



INDIGENOUS WHOLISTIC HEALING SERVICES

PO BOX 8935 Saskatoon, SK S7K 6S7

EMPOWERING INDIVIDUALS AND ENHANCING PERSONAL HEALING EXPERIENCES



In 2006 Andrew Bear built Indigenous Wholistic Healing Services from a vision he had. Part of his vision was to address individual and community issues that have brought pain and suffering to Indigenous People everywhere. Wholistic Therapist - Andrew Bear is a Métis from the Batoche and St. Louis communities.

He acquired a Bachelor of Indian Social Work degree from the First Nations University of Canada. He is a Wholistic Therapist. Andrew specializes in Residential School issues and Wholistic Wellness. Andrew is experienced in providing therapeutic training and counselling to Indigenous Communities.

Andrew has been taught through the universities of life, and he utilizes his experiences to help others.

WHAT ARE THE GOALS OF INDIGENOUS WHOLISTIC HEALING SERVICES?

- To teach workshops that are healthy, motivational, and spiritually based.
- To assist in the overall health and development of all human beings.
- To be teachers in action and not just word.
- To motivate from life experience and various life teachings to help individuals to grow strong and to become empowered.
- Most of all to answer the call of God/Creator, to show love, kindness, and support to all humanity.

WORKSHOPS

GRIEF & LOSS

Our most requested workshop is “Grief & Loss”. THE LOSS OF A LOVED ONE IS NOT EASY AND NOT WORKING ON THE GRIEF MAKES LIFE MUCH MORE DIFFICULT TO MANAGE. OUR TOOLS AND TEACHINGS HAVE BEEN HELPFUL TO MANY THAT HAVE EXPERIENCED THE PAIN OF LOSS IN THEIR LIFE. The first step on a healing journey through our grief is to understand our grief and how this event will change our lives. Everyone grieves in different ways, but it helps to know that we're not alone, and that we're not the only person to feel these feelings. INDIGENOUS WHOLISTIC HEALING SERVICES Wholistic Therapist Andrew Bear helps individuals work through their grief and learn ways of coping “One Day at a Time”.

ANGER MANAGEMENT

This workshop will focus on addressing our need to be aware of the triggers that leads one to acting out in aggressive and inappropriate manners. It will be a training workshop to help individuals manage their anger and not to allow anger to control them. Often times the days frustrations can get to us and if we can learn how to manage our angry feelings instead of lashing out, it will be one step in leading us to a valued sense of empowerment.

STRESS MANAGEMENT

In this workshop, you will learn about what stress is, what it can do to you if it is left unchecked, and how you can manage it more effectively in your life. We will also discuss the nature of stress, its negative effects, what makes us vulnerable. Sometimes we find we need to make some important, perhaps difficult decisions towards taking good care of ourselves. The management part is all up to us.

WORKSHOPS

SUICIDE PREVENTION

In this workshop our focus is on PREVENTION and not intervention. We want to help to change the mind set before suicide becomes a critical reality. Suicide is a problem that not only affects youth but impacts the whole community. The ripple effect of trauma is powerful in small, close-knit Indigenous communities, possibly accounting for suicide clusters. For many Indigenous youth, the root causes of suicide go much deeper to factors beyond an individual's control. For some, suicide becomes a means of escape when there are few alternative choices available. Suicide prevention generally involves finding ways to reduce risk factors and promoting protective and preventive factors against suicide.

We at INDIGENOUS WHOLISTIC HEALING SERVICES work closely with Indigenous Communities to help to address; and to bring awareness and alternatives to Indigenous People.

LIFE SKILLS

Some of the things that are addressed in our life skills program are topics that help to give an individual an opportunity to become self-sufficient, independent, responsible, and productive.

Topics Covered in Life Skills & Job Readiness

Training: • Develop interpersonal skills

• Build cultural strength

• Identify interest, capabilities, marketable skills & career decision

• Discover positive attitude & self-confidence

• Manage one's personal affairs effectively including

-Budgeting,

-Health,

-Nutrition and Childcare.

• Conduct job search techniques including resume writing, interview techniques, networking, etc.

WORKSHOPS

TRADITIONAL PARENTING

Our main focus in Traditional Parenting is to help equip parents to better impart values and positive teachings that will be helpful in child rearing. Other discussions will be on: Intergenerational Cycle of Abuse & Addictions How to Strengthen Self-Esteem Issues for Children - Children Bill of Rights - Traditional Value System – Tipi Teachings - Passive, Aggressive and Assertive ways of Parenting

SELF ESTEEM BUILDING

This workshop will teach individuals how to build and maintain a deep, loving, and lasting relationship with the most important person in your life – Yourself!!!

Self-esteem building is about learning how to treat yourself with love - compassion - respect - courtesy - generosity and kindness.

First before anyone else. It's about learning how to love and accept yourself completely for who you are.

FAMILY VIOLENCE

Family violence is any violence by one family member against another. It includes but is not limited to violence by one partner against another, by a parent against a child, by a child against a parent, between brothers and sisters, or involving grandparents.

It is an abuse of power within relationships of family, trust, or dependency.

This workshop will address some of the main issues surrounding family violence. The cycle of abuse must stop. Control of other people must stop. Lives are meant to be respected. This workshop is both a training workshop for frontline workers and an intervention workshop for those experiencing FAMILY VIOLENCE.

WORKSHOPS

YOUTH VIOLENCE

Through sharing of experiences, Youth are able to reflect on the need for empathy and respectful attitudes to be able to make well-grounded decisions.

The Youth are able to identify the kind of violence that young people experience, perpetrate and they are victims of in their own environments.

They looked at causes, consequences and potentialities they have to transform those situations. Dysfunctional families, violent parents, negative role models were highlighted as some of the main causes for youth violence. Through role playing participants analyzed non-violent alternatives to respond to violent situations and decrease the level of violence that affect them in daily life. The message that is so important to leave with Youth is that **VIOLENCE IS NOT THE ANSWER.**

BUILDING HEALTHIER & SAFER COMMUNITIES

FORMAT: Focusing specifically on strategies for developing healthier, safer communities. This workshop will expand an individual's opportunities for dealing with community issues such as:

- Alcohol & Drug Abuse – substance abuse
- Low self-esteem
- Effective leadership skills
- Becoming aware of our surroundings – recognizing negative influences
- Becoming responsible citizens
- Taking back our community

Andrew addresses some critical issues in communities that keep a community in a position of despair. Issues such as lateral violence, nepotism, Elder abuse, revenge, hate and bitterness. Changing our thinking can and will change our behaviour and our community.

WORKSHOPS

DRUG & ALCOHOL AWARENESS

Drugs and Alcohol have taken the lives of many Indigenous People. It is my objective to bring awareness to this fact and teach about the effects on the mind, the body, and the spirit of People. This workshop will bring awareness on the effects and consequences of commonly used psychoactive substances.

- To recognize own attitudes towards drugs and alcohol.
- To understand the reasons why people, use drugs and alcohol.
- To be aware of the legality, effects, routes of using drugs and alcohol.
- To encourage people everywhere to SAY NO to any and all drugs.

PROBLEM GAMBLING

Compulsive gambling, also called gambling disorder, is the uncontrollable urge to keep gambling despite the toll it takes on your life. Gambling means that you're willing to risk something you value in the hope of getting something of even greater value.

Gambling can stimulate the brain's reward system much like drugs or alcohol can, leading to addiction. If you have a problem with compulsive gambling, you may continually chase bets that lead to losses, hide your behavior, deplete savings, accumulate debt, or even resort to theft or fraud to support your addiction.

Compulsive gambling is a serious condition that can destroy lives. Although treating compulsive gambling can be challenging, many people who struggle with compulsive gambling have found help through professional treatment.

WORKSHOPS

LATERAL VIOLENCE

- Behavior includes gossip/shaming/blaming, putting down others, family feuds
- When oppressed people act out rage, anger, and frustration
- When violence is directed at one's own people
- When oppressed groups turn on each other
- Outward jealousy and envy of others
- We can see lateral violence at the Indigenous community levels. It is a 'cloud' that has loomed over us for years. Lateral violence has become a destructive way of life for families and communities.
- Oppression: the unjust or cruel exercise of power or authority from one group of people over another group - a dominant group of people keeping another group of people contained or controlled

ELDER ABUSE

- Elder abuse is any form of mistreatment that results in harm or loss to an older person. It is generally divided into the following categories:
 - Physical abuse, Sexual abuse, Domestic violence, Psychological abuse, Financial abuse, and Neglect.
 - How can we approach this topic, and how can we change the cycle that has for so long been evident in many communities? We must first administer two aspects, education of Elder Abuse, and intervention. This workshop helps to teach some of the strategies available in combatting this intense attitude and behavior.
 - The personal losses associated with abuse can be devastating and include the loss of independence, homes, life savings, health, dignity, and security
 - Victims of abuse have been shown to have shorter expectancies than non-abused older people.

WORKSHOPS

RESIDENTIAL SCHOOL HEALING

- The unresolved trauma of Aboriginal people who experienced or witnessed physical or sexual abuse in the residential school system is passed on from generation to generation. The ongoing cycle of intergenerational abuse in Indigenous communities is the legacy of physical and sexual abuse in residential schools.

- As generations of Aboriginal children returned from residential schools, many brought back a burden of shame and trauma from the various abuses they experienced that was to impact their family and community life for generations to come. For years, many of these people have tried to forget, and to shove their hurt feelings into the background so they could get on with everyday life. The fact is, however, that many of the difficulties our communities are experiencing today have their roots, at least partially, in the residential school experience.

- Steps toward Healing

- The destructive effects of both oppression and colonialism worked to destroy the balance and roles of Indigenous families and communities. The pattern of destruction changed Aboriginal peoples' lives and the substance of their communities across this country. This workshop pays special attention to the healing process necessary for Indigenous People to regain their focus and work towards reshaping and healing of those lives. We at "INDIGENOUS WHOLISTIC HEALING SERVICES" will focus on the following topics in a culturally sensitive approach, recognizing the hurt and the need to change
 - Remembering the past and discussing it with others
 - Resolving painful experiences and moving beyond
 - Reconnecting with yourself, your family, your community, your nation
 - Healing of residential school trauma is a very delicate issue and must be addressed in a Wholistic way that will lead to balance a healing of the whole human being.

We encourage you to bring Andrew's MOTIVATIONAL EMPOWERMENT Presentation to your community.