



www.findingourpowertogether.com

COMMUNITY SERVICE PACKAGE 2024

WHAT'S INSIDE

A comprehensive guide to Indigenous child, youth, and community centered services offered by Finding our Power Together

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MESSAGE FROM OUR FOUNDER

SUPPORTING INDIGENOUS YOUTH TO THRIVE

Nicole Ineese-Nash is an Indigenous researcher, educator, and community worker with over 10 years of experience working with Indigenous children, youth, and communities. Nicole is a member of Constance Lake First Nation in Treaty 9 territory and holds relation to the lands, waters, and people along the English and Kabikagomi Rivers. With a PhD in Social Justice Education and a Master's in Early Childhood studies, she is passionate about supporting Indigenous self-determination and cultural resurgence, particularly in the context of childhood and youth.

“

As I reflect on the past five years of Finding Our Power Together, my heart is filled with both humility and pride. What began as a response to the devastating prevalence of youth suicides in Northern Ontario has now grown into a movement that reaches across Canada, touching the lives of many Indigenous youth and communities.

Our journey started with a simple yet profound goal: to offer support and alternatives in the face of youth suicides. Throughout these years, we have learned, adapted, and grown, always keeping the well-being of our youth at the forefront of our efforts.

The path we have walked together with communities has been one of discovery, healing, and empowerment. From our initial focus on urgent community needs, we have expanded to offer a variety of mental health services and programs, each designed to resonate with the unique experiences and strengths of Indigenous youth.

As we look to the future, our commitment remains unwavering. We want to continue supporting youth in communities across Canada, fostering environments where they can thrive, feel supported, and stay connected to their culture and heritage. Our vision is not just to address immediate needs but to nurture a generation of Indigenous youth who are empowered, resilient, and proud of their identity.

This community service package is an invitation to join us in this mission. Together, we have the power to make a difference, to uplift each other, and to build a future where every Indigenous youth knows their worth and potential.

Nicole Ineese-Nash
Founder and Director



ORGANIZATION INTRODUCTION

Finding our Power Together is a national Indigenous-led charity that supports Indigenous children, youth, and communities

ABOUT US

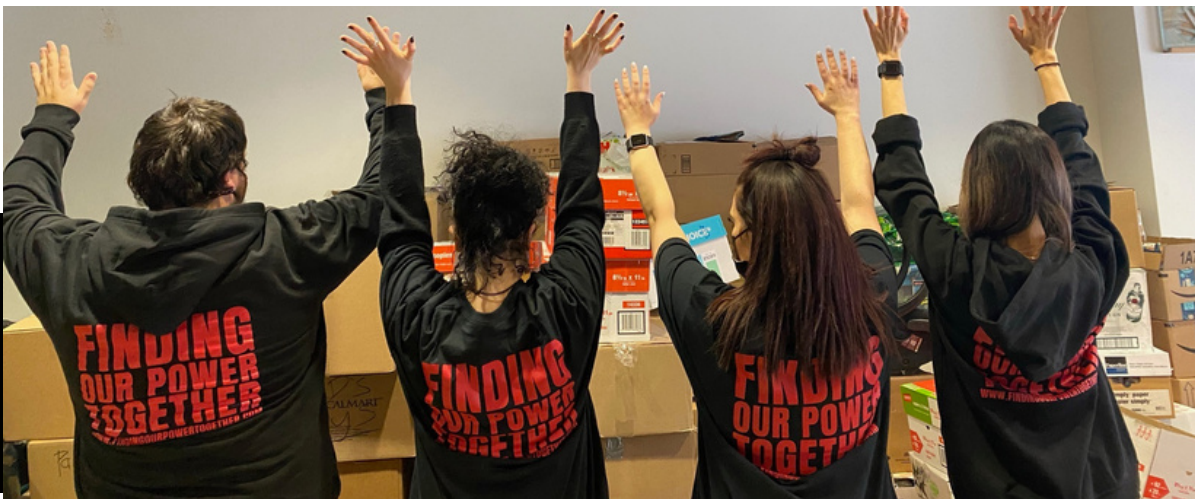
Finding Our Power Together is an Indigenous-led non-profit empowering Indigenous youth across Turtle Island. Our mission is to provide the resources, relationships, and support our youth need to thrive

Our ultimate vision is a world where Indigenous youth are deeply connected to their roots, empowered to realize their own goals, and have a strong commitment to life. We believe in their power, and together, we strive to end preventable death by suicide in our communities.

WHAT WE DO

We offer a variety of culturally based therapeutic programs and services that foster community, cultural connection, and holistic well-being. Through these programs, we aim to support Indigenous youth to find their power and meet their goals.

- **Mental health counselling**
- **Psycho-education Groups**
- **Traditional Healing and Ceremonies**
- **Land-Based Programs**
- **Child and Youth Engagements**
- **Public Education and Workshops**



OUR HISTORY

OUR HISTORY

Finding Our Power Together (FOPT) began as a heartfelt response to a critical need within Indigenous communities. What started in Nibinamik First Nation as a grassroots initiative has grown into a national movement dedicated to the mental health and wellbeing of Indigenous youth across Canada. Our journey, marked by key milestones, reflects our commitment and growth over the years.

2016

Supporting Youth in Nibinamik

FOPT was initiated in response to high rates of suicide among Indigenous youth in Nibinamik FN - a documentary was produced to raise awareness.

2017

Fundraising and Awareness

The documentary premiered at a fundraising event at Ryerson University, attended by nearly 400 Indigenous and non-Indigenous allies.

2020

Formalizing as a Charity

In response to growing needs, particularly during the COVID-19 pandemic, FOPT registered as a nonprofit organization.

2022

Opening our Doors

FOPT opened its first office in downtown Toronto, symbolizing both growth and commitment to being a stable resource.

2023

Growing our Reach

FOPT has reached hundreds of individual youth and communities across Canada and continues to expand it's reach.

OUR PROGRAMS

FINDING OUR POWER TOGETHER

We offer a variety of online and in-person programs that are open to Indigenous youth across Canada.

All of our programs focus on:

- **Improving mental health and wellbeing**
- **Increasing cultural connectedness**
- **Building capacity and self-efficacy**



Mental Health Mentorship

Mental health counselling, peer-mentorship, and culturally-based traditional healing and counselling offered to all Indigenous youth aged 12-29 across Canada, offered online and in-person.



Building our Bundle Mental Health Skills Group

An online 8-week program that supports Indigenous youth (age 14-29) to develop mental health and spiritual health skills to add to their “bundle”. The program integrates skills and teachings from traditional healing, Dialectical Behaviour Therapy (DBT), and other evidence based practices.



Young Leaders Circle

An online seasonal gathering of Indigenous youth and youth serving adults who are looking to develop strategies in supporting other work. Each session offers an opportunity to network with other youth, learn cultural teachings, and develop skills in youth mental health and programming.



Land-Based Culture and Healing Camps

Community-engaged culture camps for Indigenous youth to connect with land, traditions, ceremonies, and engage in healing through play, discovery, and mental health skill development.

Cultural Healing Ceremonies

On the land cultural healing ceremonies such as sweat lodges, moon lodges, pipe ceremonies, and more.



To stay up to date or to register for our programs, please visit www.findingourpowertogether.com



OUR SERVICES



Finding our Power Together offers a variety of community oriented and customizable services and programs.

At Finding Our Power Together, we offer a diverse range of services designed to uplift the well-being of both Indigenous and non-Indigenous communities. We work with communities to design programs and supports that are catered to the specific social and cultural context.

SERVICE CATEGORIES

Mental Health Services

- In-Community Crisis Intervention
- Customized mental health programming
- Counselling Services
- Group counselling
- Event based mental health support

Cultural Services

- Traditional healing and counselling
- Sweat lodge ceremonies
- Community sweat lodge build
- Naming ceremonies
- Cultural and Arts-Based Workshops

Community and Youth Engagement

- Custom in-community programs
- Custom youth camps
- Youth council support
- Youth project management
- Documentaries & murals
- Research and resource Development

Public Education and Training

- Custom workshops
- Training for youth and practitioners
- Toolkit development
- Public consultations and engagement

And so much more!



OUR APPROACH



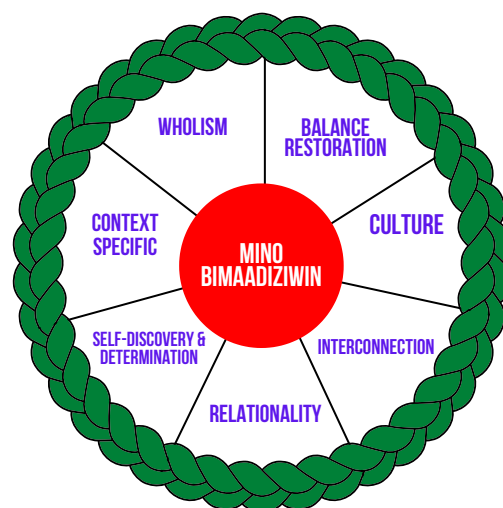
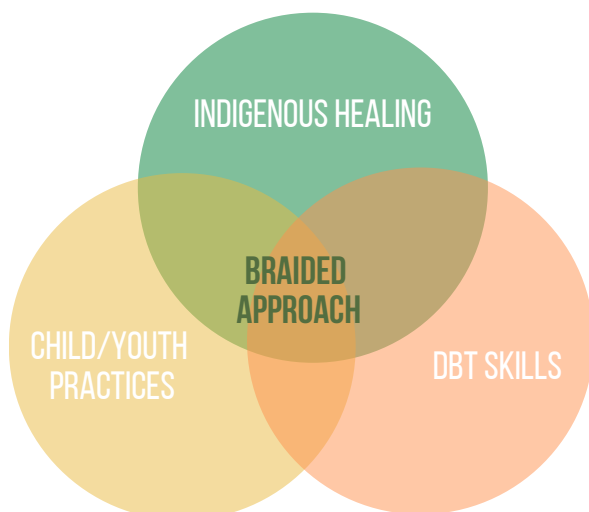
FOPT employs a unique approach to service delivery that is culturally grounded and evidence based.

We approach community service with care, humility, and respect. Our programs and services are designed to integrate traditional Indigenous teachings, community-engagement strategies, and evidence-based modalities.

WINGUSHK OKAADINEGE: THE SWEETGRASS BRAID

Our approach to mental health and youth programming was developed through a two-year research and community-engagement process. Through extensive systematic literature reviews and key informant consultations, we determined an evidence based strategy that integrates principles from traditional Indigenous healing methods, child and youth care practice, and Dialectical Behaviour Therapy, all of which have proven to be effective in supporting Indigenous children and youth. You can read our research report on our website.

PRINCIPLES OF AN INTEGRATIVE APPROACH



CASE EXAMPLE

NIBINAMIK FIRST NATION YOUTH COUNCIL



Description

The Nibinamik Youth Engagement initiative by Finding Our Power Together (FOPT) serves as an exemplary model of community-driven mental health support. This initiative began in response to the concerning rates of suicide among Indigenous youth in Nibinamik First Nation, located in Treaty 9 territory.

Our Approach

- **Year-Long Engagement:** FOPT engaged in a year-long project supporting the Nibinamik Youth Council. This involved developing strategies for crisis management, tailored to the community's specific needs.
- **Community Collaboration:** The initiative was a collaborative effort involving local youth, FOPT members, and allies from Ryerson University. It prioritized the community's voice and needs at every step.
- **Youth-Led Documentary:** FOPT facilitated a youth-led project where young people from Nibinamik created a documentary. This platform allowed them to voice their experiences, struggles, and hopes.

Outcome

- **Fundraising Success:** The fundraising event, spurred by the documentary, successfully raised over \$10,000. This substantial amount was a testament to the compelling nature of the youth's message and the community's support.
- **Youth-Elder Tipi Construction:** The funds raised were instrumental in building a Youth-Elder Tipi, a significant cultural space facilitating intergenerational dialogue and support.
- **National Connections:** The fundraiser not only raised funds but also connected Indigenous youth from across Canada, fostering a wider network of support and solidarity.

Challenge

The community was grappling with the devastating impact of youth suicides. There was an urgent need for culturally sensitive mental health support that resonated with the youth and addressed the underlying issues of systemic discrimination and the lasting effects of colonialism.



CASE EXAMPLE

NEYAASHIINIGMIING

YOUTH CULTURE CAMP



Description

The Neyaashingningming Culture Camp initiated by Finding Our Power Together (FOPT), was a purposefully crafted four-day youth camp in Cape Croker. This camp was designed to support "at-risk" Indigenous youth, focusing on cultural reconnection and empowerment, running two sessions in the summer of 2021.

Challenge

During the COVID-19 pandemic, many Indigenous youth faced heightened challenges due to isolation and the resulting mental health issues. The pandemic exacerbated existing vulnerabilities, making it imperative to find ways to support these youth effectively, while adhering to health guidelines. The community reached out to design a custom program to meet these needs.

Our Approach

- **Custom-Designed Summer Camp:** The camp was thoughtfully created to provide a culturally rich and safe environment. It aimed to help youth reconnect with their heritage, particularly important during the isolation brought on by the pandemic.
- **Ceremonial Teachings:** Activities included sunrise and water ceremonies, smudging, making medicine bags, and fire teachings.
- **Collaboration with Community Harm Reduction Team:** Working with the community's harm reduction team was crucial to ensure a holistic approach to the youths' mental health and wellbeing

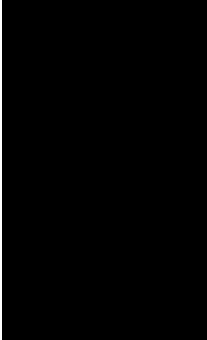
Outcome

- **Empowerment and Resilience:** The camp instilled a renewed sense of cultural identity and empowerment in the youth. Participants emerged with a stronger connection to their traditions and a better understanding of how these practices could guide them in challenging times.
- **Skills and Knowledge Transfer:** Youth gained practical skills and knowledge in traditional Indigenous practices, vital for their personal development and mental health resilience.
- **Community Cohesion:** The camp not only addressed the immediate needs of the youth but also strengthened community bonds, creating a support system that could endure beyond the camp's duration.



PRICE LIST

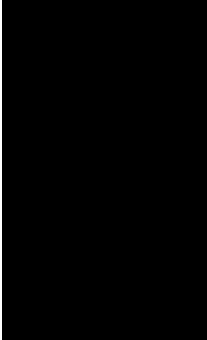
Please note, the following prices are estimates and may be subject to change. These prices do not include travel or accommodation.



Mental Health Services		
Our Mental Health Services strive to support and uplift the wellbeing of Indigenous and non-Indigenous communities through a variety of approaches. We understand that mental health is a holistic concept that includes emotional, psychological, and social aspects, as well as the profound influence of culture, identity, and community. In our work, we place an emphasis on integrating traditional Indigenous knowledge with contemporary psychoeducational methodologies. All our services are designed and facilitated by professionals who have expertise in mental health, community engagement, and Indigenous cultures and practices.		
Item	Description	Cost Range
Individual Counseling	Direct counseling services for mental health support	\$90-\$120/session
Group Counseling	Group sessions for mental health support and community building	\$150 - \$300 per session
In-Community Crisis support	Providing immediate response and ongoing support for individuals and communities facing a crisis	\$1000 - \$3000 per day (not including travel expenses)
Custom Psychoeducation Program	Development and facilitation of a tailored psychoeducation program to meet the specific needs of your community	\$3000 - \$7000 (depending on complexity and length of program)
Event-Based Mental Health Support	On-site mental health support during events that could potentially be triggering or emotionally challenging for participants. A team of mental health professionals experienced in trauma-informed care and cultural sensitivity will be present to offer immediate assistance, crisis management, and emotional support. They will help ensure a safe and comfortable environment for all attendees, intervening when necessary and providing resources for further support.	\$150 - \$300 per hour, depending on the size of the event and the number of professionals required.

PRICE LIST

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Indigenous Healing & Ceremonial Services		
Our Indigenous Healing Services are designed and delivered by experienced Indigenous practitioners, who are deeply rooted in their culture and traditions. They bring a wealth of knowledge, wisdom, and understanding to each session, providing an unparalleled level of authenticity and integrity to the healing process. Our team's extensive training, direct experience, and ongoing connection to the Indigenous community enable us to offer a range of ceremonies and services that facilitate personal growth, cultural understanding, and holistic healing.		
Item	Description	Cost Range
Individual Session with a Healer	One-on-one sessions with an Indigenous healer skilled in traditional healing practices. These sessions can include various modalities, such as energy work, herbal remedies, spiritual guidance, and counselling.	\$200 per session
Traditional Counselling	Personal or group counselling sessions rooted in Indigenous knowledge and methodologies. These sessions integrate Western therapeutic approaches with traditional Indigenous healing practices for a holistic wellness approach.	\$150-\$200 per session
Naming Ceremonies	A special event where an individual is given their traditional Indigenous name in accordance with cultural practices. These ceremonies affirm identity and connection to culture and community.	\$200 - \$500 per session
Pipe Ceremonies	A sacred ceremony involving the use of a ceremonial pipe, often used to mark significant life events, or for prayer and spiritual connection.	\$500 - \$1000 per ceremony.
Sweat Lodge Ceremony	An immersive ceremony conducted in a sacred, purpose-built lodge. Participants engage in prayer, singing, and symbolic purification.	\$1000-\$2000 per ceremony
Full Moon Lodge Ceremony	Specialized sweat lodge ceremonies that take place on the full moon. They provide a culturally sensitive environment for Indigenous women and girls to connect with and learn about the teachings and practices associated with the full moon	\$1000-\$2000 per ceremony
Fasting Ceremonies	A traditional Indigenous practice known for its deep spiritual and cleansing attributes. These ceremonies provide individuals an opportunity to reflect, heal, and connect with the natural world, under the guidance and support from our experienced team of healers.	\$5000 and up per ceremony

PRICE LIST

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Cultural Services		
Our cultural services offer participants a unique, immersive journey into Indigenous traditions and practices. Guided by knowledgeable elders and practitioners, we provide engaging, educational experiences ranging from traditional sweat lodge construction to arts workshops. These offerings foster personal growth, community connections, and an enriched understanding of Indigenous culture.		
Item	Description	Cost Range
Sweat Lodge Build	A hands-on, educational experience where participants learn to construct a traditional sweat lodge under the guidance of a skilled elder or practitioner.	\$5000 and up per build
Traditional Opening and Land Acknowledgements	Facilitation of respectful and authentic ceremonies to acknowledge the traditional lands and Indigenous peoples, marking the beginning of events, meetings, or programs.	\$250 and up
Talking Circles	Healing circles or talking circles where participants can share their stories, be heard, and receive support from others in a safe and culturally sensitive environment.	\$500 and up
Medicine Walks	An experiential journey outdoors, led by an Indigenous knowledge keeper, to learn about traditional uses of local plant life and foster connections to nature.	\$1000 and up
Traditional Storytelling	An engaging session with a skilled Indigenous storyteller, sharing traditional narratives that impart Indigenous histories, beliefs, and teachings.	\$500 and up
Traditional Arts Workshops	An enriching exploration into specific Indigenous arts. This can range from basket weaving and pottery, to beadwork, moccasin making, or regalia creation. Each workshop is led by skilled Indigenous artists who guide participants in the intricacies of their craft, all while sharing the cultural significance and history behind each art form.	\$2500 and up
Drumming Circles	An opportunity to learn about the role of drumming in Indigenous cultures and participate in communal drumming sessions.	\$500 and up
Sacred Fire Ceremonies	Guided experiences where participants can partake in this vital spiritual practice, learning about its symbolism and significance.	\$1000 and up
Smudging Ceremonies	Participants can engage in this cleansing ritual and learn about its importance in Indigenous culture.	\$250 and up

PRICE LIST

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Child and Youth Services		
Our Child and Youth Services extend a comprehensive array of engagements, helping young individuals embark on a transformative journey of self-discovery and growth. Under the guidance of experienced mentors and educators, participants delve into an expansive range of experiences, from individual mentorship and tutoring to culturally immersive youth camps and inclusive day programs. These offerings stimulate personal development, foster community interactions, and enhance participants' comprehension of Indigenous heritage and values. Together, they form a nurturing framework that holistically supports the educational, social, and emotional needs of Indigenous children and youth.		
Item	Description	Price Range
Individual Youth Mentorship	Indigenous youth are paired with trained, culturally-aware mentors. Working one-on-one, these mentors help navigate challenges, build self-confidence, and reach personal goals. Sessions are designed to provide personalized guidance and support, fostering resilience and personal growth.	\$40-\$80 per session
Indigenous Tutoring	Indigenous Tutoring is staffed by certified educators familiar with the academic needs of Indigenous students. Support in all subjects for grades K-12 is provided, focusing on improving academic skills while incorporating Indigenous knowledge and learning strategies.	\$40-\$80 per session
Cultural Camps for Youth	Immersive cultural experiences that take place in natural settings, providing opportunities for youth to reconnect with their heritage, traditional practices, and land-based teachings. These camps foster cultural understanding, connection to nature, and personal growth.	\$6000 -\$10000 per week
Child Minding and Day Programs	Child Minding and Day Programs provide safe, engaging, and culturally-enriched environments for children. A variety of activities including arts and crafts, storytelling, music, and outdoor play are offered, all within the context of Indigenous cultures and values.	\$60 - \$100 per child per day
Youth Filmmaking	The Youth Filmmaking program, a collaboration between Finding Our Power Together (FOPT) and the Bawaadan Collective, empowers Indigenous youth by providing them with an opportunity to create their own short films while receiving mentorship and mental health support. FOPT ensures the presence of mental health professionals to support the youth throughout the filmmaking process, fostering healing, creativity, and personal growth. Ultimately, this program allows Indigenous youth to express their voices, explore their cultural heritage, and contribute to community engagement and empowerment.	\$5000 and up

PRICE LIST

Please note, the following prices are estimates and may be subject to change. These prices do not include travel or accommodation.



Research and Resource Development		
With a focus on Indigenous-centric methodologies and lived experiences, these services span from bespoke community research projects to the creation of educational toolkits and interactive resources. In the pursuit of truth and reconciliation, these offerings facilitate meaningful dialogue, inform policy-making, and contribute to the rich tapestry of Indigenous scholarship. They serve as a bridge connecting communities, educators, policymakers, and anyone keen to engage deeply with Indigenous knowledge, wisdom, and contemporary realities.		
Item	Description	
Custom Community Research Project	Tailored research initiatives addressing specific community needs or interests. Studies are conducted using culturally appropriate methodologies and prioritize the community's voice throughout the process. *Funding sources can be explored	\$10000 and up
Research Reports	Detailed, comprehensive reports providing in-depth analysis on various subjects related to Indigenous communities, their needs, strengths, and challenges.	\$2500 and up
Educational Toolkit	Interactive educational materials designed to teach Indigenous history, culture, and contemporary issues. Suitable for diverse learning environments.	\$2500 and up
Academic Articles	Peer-reviewed articles penned by our expert team focusing on Indigenous studies, community development, and cultural preservation.	\$1000 and up
Policy Briefs	Succinct, insightful briefs providing evidence-based recommendations for policy changes that benefit Indigenous communities.	\$1000 and up
Infographics	Visually compelling infographics designed to simplify complex data or concepts related to Indigenous culture and communities.	\$500 and up
Video Development	High-quality video content that tells stories from Indigenous communities, promotes cultural awareness, or provides educational information.	\$2500 and up
Online Resource Development	Development of online materials such as e-books, webinars, or digital courses tailored to support Indigenous communities or promote Indigenous knowledge.	\$2500 and up
Curriculum Development	Comprehensive curriculum modules designed to incorporate Indigenous perspectives and teachings into various educational settings	\$5000 and up

PRICE LIST

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Workshops, Training, & Professional Development		
FOPT holds expertise in a wide range of topics that may support the professional development of youth, service providers, and communities. In particular, FOPT specializes in blending mainstream academic and evidence based understandings with traditional Indigenous knowledge on the topics of mental health, wellness, suicide, and child and youth development. Below is a list of some of our past workshop events		
Item	Description	
Wiingushk Okaadenige: Braided Sweetgrass Approach	The Wiingushk Okaadenige: Braided Sweetgrass Approach webinar offered by Finding Our Power Together introduces a unique framework that blends Indigenous mental health models, Child and Youth Care approaches, and Dialectical Behaviour Therapy practices. This holistic approach is specifically designed to address the mental and spiritual health needs of Indigenous youth. The webinar presents findings from a knowledge synthesis project, providing insights into the principles and applications of the Braided Sweetgrass Approach. Attendees will gain valuable knowledge on how to support the well-being of Indigenous youth by incorporating culturally sensitive practices and evidence-based strategies.	\$250 and up
Talking About Suicide	This workshop sensitively addresses the topic of suicide, providing insights into risk factors, prevention strategies, and effective communication approaches when discussing suicide. Participants gain knowledge and skills to support individuals at risk.	\$250 and up
Youth Centred Program Design	Focusing on the unique needs of youth, this workshop equips participants with practical tools and strategies to design and implement effective youth-centered programs. Topics covered include youth engagement, cultural relevance, and addressing mental health and well-being.	\$250 and up
Supporting Indigenous Youth Mental Health	Led by expert facilitators from Finding Our Power Together, this immersive session will equip you with the knowledge, skills, and strategies needed to effectively support the mental well-being of Indigenous youth. Discover practical techniques, gain cultural sensitivity, and learn how to create safe spaces that promote resilience and positive mental health outcomes. Join us for this transformative workshop and become an advocate for Indigenous youth mental health today.	\$250 and up
Cultural Awareness Training	This interactive training enhances cultural awareness and sensitivity, helping participants develop a deeper understanding of Indigenous cultures, traditions, and protocols. It promotes respectful and inclusive practices in working with Indigenous communities.	\$500 and up
Customizable Training Module Development	We offer tailored training module development services, creating comprehensive and engaging modules on various topics related to mental health, wellness, and Indigenous knowledge. Prices depend on the scope, complexity, and customization requirements of the modules.	TBD
Customizable Workshops Trainings, Webinars	We offer the flexibility to create customized workshops, trainings, and webinars on specific topics tailored to the needs and interests of your organization or community. Prices depend on the duration, content, and level of customization required.	TBD

LET'S WORK **TOGETHER**

PARTNERING FOR COMMUNITY WELLNESS

At Finding Our Power Together (FOPT), we believe in the power of partnership to bring about meaningful change in the lives of Indigenous youth and communities. Our team specializes in community engagement and on-the-ground support, offering a range of services tailored to meet the unique needs of each community we work with.

Why Choose FOPT?

- **Expertise in Community Engagement:** Our approach is grounded in deep respect for and understanding of Indigenous cultures. We specialize in creating and nurturing connections within communities, ensuring that our services are not only effective but culturally resonant.
- **Focused Support for Youth:** At the heart of our work is a commitment to the well-being of Indigenous youth. We offer programs and support systems designed to empower young people, helping them to navigate challenges and embrace their cultural identity.
- **Customizable Service Packages:** Understanding that each community has its own unique needs, we offer flexible service packages. Whether you need daily or weekly support, we can tailor our services to align with your specific requirements.
- **Combination of Services:** We offer the option to combine several of our services into one comprehensive package. This holistic approach ensures that the diverse needs of your community are met effectively.
- **Flexible Pricing:** We provide competitive daily and weekly rates, ensuring affordability and value. Our team will work with you to develop a pricing structure and funding plan that fits your budget and maximizes the impact of our services.
- **Collaborative Approach:** We believe in working collaboratively with community leaders, elders, and members to ensure our services are truly beneficial.

Let's Get Started

To explore how we can work together, please contact us at info@findingourpowertogether.com. We are eager to learn about your community's specific needs and discuss how we can support you.





GET IN TOUCH

Let's work together to support our Indigenous youth and communities!



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