure and safe environments will become productive, healthy adults.

## Why Do I Need This Program?

Many people, of all ages and genders, have received support, wisdom and strategies in our program. The Rediscovery of Families Program may help you if you:

- Experience uncontrollable feelings of sadness, anger or hopelessness
- Feel disconnected from activities that used to bring you joy
- Are abusing a substance or indulging in a bad habit (drugs, alcohol, food, sex)
- Have experienced trauma such as death, job loss, crime, break up
- Are often physically run down or experiencing headaches or stomachaches

- Have friends and family telling you they are worried about you.

If you are involved in the Circle of Care, or the Removal of Parent Program, you are required to successfully complete the Rediscovery of Families Program before you will be reunited with your children.

## How Does it Work?

The Rediscovery of Families Program is held at traditional campsites near Nelson House, and facilitated by counsellors, Ketiyatisak and treatment support providers. The RDF Program is usually several weeks long, depending on the parent's progress. Children and spouses usually join the individual towards the end of the program.

We believe the path to a healthy future is found in the traditions of our past. Participants reconnect with the land through activities such as:

- Setting nets, fishing and cleaning fish
- Studying and picking medicinal plants and berries
- Hunting
- Sweat lodges
- Pipe ceremonies
- Exploration of historical sites such as dancing circles.

Taking part in these healing activities in a neutral environment, away from your daily stresses and responsibilities, can create a new perspective. Working with trained counselors helps you to process difficult thoughts and feelings, and sharing your worries with others helps you to realize that you are not alone.

## What are the Benefits of This Program?

The RDF Program will make you a better parent. But it can also help you to become a better person, friend, neighbour, employee, boss and Citizen! You'll also enjoy:

- Higher self-esteem
- Happier family time
- Positive vision for the future
- Clear understanding of who you are and what you need
- Reconnection to the land as a source of food, medicine and spirituality
- Raised awareness of our traditional values, belief and culture
- Better relationships and connection with those around you
- Strategies for dealing with stress, frustration, anger
- Support from RDF counselors and Circle of Care staff.





## About the The NCN Family and Community Wellness Centre

The Centre supports holistic wellness for all NCN Citizens throughout difficult times and every stage of their lives. We believe combining our traditional wisdom with western practice can create healthy, happy people, families and communities.

The Centre provides support for Public Health, Child and Family Services, Counselling and other family and community needs programs. We have sub-offices in Winnipeg, Brandon, Thompson and South Indian Lake.

*Learn more about what we can do for you!*

**Call: (204) 484-2341  
or visit: [www.ncnwellness.ca](http://www.ncnwellness.ca)**



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## How Do I Learn More about the Rediscovery of Families Program?

Please visit us at the NCN Family Wellness Centre. You can also call us at (204) 484-2341.

We will set up an appointment to determine how we can help you and your family!

### **Nelson House (Head Office)**

14 Bay Road Drive  
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Phone: (204) 484-2341  
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### **Winnipeg**

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### **Brandon**

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### **Thompson**

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### **South Indian Lake**

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