

Many Aboriginal youth are 'in the dark' about their culture..

Waaban provides the opportunity for youth to renew their relationship with the teachings and the spiritual aspects of their culture.

Cultural connections assist Aboriginal youth to strengthen their identity, develop positive relationships, and promote healthy life choices.

Traditional Aboriginal teachings are the stories, the insights, and the knowledge that show us how to live a good balanced life.



## Contact Us

If you have any questions:



NORTH BAY  
INDIGENOUS  
FRIENDSHIP  
CENTRE

980 Cassells Street  
North Bay, ON, P1B-4A6

P: (705) 472-2811

F: (705) 472-5251

Skye Matthews  
Waaban Facilitator  
Ex. 227

[waaban@nbifc.org](mailto:waaban@nbifc.org)



*"The colorful light that can be seen in the morning before the sun rises. It is the time when the darkness of night passes and gives way to the renewal of morning."*



Youth ages 12 to 17



# Waaban

**Waaban** is a program for Aboriginal youth between the ages 12 - 17 to,

- Encourage and facilitate positive community development
- Reduce the amount of repeat offenders, and to prevent potential offenders,
- Ensure that youth acquire an essential/basic understanding of Aboriginal culture, and
- Provide an alternative/additional support to Western forms of counseling and treatment

**Waaban** will provide youth with the opportunity for a variety of experiences to help them understand their culture, listen to various Elders, and their peers.

Each week there are various activities that are open to youth to participate in, for example,

- Medicine Wheel Teachings
- 4 Sacred Medicines
- Traditional Craft Making
- Drum Teachings
- Wilderness Outings
- Sacred Fire Teachings
- Attend Pow Wows and various ceremonies



# Objectives

**Reduce repeat offenders & prevent potential offenders.**

- ▣ Reduce use of drugs & alcohol amongst youth
- ▣ Increase self-confidence & healthy confidence
- ▣ Understand their history
- ▣ Understand family dynamics, to help understand their own patterns & reveal the reasons why they behave the way they do, and
- ▣ Understand their cultural identity

**Acquire Aboriginal cultural knowledge.**

- ▣ Introduce youth to ceremonies (Sweat lodge, pipe, fasting)
- ▣ Teach youth about smudging, 4 sacred medicines, circles, medicines wheel, Aboriginal philosophy, crafts, feasts, celebrations, traditional singing/dancing.

**Alternative to Western counseling.**

- ▣ Traditional circles, speaking with Elders, smudging, "outdoor" counseling, sweat lodge circles.



# Journeys

**"Journeys"** is a program for Aboriginal youth to learn about, and openly discuss substances, substance use and substance abuse. This service may be offered parallel or subsequent to their participation in the Waaban program.

**Journeys** will provide Aboriginal youth who are struggling with addictions and other problems, with information and skills to strengthen their communication, social and problem solving skills in order to promote healthy choices in all areas of their lives.

**"Journeys"** consists of two (2) half day sessions:

**Day 1:**

Effects of Substances; Risks

**Day 2:**

Process of Dependence; Relationships

