

FINDING OUR POWER TOGETHER

CUSTOM SERVICE & CONSULTING CATALOGUE

2026



FOPT Custom Service & Consulting Catalogue 2026–2027

A comprehensive guide to Indigenous community centered services offered by Finding our Power Together

www.findingourpowertogether.com

What's Inside

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

Table of contents

- [Organization Introduction](#)
- [Organizational Foundation](#)
- [Our Approach](#)
- [Leadership Statement](#)
- [What Distinguishes FOPT](#)
- [Community Programming](#)
- [Untitled](#)
- [Clinical & Mental Health Services](#)
- [Untitled](#)
- [Cultural & Land-Based Healing Services](#)
- [Untitled](#)
- [Community-Based Programs](#)
- [Untitled](#)
- [Research, Evaluation & Knowledge Mobilization](#)
- [Strategic Consulting & Advisory Services](#)
- [Advisory Governance & Lived Experience Consultation](#)
- [Education & Professional Development](#)
- [Support for Helpers & Team Wellbeing](#)
- [Case Example:](#)
- [Case Example:](#)
- [Case Example:](#)
- [Let's Work Together](#)
- [Engagement Structures & Delivery Models](#)
- [Engagement Process](#)
- [Get In Touch](#)

Organization Introduction

Finding Our Power Together (FOPT) is an Indigenous-led charitable organization dedicated to ending preventable suicide and fostering the wellness and thriving of Indigenous communities across Turtle Island. We provide healing programs, custom services, and community-led research that honor the inherent strengths of our people and uphold their right to well-being.

Our work is deeply rooted in Indigenous values, developed through collaboration with partners and community members, and delivered by a diverse team of facilitators, clinicians, Knowledge Keepers, and researchers. Our approach integrates Indigenous knowledge, evidence-based strategies, and relational care to support individuals and communities in reclaiming their power and using it to uplift others.



Our Mission

To end preventable death by suicide in Indigenous communities and support our people to not only survive, but thrive. We achieve this by offering culturally grounded programs and services that address immediate needs, building capacity through mentorship and training, and leading community-based research and advocacy to confront systemic causes of harm.

Our Vision

We envision a future where Indigenous people are deeply connected to their culture, supported by strong communities, and living full lives with purpose, belonging, and joy. A world where every child, youth, adult, and family has access to the relationships, knowledge, and care they need to thrive, and the systemic injustices making life unlivable have been addressed.

Our Story

Finding Our Power Together began in 2016 as a community-based research partnership with Nibinamik First Nation, a remote Treaty 9 community. During discussions about community wellness, youth highlighted that the clearest indicator of well-being was the absence of youth suicide. This insight led to a collaboration between community members and a team of Indigenous and non-Indigenous youth from Toronto Metropolitan University. Together, they created a documentary to openly discuss suicide in First Nations communities, offering support and connection to Indigenous youth nationwide. The name "Finding Our Power Together" emerged from this collaboration, signifying the strength found in cross-community connection and sharing stories and gifts for collective benefit. In 2020, FOPT officially became a registered nonprofit organization. Today, we continue to deliver programs, services, and research that are culturally rooted, community-led, and centered on wellness and connection for all Indigenous peoples.

Organizational Foundation

Finding Our Power Together (FOPT) is built upon a robust organizational structure and commitment to ethical practice. As a registered Canadian charity and federally incorporated not-for-profit, we uphold stringent standards in governance, financial oversight, and service delivery. Our operations span nationally across Canada, reaching diverse Indigenous communities in remote, urban, and institutional settings, ensuring broad accessibility to our culturally grounded programs and services.

Organizational Status

- Registered Canadian charity (Charitable Registration No. 733417935).
- Nationally incorporated not-for-profit under the Canada Not-for-profit Corporations Act (Corporation No. 1207368-4).
- Operates nationally, delivering services in remote, urban, institutional, and community-based contexts.

Governance & Oversight

FOPT is governed by a dedicated Board of Directors, with approximately three-quarters Indigenous membership, ensuring leadership is deeply rooted in Indigenous perspectives and community needs. The Board provides critical financial oversight, strategic direction, and accountability through standing committees focused on Finance and Human Resources. Operational leadership is expertly managed by our Executive Director and core team, ensuring effective execution of our mission.

Professional Standards

Our commitment to excellence extends to our service delivery. Clinical and therapeutic services are exclusively provided by regulated professionals, including Registered Social Workers and Registered Psychotherapists licensed within their respective provinces. For youth mentorship and community engagement, we utilize trained youth workers, community workers, and volunteers, all operating under appropriate supervision. FOPT maintains comprehensive organizational insurance coverage to ensure the highest level of protection and accountability.

Research Ethics & Data Governance

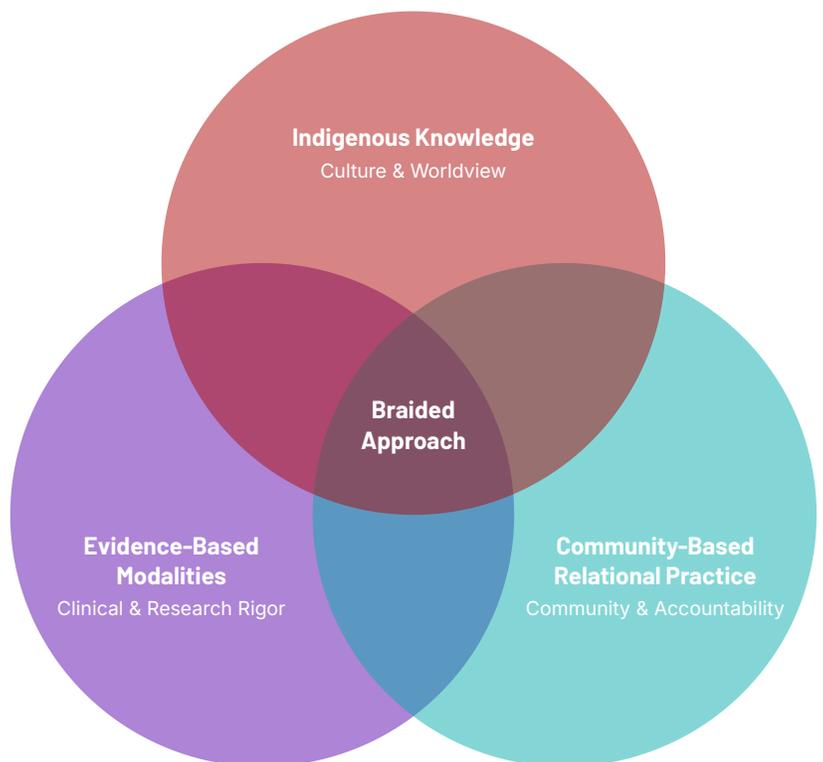
FOPT engages in community-based and applied research in collaboration with Indigenous communities, academic institutions, and service organizations. All research initiatives adhere to the highest ethical standards, often receiving approval through Toronto Metropolitan University's Research Ethics Board (REB) under the academic supervision of Dr. Nicole Ineese-Nash. Furthermore, our internal Indigenous Community Advisory Council provides essential ethical oversight grounded in Indigenous governance principles. We are deeply committed to OCAP® (Ownership, Control, Access, Possession) principles in all research. As a non-First Nation entity, FOPT explicitly does not claim ownership over community data. Research agreements prioritize community ownership and control, transparent consent processes, protection of individual and collective rights, and clear authorship and knowledge-sharing. We firmly believe in non-extractive research practices that empower communities.

Our Approach

Wingushk Okaadinege: The Sweetgrass Braid

FOPT employs a unique approach that is deeply rooted in cultural teachings and robustly supported by evidence-based practices. We engage with communities and individuals with profound care, humility, and respect, ensuring that our programs and services seamlessly integrate traditional Indigenous knowledge, effective community-engagement strategies, and proven modalities. Our approach is the result of a comprehensive two-year research and community-engagement process. Through extensive systematic literature reviews and consultations with key informants, we identified a powerful, evidence-based strategy that we have published (see Ineese-Nash et al., 2021) and now employ.

Inspired by the sacred teachings of the Sweetgrass Braid (Wingushk Okaadinege), our approach symbolizes the interwoven strength of our foundational principles. Just as each strand of sweetgrass contributes to a resilient whole, our methodology brings together distinct yet interconnected practices.



This "braided approach" ensures that our services are not only culturally relevant and respectful but also empirically sound and deeply responsive to the unique needs and strengths of each individual and community we serve.

Leadership Statement

Finding Our Power Together was founded in response to an urgent and ongoing reality: preventable suicide and mental health inequities affecting Indigenous youth and communities. What began as a community-based research partnership has grown into a national Indigenous-led organization grounded in relational accountability, cultural knowledge, and evidence-informed practice.

Our work is guided by a clear commitment: Indigenous communities have the inherent right to design, govern, and sustain their own approaches to wellness. Every program, service, research initiative, and consulting engagement we undertake is structured to support self-determination, capacity-building, and long-term resilience rather than short-term intervention alone.

As Founder and Executive Director, I understand leadership not as visibility, but as responsibility. We are accountable to the communities we partner with, to the youth and families we serve, and to the integrity of Indigenous knowledge systems. Our braided approach—integrating Indigenous teachings, community-driven research, and evidence-based mental health frameworks—was developed through sustained consultation and knowledge synthesis. It continues to evolve in response to community priorities and lived realities.



We recognize that organizations seeking partnership may come from diverse contexts: First Nations governance bodies, urban Indigenous agencies, educational institutions, government ministries, or corporate entities. Regardless of context, our expectation is the same: engagement must be rooted in respect, clarity of scope, and shared responsibility for impact.

This catalogue outlines the range of services and consulting supports we offer. Each engagement is customized. We do not deliver standardized packages without adaptation. Instead, we work collaboratively to ensure that services reflect local culture, governance structures, and strategic goals.

We welcome partnership grounded in integrity, transparency, and a shared commitment to strengthening the mental, cultural, and collective wellbeing of Indigenous communities.

Dr. Nicole Ineese-Nash
Founder & Executive Director
Finding Our Power Together

What Distinguishes FOPT

FOPT operates at the vital intersection of Indigenous knowledge systems, evidence-based mental health frameworks, youth-centered design, and robust community-based research methodology. This unique blend allows us to seamlessly move between direct service delivery and systems-level consulting. Our engagements are diverse, encompassing frontline clinical services, culturally rich land-based programming, organizational training, in-depth research and evaluation, and strategic planning support. A core tenet of our approach is customization. We never replicate standardized models; instead, all services are meticulously adapted to align with local governance structures, regulatory requirements, and the specific cultural protocols of each community we serve. This ensures relevance, respect, and maximum impact.



Overview of Service Offerings

Finding Our Power Together provides highly customizable services across six primary domains. These domains reflect the full scope of our work, from direct clinical engagement to systems-level consulting. All services are meticulously tailored to context, ensuring relevance and maximum impact for each partner and community. Engagements may be delivered as standalone initiatives or integrated into comprehensive, multi-phase partnerships designed for long-term impact.

Clinical & Mental Health Services

Direct mental health services and psychoeducation delivered by regulated professionals.

May include:

- Individual counselling
- Group counselling
- Community-based crisis response
- Psychoeducation programs (e.g., Building Our Bundle)
- Event-based mental health support
- Case consultation and supervision

Cultural & Land-Based Healing Services

Culturally grounded healing, ceremony, and knowledge transmission facilitated by Indigenous Knowledge Keepers and practitioners, delivered in alignment with community protocols and cultural governance.

May include:

- Sweat lodge ceremonies and lodge builds
- Pipe ceremonies and naming ceremonies
- Moon lodge and women's ceremonies
- Sacred fire and smudging ceremonies
- Medicine walks and land-based teachings
- Talking circles and traditional storytelling
- Cultural arts workshops

Community Programming

Holistic programming for children, youth, and families integrating cultural identity, skill development, and emotional regulation, available in on-site, virtual, or hybrid formats.

May include:

- Youth leadership intensives
- Land-based youth camps
- Film and creative storytelling programs
- Mentorship programs
- Building Our Bundle (youth program)
- Building Our Family Bundle (family-focused program)

Education & Professional Development

Training and capacity-building for service providers, educators, organizations, and leadership teams.

May include:

- Cultural safety and cultural awareness training
- Youth-centered program design
- Suicide prevention and postvention workshops
- Indigenous approaches to mental health
- Custom curriculum and module development
- Train-the-trainer certification models

Research, Evaluation & Knowledge Mobilization

Community-based research and applied evaluation services grounded in Indigenous methodology and ethical governance. Research engagements prioritize community ownership and OCAP-aligned practices.

May include:

- Needs assessments
- Community-based participatory research
- Program evaluation (qualitative, quantitative, mixed methods)
- Logic model and theory of change development
- Policy briefs, research reports, academic publication
- Infographics and digital knowledge translation
- Funding partnership development

Strategic Consulting & Systems Change

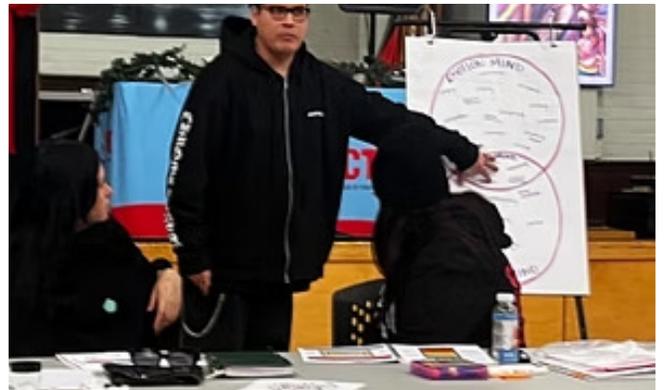
Organizational and systems-level advisory services designed to strengthen governance, program design, and long-term sustainability. Engagements may range from short-term facilitation to multi-year partnership models.

May include:

- Suicide prevention framework development
- Mental health systems planning
- Organizational audits
- Strategic planning facilitation
- Capacity-building roadmaps
- Implementation design
- Reconciliation strategy advisory
- Governance advisory

Many clients engage FOPT across multiple domains simultaneously, fostering holistic and impactful partnerships. For example, a community activation week might combine crisis response, youth programming, ceremony, and professional training. Our services can be structured to meet diverse needs, including:

- **One-day engagements**
- **Multi-day intensives**
- **Multi-week programs**
- **Ongoing advisory retainers**
- **Multi-year partnerships**



Clinical & Mental Health Services

FOPT delivers culturally grounded mental health services that integrate Indigenous knowledge systems, relational practice, and evidence-based clinical frameworks. Services are delivered by regulated professionals and are adapted to provincial standards, community infrastructure, and local governance. Clinical engagements may focus on direct care, skill development, stabilization, or organizational capacity building, ensuring a holistic approach to wellbeing.

Individual Counselling

Culturally grounded therapeutic support delivered by regulated professionals, addressing emotion regulation, trauma, grief, identity development, and life transitions for children, youth, and adults.

Family & Caregiver Counselling

Structured therapeutic sessions designed to support communication, facilitate relational repair, alleviate parenting stress, and develop collective coping strategies within families.

Group Counselling

Facilitated therapeutic groups focused on shared experiences such as grief, emotional regulation, or community healing, fostering peer support in a safe environment.

Custom Psychoeducation Programs

Skills-based mental health programming that integrates DBT-informed frameworks with cultural teachings, delivered in supportive cohort formats to enhance resilience.

Building Our Bundle

Facilitated delivery of FOPT's proprietary structured DBT-informed youth mental health program, promoting emotional and social skill development among young people.

Building Our Family Bundle

A family-focused clinical adaptation of DBT-informed skills, supporting shared regulation and fostering intergenerational wellbeing within family units.

Community-Based Crisis Response

Short-term clinical deployment providing stabilization, comprehensive risk assessment, safety planning, and seamless coordination with local services during acute periods of crisis.

Postvention & Community Healing

Clinical and culturally grounded support following suicide, sudden death, or traumatic events, including group processing, stabilization planning, and bereavement support.

Event-Based Mental Health Support

On-site clinical presence during gatherings or commemorations where emotional activation is anticipated, ensuring timely support and de-escalation.

Clinical Supervision & Consultation

Professional supervision and case consultation for clinicians, youth workers, and community-based mental health teams to support ethical and effective service delivery, enhancing professional capacity.



Looking for Something Else?

FOPT regularly develops customized engagements beyond the services outlined here. We invite you to connect with us to discuss your specific needs.



Cultural & Land-Based Healing Services

FOPT is dedicated to offering culturally grounded healing and ceremonial services, meticulously guided by respected Indigenous Knowledge Keepers, Elders, and cultural practitioners. Our engagements are deeply rooted in Nation-specific protocols, ensuring delivery that is always in strict alignment with community governance and local cultural authority. These services honour traditional practices and promote holistic well-being.

Sweat Lodge Ceremonies

Facilitated lodge ceremonies, deeply grounded in cultural protocol and guided by recognized Knowledge Keepers, fostering spiritual purification and renewal.

Cultural Counselling

Individual sessions with a Knowledge Keeper or cultural healer offering spiritual guidance, traditional teachings, ceremony-based support, and culturally grounded counsel.

Community Sweat Lodge Build

Hands-on construction of a sweat lodge structure, accompanied by profound teachings on protocol, purpose, and sustainable maintenance practices.

Moon Lodge / Women's Ceremonies

Gender-specific ceremonial spaces focused on traditional teachings related to cycles, roles, and relational responsibilities within Indigenous cultures.

Fasting Camps & Healing Camps

Multi-day immersive experiences seamlessly integrating ceremony, traditional teachings, and profound land-based healing practices for holistic wellness.

Sacred Fire Ceremonies

Guided fire ceremonies supporting collective prayer, reflection, and the powerful intention-setting for community healing and well-being.

Naming Ceremonies

Culturally grounded naming processes conducted with utmost respect, following appropriate protocol and guided by community elders and knowledge keepers.

Smudging & Opening Ceremonies

Culturally appropriate and respectful opening ceremonies for various gatherings, conferences, and community events, inviting positive energy and presence.

Talking Circles & Healing Circles

Facilitated sharing circles grounded in time-honored cultural practices and principles of relational accountability, promoting open dialogue and mutual respect.

Medicine Walks & Land-Based Teachings

Outdoor experiential learning journeys guided by Indigenous knowledge of the land, plant medicines, and the intricate web of relational ecology.

Traditional Arts & Cultural Workshops

Hands-on cultural skill development workshops including beadwork, regalia making, drum teachings, and other Nation-specific arts and crafts.

Looking for Something Else?

FOPT regularly develops customized engagements beyond the services outlined here. We invite you to connect with us to discuss your specific needs.



Community-Based Programs

FOPT delivers structured, non-clinical community programming designed to strengthen leadership, foster identity, ignite creativity, and promote collective wellbeing. These programs are highly adaptable for children, youth, adults, and intergenerational groups, and can be delivered through various formats, including focused workshops, multi-week cohorts, or immersive multi-day retreats. Our offerings are crafted to build capacity and empower communities from within, supporting vibrant and resilient futures.

Guiding Our Gifts

Hands-on arts and crafts programming where participants learn creative skills (e.g., visual arts, beadwork, media arts, writing) while exploring personal strengths and contribution within a culturally rich context.

Peer Mentorship Programs

Structured mentorship models pairing participants to build confidence, enhance accountability, and develop relational leadership skills, fostering supportive networks.

Young Leaders Circles

Ongoing cohort-based leadership circles focused on developing effective communication, fostering a sense of responsibility, and promoting active community engagement among youth.

Youth-Elder Exchanges & Retreats

Facilitated intergenerational gatherings that support crucial knowledge exchange, shared reflection, and profound relationship-building between different age groups.

Creative Storytelling & Media Projects

Community-based film, podcast, mural, or digital storytelling initiatives that strengthen individual voice, affirm identity, and build a powerful collective narrative.

Youth or Advisory Council Development

Comprehensive support in establishing and strengthening youth councils or advisory bodies, including guidance on structure, governance, and effective facilitation techniques.

Community Wellness Workshops

Skill-building sessions focused on enhancing collective wellbeing, increasing stress awareness, and cultivating healthy, sustainable practices within the community.

Leadership Development Intensives

Multi-day immersive programs focused on honing essential skills such as communication, teamwork, facilitation, and nurturing emerging leadership capacities.

Community Action & Project-Based Initiatives

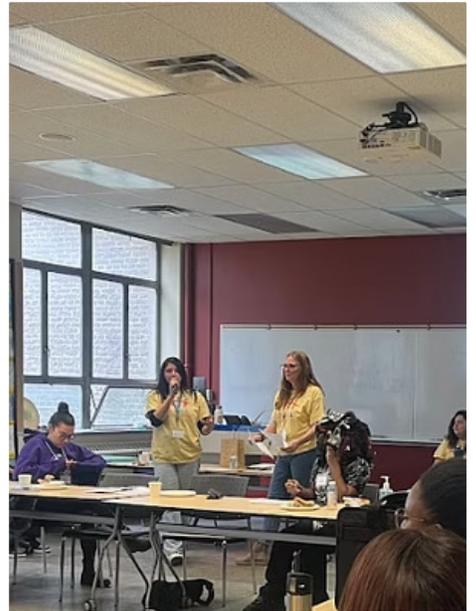
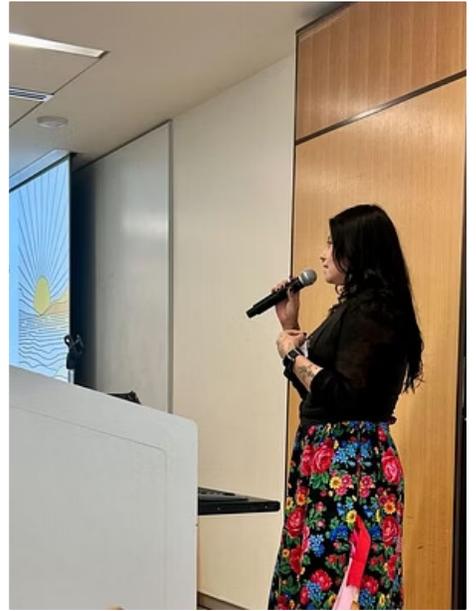
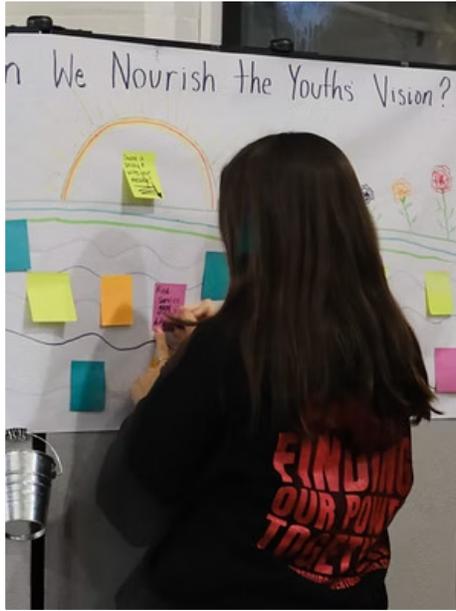
Empowering programs where participants actively design and implement tangible projects that directly respond to identified local needs and priorities, driving real change.

Custom Community Programs

Co-designed programming tailored precisely to specific themes such as holistic wellness, identity exploration, leadership development, community engagement, or school-based initiatives, ensuring maximum relevance and impact.

Looking for Something Else?

FOPT consistently develops customized engagements beyond the services outlined here. We warmly invite you to connect with us to discuss your specific community needs and vision.



Research, Evaluation & Knowledge Mobilization

FOPT conducts community-based research and applied evaluation grounded in Indigenous knowledge systems, relational accountability, and rigorous methodological practice. Our research work supports communities, organizations, and institutions to generate meaningful data, strengthen programs, inform policy, and advance Indigenous-led knowledge production. Research engagements may be conducted independently or alongside program delivery and strategic consulting.

Community-Based Participatory Research (CBPR)

Co-designed research initiatives grounded in community priorities and participatory methods, ensuring equitable collaboration and shared outcomes.

Needs Assessments & Community Scans

Structured data collection and comprehensive analysis to identify community strengths, existing gaps, and critical service priorities for strategic planning.

Program Evaluation

Specialized evaluation design and implementation to rigorously assess program outcomes, implementation fidelity, and overall impact on participants and communities.

Logic Model & Theory of Change Development

Facilitated development of structured program models that clearly outline inputs, activities, outputs, and desired outcomes, ensuring alignment with measurable objectives.

Custom Toolkits & Resource Development

Development of structured manuals, facilitator guides, participant workbooks, skills cards, reflection journals, or digital resources precisely tailored to specific program or community needs.

Policy Analysis & Brief Development

Research-informed policy briefs meticulously designed to inform governance bodies, decision-makers, and stakeholders, advocating for evidence-based change.

Research Reports & Technical Documents

Comprehensive written reports summarizing key findings, detailed methodology, and actionable recommendations, presented with clarity and professional rigor.

Knowledge Synthesis & Literature Reviews

Systematic or scoped reviews integrating academic, community, and practice-based knowledge to provide holistic understandings of complex issues.

Knowledge Mobilization & Translation

Creation of engaging infographics, digital resources, executive summaries, and plain-language reports for broad dissemination, ensuring knowledge reaches diverse audiences effectively.

Development & Research Design

Collaborative research design and strategic proposal development for grant applications and funding initiatives, enhancing success rates for community-led projects.

Looking for Something Else?

FOPT consistently develops customized engagements beyond the services outlined here. We warmly invite you to connect with us to discuss your specific community needs and vision.

Strategic Consulting & Advisory Services

FOPT delivers senior-level strategic consulting designed to support Indigenous communities, institutions, public systems, and nonprofit organizations in achieving culturally grounded systems change. These engagements are led by Dr. Nicole Ineese-Nash (PhD), Founder and Executive Director of FOPT who brings interdisciplinary expertise spanning Indigenous education, mental health systems, disability studies, institutional ethnography, early childhood education, decolonization, and Indigenous resurgence. Her consulting approach integrates Indigenous knowledge systems, critical social theory, applied implementation frameworks, and executive leadership practice to support structural and sustainable transformation. Strategic consulting is distinct from program delivery and research contracts. It focuses on high-level advisory, governance guidance, institutional review, and systems redesign. FOPT also draws on a network of research collaborators, professors, clinicians, consultants, and Knowledge Keepers with specialized expertise across these domains. Engagement teams are assembled based on mandate, scale, and complexity to ensure depth, rigor, and contextual relevance. Biographies and areas of specialization for our extended consulting team are available on our website.

Areas of Consulting Expertise

FOPT provides strategic advisory support across a range of intersecting domains, fostering holistic and integrated solutions:

Mental Health & Madness

Expert guidance on developing culturally responsive mental health strategies and addressing systemic barriers.

Disability Justice & Inclusive Systems

Advisory on creating equitable and accessible systems that uphold disability rights and promote inclusion.

Traditional Healing Integration

Facilitating the meaningful integration of Indigenous healing practices within contemporary institutions.

Suicide Prevention & Postvention

Developing comprehensive strategies for crisis intervention, support, and community healing post-tragedy.

Early Childhood Education Reform

Shaping policies and pedagogies to embed Indigenous knowledge and cultural practices in early learning.

Systems Integration

Streamlining and harmonizing disparate systems to improve overall effectiveness and service delivery.

Institutional Ethnography & Analysis

Applying critical research methods to uncover and address power dynamics within institutional practices.

Organizational Transformation

Guiding organizations through strategic restructuring, cultural shifts, and phased implementation planning.

Reconciliation Strategy Development

Crafting actionable plans to advance reconciliation within organizational policies and practices.

Decolonization & Indigenous Resurgence

Frameworks and strategies to dismantle colonial structures and foster Indigenous self-determination.

Advisory Governance & Lived Experience Consultation

FOPT's strategic consulting is robustly supported by two integral standing advisory bodies: the Indigenous Community Advisory Council (ICAC) and the Youth Advisory Circle. These councils provide invaluable governance-informed oversight and critical lived experience perspectives, shaping FOPT's organizational direction, research initiatives, and program development.

In specific scenarios, and always with explicit consent from all parties, FOPT may convene advisory consultations to inform external mandates. This could involve facilitating youth-informed program design, conducting community-informed policy reviews, or collaborating on systems-level strategy development. All advisory consultations are meticulously structured with transparent honoraria, defined boundaries of engagement, clear scopes and terms of reference, and robust ethical safeguards to ensure accountability and integrity.

Engagement Structure

Our consulting engagements are flexible and can be structured in various ways to best meet your organization's needs:

- Executive advisory retainers for ongoing strategic guidance.
- Strategic planning facilitation to guide organizational vision and goal-setting.
- Comprehensive governance and policy review to ensure alignment with best practices and cultural values.
- Systems redesign and implementation roadmapping for complex change initiatives.
- Cross-sector convening and facilitation to foster collaborative solutions.
- Leadership advisory (non-clinical) for executive development and support.

FOPT is exceptionally well-positioned to support organizations navigating periods of significant growth, restructuring, institutional reform, or those committed to integrating Indigenous knowledge systems within established frameworks. We are adept at fostering environments where innovative solutions can flourish while respecting and upholding Indigenous wisdom.

Seeking Strategic Advisory Support?

If your organization requires high-level consultation across vital domains such as mental health, disability, education, governance, or systems transformation, we encourage you to connect with us. We welcome a discovery conversation to thoroughly understand your unique context, determine the potential scope of engagement, and assess our mutual fit for a successful partnership.

Education & Professional Development

FOPT offers comprehensive, structured training and professional development opportunities designed for a diverse audience, including educators, service providers, clinicians, leadership teams, and institutions. Our programs are meticulously crafted to strengthen culturally grounded, relational, and evidence-informed practices across various sectors. Our training engagements seamlessly integrate Indigenous knowledge systems, emphasize relational accountability, and apply robust clinical and pedagogical frameworks. These sessions can be delivered flexibly as single workshops, multi-part series, or embedded within long-term professional learning partnerships, ensuring adaptability to your organization's specific needs and objectives.

Cultural Safety & Anti-Racism Education

Training focused on systemic awareness, relational accountability, and culturally grounded institutional practice to foster truly inclusive environments.

Reconciliation, Decolonization & Indigenous Resurgence

Workshops exploring structural change, institutional responsibility, and pathways toward meaningful transformation aligned with Indigenous self-determination.

Indigenous Mental Health & Madness Frameworks

Training on culturally grounded understandings of distress, crisis, and psychiatric systems, emphasizing holistic well-being.

Grief, Death & Dying in Indigenous Contexts

Education on the spiritual, relational, and community dimensions of grief, including culturally safe support approaches for loss.

Suicide Prevention & Postvention Education

Evidence-informed and culturally grounded approaches to suicide awareness, intervention, response, and comprehensive community healing post-tragedy.

Traditional Indigenous Healing in Contemporary Practice

Exploration of ceremony, land-based teachings, and traditional knowledge as vital components within institutional and service settings.

Disability Justice & Inclusive Education

Training on Indigenous perspectives on disability, promoting equitable access, and affirming educational practices for all learners.

Indigenous Pedagogy

Professional development focused on relational, land-based, and culturally responsive models.

Helpers Teachings: Supporting Those Who Support Others

Training for helpers, educators, and frontline staff on relational ethics, boundaries, sustainability, and culturally grounded care practices.

Trauma-Informed & Relational Practice

Applied frameworks for understanding regulation, safety, and relational repair within educational and service environments.

Custom Curriculum & Module Development

Co-designed training materials, participant workbooks, facilitator guides, and digital learning modules tailored precisely to institutional needs.

Support for Helpers & Team Wellbeing

FOPT recognizes the immense dedication and emotional labor undertaken by frontline workers, educators, clinicians, leadership teams, and community staff. Our structured support services are meticulously designed to foster sustainability, cultivate relational trust, ensure ethical clarity, and promote the collective well-being of those who carry complex and vital mandates within their communities.

Team Wellness Retreats (1–3 Days)

Facilitated immersive retreats designed to combine practical skill-building, deep relational reflection, structured dialogue, and collaborative collective planning to rejuvenate and align teams.

Helper Sustainability Intensives

Multi-day engagements focused explicitly on burnout prevention strategies, establishing healthy professional boundaries, enhancing emotional regulation, and fostering long-term capacity building for sustained well-being.

Reflective Practice Circles

Ongoing, expertly facilitated spaces where helpers can safely process complex cases, navigate systemic strain, and engage in structured, accountable dialogue with peers, promoting ethical practice and emotional support.

Grief & Vicarious Trauma Support

Specialized facilitated sessions addressing the cumulative impact of exposure to crisis, loss, and community trauma, providing pathways for healing and resilience for frontline workers.

Culturally Grounded Team Support Days

Integrated engagements that weave together land-based grounding practices, restorative circle dialogue, and collective recalibration activities to promote holistic team well-being in a culturally respectful manner.

Team Sweat Lodges

Ceremonial support offered specifically for frontline workers and leadership teams, rooted in Indigenous traditions, seeking profound cultural grounding, purification, and spiritual restoration in alignment with community protocols.

Mediation Circles & Relational Repair

Expertly facilitated circles designed to address internal conflict, professional misalignment, or team strain through structured, culturally informed dialogue, fostering understanding and resolution.

Restorative Justice Circles

Circle-based processes supporting accountability, effective conflict resolution, and the rebuilding of vital relationships within teams or organizations through a restorative, community-centered lens.

Leadership & Frontline Integration Retreats

Structured gatherings specifically designed to align executive leadership and frontline teams, fostering shared values, operational clarity, and a cohesive vision for organizational success and employee well-being.

Helpers Teachings Intensive

Multi-session engagements deeply grounded in Indigenous relational teachings, focusing on concepts of responsibility, ethical care, healthy boundaries, and personal and collective sustainability in the helping professions.

All support engagements are meticulously tailored to reflect each organization's unique context, workforce composition, and specific stress profiles. The integration of cultural and restorative processes is always offered in strict alignment with established protocols and explicit consent from all participants. If your team is navigating periods of significant strain, organizational transition, collective grief, or internal conflict, we encourage you to initiate a discovery conversation with us.

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.

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.



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.

Case Example:

Neyaashiinigmiing Youth Culture Camp

Description

The Neyaashiinigmiing Culture Camp, initiated by Finding Our Power Together (FOPT), was a purposefully crafted four-day youth camp held in Cape Croker. This camp was designed to support "at-risk" Indigenous youth, focusing intently on cultural reconnection and empowerment. Two successful sessions were conducted during the summer of 2021, providing vital support and community engagement.

Challenge

During the unprecedented challenges of the COVID-19 pandemic, many Indigenous youth faced heightened struggles due to isolation and the resulting mental health issues. The pandemic severely exacerbated existing vulnerabilities, making it crucial to find effective ways to support these youth while rigorously adhering to public health guidelines. The community proactively reached out to FOPT to collaboratively design a custom program that could meet these pressing 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, an aspect particularly vital during the pervasive isolation brought on by the pandemic.
- **Ceremonial Teachings:** Core activities included deeply resonant sunrise and water ceremonies, traditional smudging practices, the intricate making of medicine bags, and foundational fire teachings, all fostering a deep connection to ancestral ways.
- **Collaboration with Community Harm Reduction Team:** Working in close partnership with the community's harm reduction team was absolutely crucial. This collaboration ensured a holistic approach to address the youths' mental health and overall wellbeing, integrating cultural and clinical supports.

Outcome

- **Empowerment and Resilience:** The camp instilled a profound sense of cultural identity and empowerment within the youth. Participants emerged with a stronger connection to their traditions and a better understanding of how these enduring practices could guide them through challenging times.
- **Skills and Knowledge Transfer:** Youth gained practical skills and invaluable knowledge in traditional Indigenous practices, which are vital not only for their personal development but also for building mental health resilience.
- **Community Cohesion:** Beyond addressing the immediate needs of the youth, the camp significantly strengthened community bonds. It successfully created a robust support system designed to endure well beyond the camp's duration, fostering lasting connection and mutual aid.

Case Example:

Building Our Family Bundle

Description

Building Our Family Bundle (BOFB) was delivered in partnership with four Indigenous EarlyON Centres across Toronto. The program was structured as a two-day intensive caregiver psychoeducation model integrating Indigenous teachings with Dialectical Behaviour Therapy (DBT)-informed skills. The pilot served 18 Indigenous caregivers across four sites, with on-site childminding provided to reduce barriers to participation. The program was designed to strengthen emotional regulation, relational communication, and culturally grounded parenting capacity in urban Indigenous contexts.



Our Approach

- **Culturally Grounded DBT Integration:** BOFB integrated Indigenous teachings with structured DBT skills. This holistic approach ensures cultural relevance alongside evidence-based practices.
- **Two-Day Intensive Model:** The program was delivered in an immersive format designed to reduce scheduling barriers while providing concentrated skill exposure.
- **Circle-Based Learning:** Sharing circles and relational dialogue created space for caregivers to reflect on parenting experiences within a culturally safe and affirming environment, fostering peer support.
- **Barrier Reduction Supports:** On-site childminding and community-hosted delivery increased accessibility and participation, ensuring that caregivers could attend without logistical concerns.
- **Mixed-Methods Evaluation:** Pre- and post-program evaluation included standardized stress and skills measures alongside qualitative participant feedback, providing robust data for ongoing refinement and success metrics.

Outcome

- **Reduction in Caregiver Stress:** Participants demonstrated a statistically significant reduction in stress levels following the program
- **Improved Emotional Regulation Skills:** Caregivers reported increased use of practical regulation strategies and greater ability to pause before reacting, enhancing their capacity to manage emotional challenges.
- **Strong Cultural Resonance:** Qualitative feedback consistently identified the integration of Indigenous teachings as central to participant engagement and program relevance
- **Scalability & Refinement:** Evaluation findings informed program refinement, ensuring the program's long-term viability and reach.
- **Strengthened Cultural Connection:** This partnership demonstrated that culturally grounded, skills-based caregiver programming can produce measurable improvements in emotional regulation while strengthening cultural connection in urban Indigenous settings.

Let's Work Together

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?

Indigenous-Led

FOPT is an Indigenous-led registered Canadian charity with Indigenous-majority Board governance and advisory oversight. Our work is guided by relational accountability and community direction.

Our Unique Approach

We integrate Indigenous knowledge systems, community-based relational practice, and evidence-based modalities across all engagements. This culturally grounded and research-informed framework distinguishes our work from conventional service models.

Interdisciplinary Expertise

Our engagements draw on an interdisciplinary team of clinicians, researchers, consultants, professors, and Knowledge Keepers. FOPT operates with broad collective expertise across mental health, disability, education, systems change, and Indigenous resurgence.

Ethical & Community-Informed Practice

All services are delivered in alignment with governance structures, ethical safeguards, and OCAP-informed research principles where applicable. We do not conduct extractive or symbolic engagement.

Customized Engagement Models

We do not offer generic packages. Every partnership is scoped collaboratively to reflect local priorities, regulatory context, and implementation capacity.



Engagement Structures & Delivery Models

FOPT does not provide fixed packages. All engagements are scoped collaboratively to reflect community priorities, regulatory context, logistical realities, and desired outcomes. Our services are flexible and can be structured to meet diverse needs, ensuring each partnership is uniquely tailored. Services may be delivered under the following structured models:

Engagement Type	Typical Duration	Suitable For	Price Range*
Workshops & Ceremonial Engagements	1–3 days	Trainings, ceremonies, strategic facilitation, event-based support	\$2000–\$15,000
Community Intensives	3–7 days	Youth leadership weeks, school activations, crisis support, combined programming	\$15,000–\$50,000
Program Implementation	4–12 weeks	Cohort programs, train-the-trainer models, educator mentorship	\$20,000–\$75,000
Research & Evaluation Projects	3–18 months	Needs assessments, program evaluation, policy analysis	Starting at \$25,000
Strategic Advisory Retainers	Ongoing (monthly)	Governance support, systems planning, suicide prevention frameworks	\$3,000–\$10,000/month
Multi-Year Partnerships	1–3 years	Integrated programming, capacity transfer, systems development	Proposal-based

*Final pricing reflects scope, team composition, travel, cultural honoraria, evaluation requirements, and insurance considerations.



Engagement Process

At Finding Our Power Together (FOPT), we employ a structured and transparent engagement process, meticulously designed to foster clarity, accountability, and demonstrable impact. This methodical approach ensures that every partnership is built on mutual understanding and a clear path toward achieving shared goals, from initial contact to long-term sustainability.

01

Initial Inquiry

Organizations reach out to FOPT, providing an initial overview of their specific priorities, contextual background, and desired outcomes, thereby initiating a bespoke partnership journey.

03

Needs Mapping & Scope Development

This phase involves assessing the alignment of the project with FOPT's mandate, evaluating capacity, understanding regulatory requirements, and integrating community priorities. A draft scope of work is developed, detailing objectives, deliverables, timeline, and team composition.

05

Contracting & Logistics Planning

Once terms are agreed upon, contracts are executed, and all logistical details are meticulously confirmed. This includes scheduling, travel arrangements (if applicable), necessary materials, team configuration, and explicit reporting expectations.

07

Evaluation & Reporting

Every engagement includes a structured evaluation component, tailored to its specific scope. This may involve gathering participant feedback, tracking key outcomes, reviewing implementation effectiveness, and providing written reports summarizing activities, insights, and recommendations.

02

Discovery Conversation

We conduct a structured consultation to thoroughly clarify the project's scope, the specific population to be served, relevant governance contexts, logistical considerations, and funding parameters.

04

Proposal & Budget Development

A comprehensive formal proposal is then issued, outlining the proposed services, engagement structure, clearly defined roles and responsibilities, transparent pricing, and a detailed implementation plan.

06

Implementation

Services are delivered precisely according to the agreed-upon scope. Engagements can encompass a variety of activities such as facilitation, advisory meetings, programming, research activities, or integrated service models.

08

Follow-Up & Sustainability Planning

Where appropriate, FOPT offers follow-up consultations, provides implementation guidance, and offers recommendations for next-phase development to support the long-term sustainability and continued success of initiatives.

Get In Touch

At Finding Our Power Together (FOPT), we are dedicated to fostering meaningful partnerships that drive positive change for Indigenous youth and communities. We invite you to connect with us to explore how our expertise can support your initiatives.



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