

# 2022 Programs & Services Guide



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# **Mission Statement**

Bent Arrow Traditional Healing Society  
is committed to:

Building on the strengths of Aboriginal  
children, youth and their families to  
enable them to develop spiritually,  
emotionally, physically and mentally so  
they can walk proudly in both the  
Aboriginal and non-Aboriginal  
communities.



# 5 GUIDING PRINCIPLES



- 1) All people are equal and should be treated with respect and dignity.
- 2) All people have the capacity for change.
- 3) Working towards achieving balance in our lives is a lifetime goal.
- 4) Healing comes in a variety of forms.
- 5) The Aboriginal way is about teaching how to be, not what to do.

***"Never lose sight of who we are, or where we are going."***

# MESSAGE FROM CHERYL WHISKEYJACK EXECUTIVE DIRECTOR

I've had the honour and quite frankly, luck to have made my professional home here at Bent Arrow since June of 1995 only 7 months after it was incorporated. I was able to be mentored by a great leader in Shauna Seneca and received many teachings by both her and her husband Brad over the next 12 years.

I've been able to witness, envision and participate in the creation and realization of many of the programs we have today.

I've also been a part of a great team here at Bent Arrow.

The foundation and vision set by our founders has stood the test of adversity when we lost Shauna in 2006. So subtly we were prepared for the time when we would become the leaders that had the skills, knowledge and experience to see Bent Arrow through that loss and steady the ship.

In 2011, Bent Arrow on calm waters once again, we looked to the horizon. We dreamt and began to envision even more ways to serve our community. The spirit of service and traditional teachings firmly embedded in program development, we grew and evolved to what we are today.



*Follow Cheryl and George  
on Twitter @CherylWjack*

We remain an organization that strives to serve community. To incorporate traditional ways of knowing and being into the areas of their lives that they are focused on improving. We remain a place for community to gather and build a sense community right here in Edmonton.

We remain a place for staff to grow their practice in a good way.

We remain an organization that believes we cannot nor should not be an island to those we serve.

So we believe strongly in working in partnership.

**We remain.**

# OUR HISTORY

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Bent Arrow Traditional Healing Society (BATHS) is a non-profit, charitable organization that was incorporated November 1994. In 1993, Brad and Shauna Seneca received funding from a federal program called Pathways to provide a program for youth between the ages of 15 and 24 who wanted to return to school, enter training or find work.

The program was successful and with the encouragement of their funders, the community and Elders; Brad and Shauna established Bent Arrow Traditional Healing Society. In the spring of 1995 the Society was approached by Child Welfare to establish a group home for Indigenous youth between the ages of 12 and 17. The first group home was established and



*Bent Arrow founders, Brad and Shauna Seneca.*

# OUR HISTORY

## CONTINUED

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continues to provide services today. Since the establishment of the first group home the Society has grown and developed a number of other programs.

All programs the Society operates have been created and developed specifically for Aboriginal people. Our programs include the spiritual, emotional, physical and mental aspects of a person's life, their family and their community. We have found that our programs and services provide Aboriginal people with a real opportunity to learn and grow and make positive choices for themselves and their families.

While providing an Aboriginal program we also meet the requirements of financial accountability, standards

established by governments and others, and work effectively with other organizations and systems.

The growth and development of our organization reflects the needs of the people we serve. People who are involved with Bent Arrow become part of the Bent Arrow Family and community. It is our intention to provide people with a safe supportive community from where they can make changes, new life choices and be successful in mainstream society. It has never been our intention to isolate people from the rest of the world but to provide a safe supportive environment where they can learn, grow and develop the personal and other skills necessary to be successful in both the Aboriginal and non-Aboriginal community. Building resiliency for children, youth, adults and families.

# OUR PROGRAMS

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Our history has taught us that no person is an island. We are all connected, to our families, our supports, and our community. This philosophy is an important factor in our growth throughout 27 years. It has grown our organization from a single program, to 21 programs and services. The 19th, a partnership with the City of Edmonton and Edmonton Transit just began in October of 2021.

The Community Outreach Transit Team (COTT) was born out of needs arising from the COVID-19 Pandemic. Its mission, to find community members who are in need of support along transit lines. COTT workers spend their days meeting with these community members and connecting them with resources around Edmonton. Be it food, health concerns, shelter and more.

In this guide you will read about COTT, and all of our programs and services. We invite you to share this guide with people in your network, people in your community, and most importantly, those who could benefit from our programs and services.

No person is an island, nor is any organization. Our doors are always open, and our lights are always on. We welcome all people, organizations and communities to connect with us.

Sincerely,







# Programs & Services



# **Practise as Ceremony**

## **Cultural Support Services**



**28 Business and  
Agencies Educated  
on Indigenous  
Culture in 2021**

**Practise As Ceremony (PAC)** is the name of our program, a teaching we give and the way our agency works. Based on the SunDance Ceremony, and our traditional ways of knowing, doing and living.

PAC offers various supports and teachings for businesses, organizations, partners and anyone interested in learning more about Indigenous Culture.

### **Teachings We Offer:**

#### **PAC Teaching**

An in-depth discussion and lesson about the way that we provide our services, with our history, intention and delivery.

#### **Indigenous Cultural Awareness Training**

A full day sessions that cover a range of important topics, such as Residential School information, Smudge and Prayer teaching and Traditional Parenting, all delivered from an Indigenous perspective and experience.

#### **Allyship**

A close look at how non-Indigenous communities can be honest and truthful in their lives and work as allies to Indigenous communities.

#### **Smudge and Prayer**

A ceremony and lesson delivered by our staff to inform on the importance of traditional medicine use and spiritual communication with Creator, the world around us and other people in our community.

#### **Blanket Exercise**

An impactful and hands-on learning to inform others about the history and impact of settlement and colonization, including the creation of Residential Schools in what-is-now called Canada, and how it continues to have impact on the modern-day lives of Indigenous communities.

**PAC programming is free for service**  
**For more information call: (780) 481-3451**



# Employment Resource Centre



**1079 People Served in  
2021**



The **Employment Resource Center** is designed to assist people with their job search. Our resource centre and resource workers can assist you in the following:

- Career employment and safety information
- Community support resources
- Computer, phone, photocopy, fax and Wi-fi
- Resume help

- Job listings and job fairs
- Employment programs
- Career planning
- Cultural events
- Labour market information

**For more information call: (780) 481-3451**

# Journey To Success



90 People Served in  
2021

The **Journey to Success** program is designed to assist Indigenous People with finding and maintaining employment.

**The 6 week program consists of:**

- Culturally based life skills
- Employment preparation and employment skills development
- Work ethic skills and employer expectations
- Basic computer instruction
- Resume writing and job search techniques
- Exposure courses:
  - WHMIS
  - TDG
  - CSTS
  - First Aid /CPR
  - Food Safe
- Other tickets will be considered upon approval from the career employment counsellor.

- Job placements
- Active service management with follow up after 90 days

**Requirements**

- Minimum age requirement 18 years old
- Grade 10 level of reading and writing
- Stable residence
- All applications will be considered
- Must maintain contact with JTS staff for 3 months upon completion of program.
- Must be employed at the end of the 6 week program in order to be considered a successful graduate.
- Must NOT be currently involved in any other training or employment program funded by Alberta Employment & Immigration.

**For more information call: (780) 481-3451**

# Transitions To Success



41 Women Served in  
2021



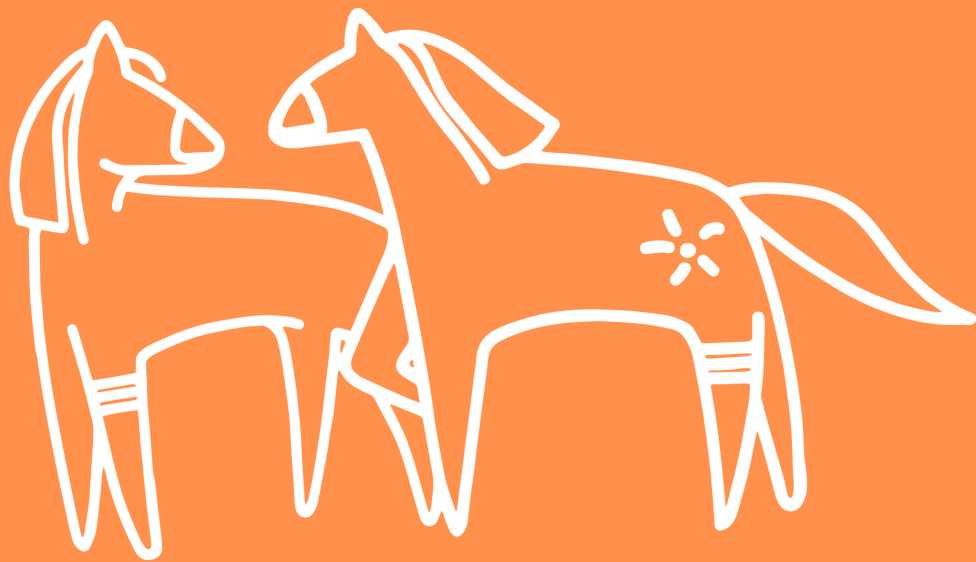
**Transitions To Success** is a non-paid employment program designed to support women who have the drive, desire, and determination to become employed in a career or profession that will financially sustain them and their families

Our goal is to assist women in securing above minimum wage jobs and provide them with the opportunity to continue with their education in a career that is compatible with their skill set.

We provide life skill enhancement, employment skill development, on-the-job training, and employment support services while you are working.

**For more information call: (780) 481-3451**

# Warriors Way Indigenous Male Support Program



**New For 2022**



**Warriors Way** is dedicated to supporting Indigenous men who have been incarcerated and are transitioning back into the community.

Initial contact will focus on supporting the participant in stability – this is defined in terms of housing, mental health, addictions, advocacy and connection to Indigenous community and culture

Participants will be supported in creating a stability plan that addresses personal challenges and employment.

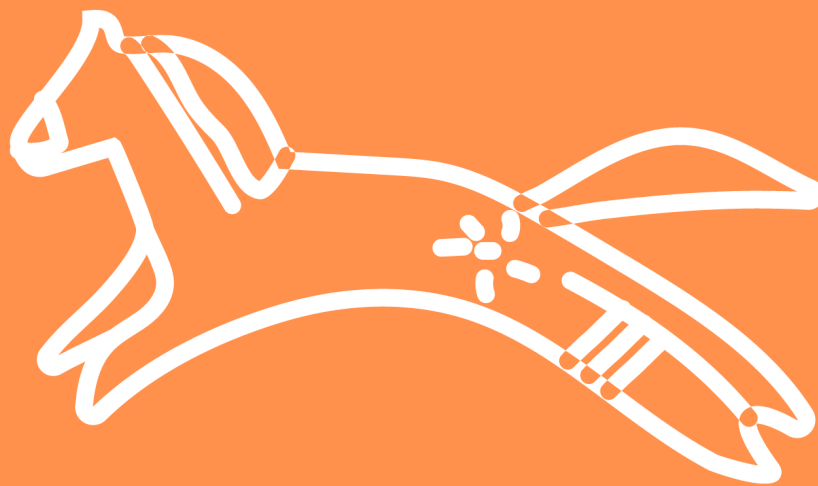
Participants will complete life skill and employment skill development modules, attend therapy sessions, and if deemed ready they will participate in appropriate job shadow opportunities

Outreach support will include daily check-ins to ensure the participants is feeling supported and to provide guidance in daily challenges and struggles

**For more information call: (780) 481-3451**



# Working Warriors



**102 Youth Employed  
or in Further  
Education**



**Working Warriors** is a project that is designed to provide employment opportunities and community re-integration to multi-barriered, unemployed/underemployed youth who may be involved with the youth criminal justice system.

Working Warriors' goal is to support positive change by way of hands on employability skills. Using work experience placements, life skill enhancement, outreach services and tailored educational learning opportunities.

#### **Requirements:**

- Between the ages of 16-24
- A Canadian Citizen, have permanent residency status or be a protected person under the Refugee Protection Act
- Legally entitled to work in Canada
- Willing to set and achieve pre-intake targets set by your referral team
- Willing to participate in course work tailored around education, personal and employment skills development
- Willing to participate in 3 week non-paid orientation

**For more information call: (780) 481-3451**

# Eagles Nest Youth Housing First



26 Youth Housed in  
2021



**Eagles Nest Youth Housing First** is intended to support single youth and families ages 16-24 years old experiencing homelessness with barriers to housing stability that can be addressed by providing housing and connecting the person with existing community supports. It is short-term intervention designed to restore housing stability and assist individuals in doing so as independently as possible.

The principle of “Housing First” is that every person has the right to a safe and secure home. Our objective as a partner with Homeward Trust is opening doors, building hope and creating goals to end homelessness.

Eagles Nest provides intense support for those experiencing any of the following barriers and these have interfered with keeping stable housing:

- Addictions
- Incarceration/Legal issues
- Basic life skills/Budget
- Violence/Abuse
- Lack of Education/Employment
- Health concerns: emotional, mental and physical
- Children's Services Involvement

**For more information call: (780) 481-3451**

# Nîkîhk

## Housing First



44 People Housed in  
2021



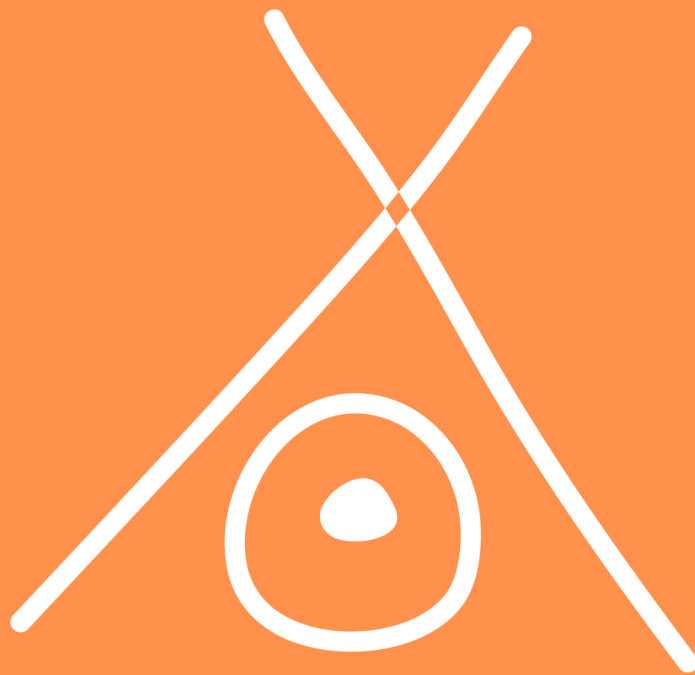
The **Nikîhk Housing First** Program is designed to support the housing needs of Urban Indigenous Peoples who are homeless and reside in Edmonton.

The principle of Housing First is that every person has the right to a safe and secure home. Our objective is to partner with Homeward Trust in opening doors and building hope for thousands of Edmontonians, ultimately realizing our goal of ending homelessness

securing safe, affordable, appropriate, permanent housing; provide resources and develop creative supporting community partnerships within Edmonton to foster the success of the participant. This endeavor is supported by our 1 year intense follow up support program to assist with chronic homelessness.

**For more information call: (780) 481-3451**

# Orenda House Family Housing



**8 Families Safely  
Housed in 2021**



**Orenda House** is a supportive-living housing project for families who are stable and seeking a sober living environment for their children and themselves. The onsite Resident Manager provides community resources, support, and guidance when needed.

Orenda House is a drug and alcohol free environment and is part of the Crime Free Multi-Housing Initiative to provide a safe community for families that are looking for a healthier lifestyle. Residents are able to access a variety of services offered at Bent Arrow and in the community. The manager is able to provide a variety of supports and services to the families living at Orenda House.

**For more information call: (780) 481-3451**



# New in Town Aboriginal Welcome Service



**736 People Served in  
2021**

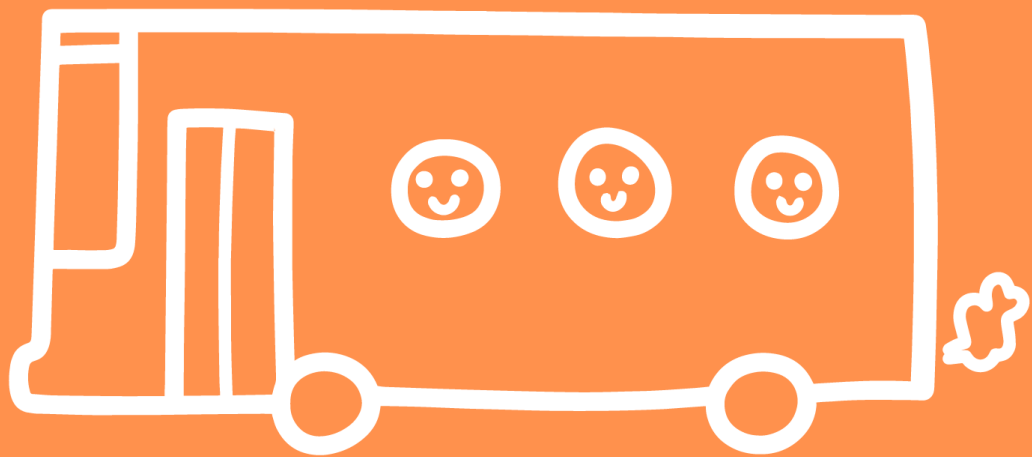


At **New in Town Aboriginal Welcome Service** we offer a coordinated and culturally-relevant transitional support service for Indigenous people and their families. We work with people who have been in Edmonton for one year or less, have recently arrived, plan to move to Edmonton, or have recently been released from a corrections facility.

New in Town works with multiple partners and service providers to reduce risk-factors and increase positive supports. Our team is easy to connect with, whether you are in your home community and planning to move to the city, or have already relocated and are looking for more information, advocacy and support.

**For more information call: (780) 481-3451**

# Community Outreach Transit Team



542 People Served in  
2021



**Community Outreach Transit Team** (COTT) is a partnership between the City of Edmonton and Bent Arrow Traditional Healing Society. Our goal is to build relationships and connect individuals within the transit system to community supports and resources to increase safety and reduce harm.

Together, Transit Peace Officers and outreach workers with Bent Arrow's New in Town program provide compassionate support for individuals to address concerns such as housing, mental health, substance use, and financial assistance.

**For more information call: (780) 481-3451**

# Human-centred Engagement and Liaison Partnership Unit



**New For 2022**



**The Human-centred Engagement and Liaison Partnership (HELP) Unit** is a joint partnership between the Edmonton Police Service and numerous agencies in Edmonton, including Bent Arrow Traditional Healing Society. HELP teams are comprised of EPS constables alongside agency workers called Navigators, who work together to build rapport and discover people's direct needs that aren't being met or identify barriers that prevent them from getting support.

The Navigators have the knowledge and skillset to support community members by providing referrals, follow-ups, and case management plans. The Unit then navigates individuals to the appropriate service providers while diverting them from the judicial systems. The Unit's goal is to not only meet the basic needs of community members, but to provide them with the means to finally experience and maintain these needs.

**For more information call: (780) 481-3451**

# Kahkiyaw Ayisiyinowak Ka Wahkohtot



**560 of Families  
Served in 2021**



**Kahkiyaw Ayisiyinowak Ka Wahkohtot** is a Collaborative Service Delivery (CSD), partnership between Bent Arrow, Boyle Street Community Services and Edmonton's Children Services. The family referrals are sent in by Children's Services. We believe in keeping families together and reducing the number of Indigenous children in care. The family is the driver in this process, and together in partnership we support the family to address safety concerns and create positive outcomes.

Our program has a strong relationship based Indigenous cultural foundation. We use ceremony, circles and teachings from the medicine wheel in our work with families.

Our teams work to support families to meet service and safety goals. This can be done through in home support, parenting support, addressing addictions, housing and job search, court support, making community referrals to programs and extended supports within their community.



**All Referrals Come From Children's Services**



# **Sacred Circle Family Intervention**



**80 Families Served in  
2021**



**Sacred Circle Family Intervention** provides services to families who have Children's Services involvement as well as high risk youth. Sacred Circle supports goal building, fundamental life skills and transition to independence. We offer collaboration with service teams, as well as connection to community and Elders.

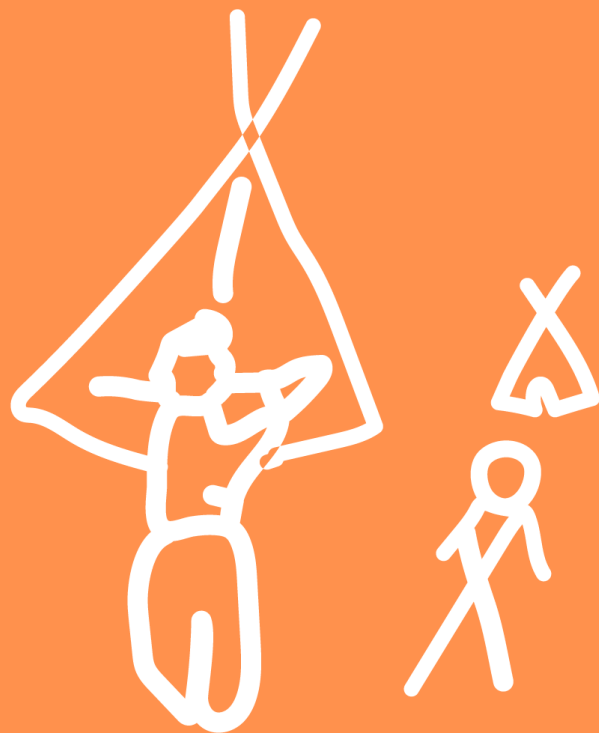
**Supports include:**

- Connecting the families to community resources
- Mediation
- Conflict Resolution
- Intervention

**This is a fee for service program.**

**All Referrals Come From Children's Services**

# Nitotemak—Foster Care/Kinship Care



**65 Families Served in  
2021**



**Nitotemak—Foster Care/Kinship Care** believes that the wholistic needs of children and the sense of belonging in a family and community are met through placing children in safe and loving homes. Kinship and Foster Care homes provide resources to cultural connections so that every effort is made to ensure the child is raised in their culture and that they never lose these connections.

We assist our caregivers through the kinship journey right up until permanency is reached or until reunification with bio-parents can take place.

We support our families by providing on-going supports which include:

- Monthly home visits
- 24/7 on call support when needed
- Financial supports
- Building on natural supports
- Any other resources that caregivers may need
- We support the cultural identity of every child in our program. We are focused on family find and connecting our Indigenous children to their communities.
- Connection, Collaboration and Continuous Improvement.

**All Referrals Come From Children's Services**

# Kikosewin Family Resource Hub



**260 Participants  
Served in 2021**

## **Kikosewin Family Resource Hub**

Kikosewin is Cree for the act of being with family.

The Hub is for all family members to grow together. We believe in the importance of Family and that children and youth are safe, healthy and nurtured by their parents or caregivers. Kikosewin's Hub offers an array of services, supports and programming that supports children, youth and families aligning in three core areas:

### **Child Development and Well-being**

Caregiver Capacity Building (by creating parenting opportunities and experiences to strengthen parenting abilities)  
Social Connections and Supports

### **Family Resource Centre**

Offers early childhood development and parent education programs with cultural and non cultural content for children, youth and families to attend in a fun learning environment.

## **Home Visitation**

Provides in home one-on-one support for parents prenatally through to 12 years old. Home visitors provide child development information and support to help parents achieve their goals to be the best parents they can be

## **Dad's Engagement**

This program focuses on engaging with and supporting dads in the community through guided peer support.

## **Relentless Connectors**

Aims to reduce the need for intervention by Children's Services by meeting the needs of families dealing with multiple struggles. The worker works with the families on parent identified goals, and supports them to be the best parents they can be.

## **Youth Programming**

Offers youth programs with cultural and non cultural content for those aged 13-17 years old.

**For more information call  
(780) 474-2400.**

# **Pehonan Seniors Program**



**25 Seniors Served in  
2021**



**Pehonan Seniors** program was created to help promote socialization for Seniors and provide opportunity to connect with other Seniors. We provide informational programming for Seniors seeking to access other community resources and organizations. We host guest speakers, discussions, and presentations. We incorporate our Indigenous culture with access to cultural teachings and activities.

All of our programs are free of charge. A bus ticket is provided when needed. Pehonan is open to all seniors.



**For more information call: (780) 474-2400.**

# Coyote Kids



**30 Kids Served in  
2021**



### **Coyote Kids have the opportunity to earn badges and other items:**

**Coyote Kids** is a free weekly culturally based program for Indigenous children from the age of 6 to 12 years. The children participate in and learn about cultural activities, teachings, and ceremonies. Learning about their heritage and culture is a very important part of the program.

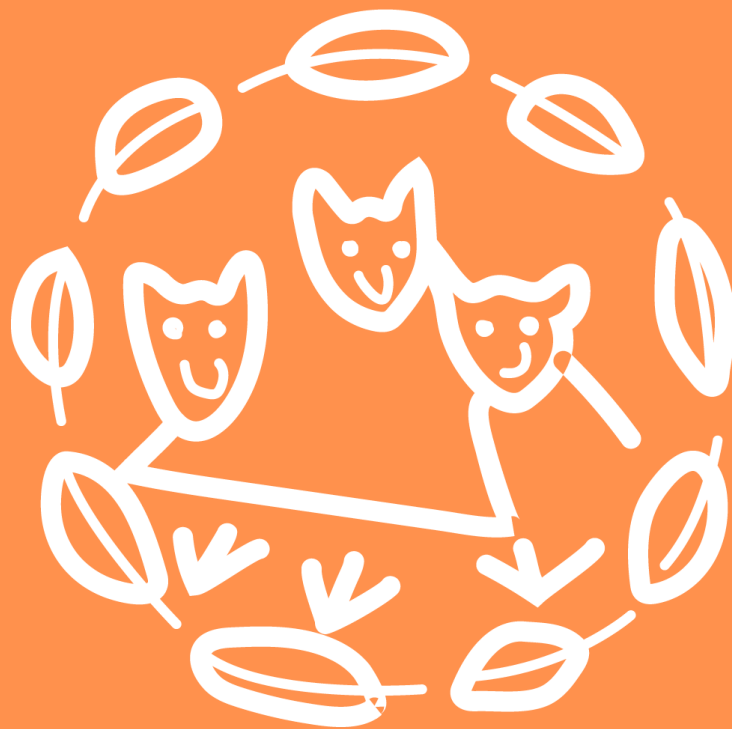
The teachings and lessons are done through hands-on learning, visually, and orally with arts and crafts, field trips, stories, guest speakers, Elders and Spiritual Advisors.

- Coyote Kids T-Shirt
- Coyote Kids Badge
- Medicine Badge
- Respect Badge
- Fire Badge
- Sweat Lodge Badge
- Honor Badge
- Coyote Kids Uniform
- Coyote Moon Award

In July and August, if funding allows, the Coyote Kids Cultural Camp operates for the Coyote kids ages 7 to 12 years. Children and counselors sleep in tipis, and attend ceremonies, play games, and sports.

**For more information call: (780) 481-3451**

# Coyote Pride



**230 Youth Mentored  
in 2021**

**Coyote Pride** is an in-school mentoring program for Indigenous Children in Grades 4-6.

This program will provide Indigenous mentors who will encourage and support the importance of education and cultural values through their interactions with the children.

The children and mentors participate in cultural activities and teachings and build positive relationships with each other.

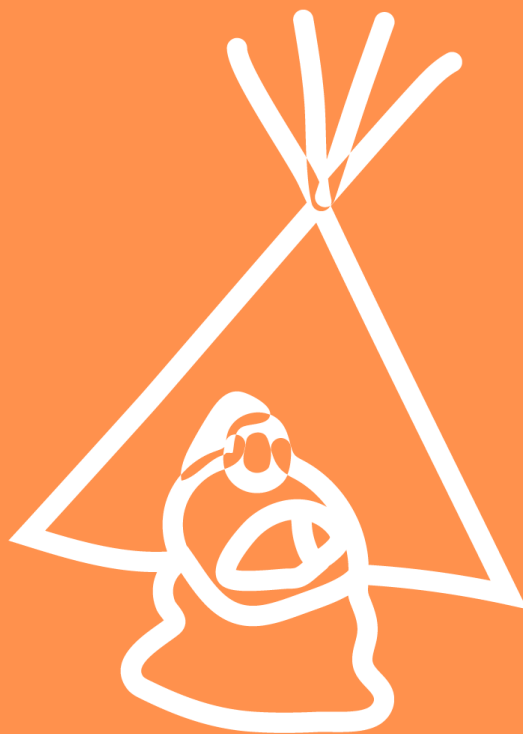
The Coyote Pride Mentoring Program Groups and Mentors will meet once a week during the lunch hour. The schools involved are:

- Prince Charles School
- Belmead School
- Inglewood School
- Brightview School
- Athlone School
- Norwood School
- John A. MacDougall School
- Lauderdale School
- Delton School
- Belmont School



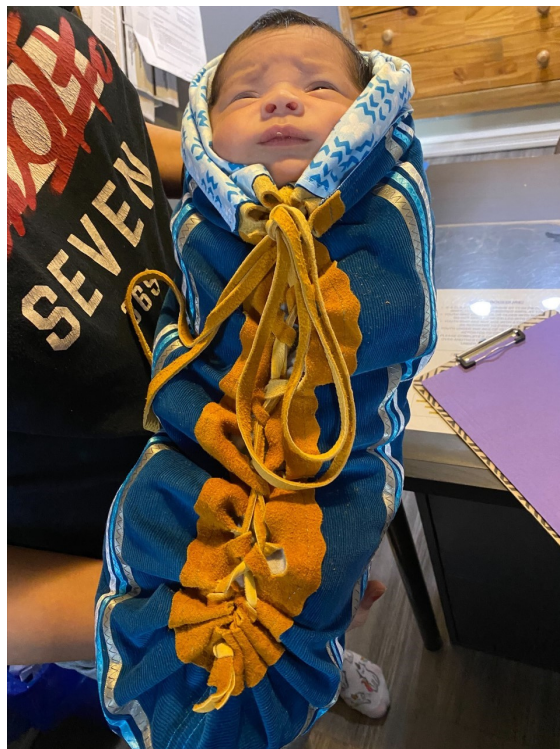
For more information call: (780) 481-3451

# Iskwew House



**10 Mothers and 10  
Children Served in  
2021**





**Iskwew House** is funded through Children's Services and offers a transitional residential program for pregnant or parenting Indigenous teen girls and their babies, who are in the care of Children's Services (these young women must have "in care status").

The objective of this program is to provide a supportive learning environment for these young women as they prepare for parenthood and independence. Our goal is to support positive parent/child interaction and promote healthy child development.

**All Referrals Come From Children's Services**



# Kokomish House



10 Youth Housed in  
2021

Kokomish means Grandmother in Ojibwe.

**Kokomish House** is a group care program which provides intermediate and long term care to Indigenous youth, 12—17 years old, who are in the care of Child and Family Services.

Using Traditional Indigenous perspectives and values we provide our youth with supervision, guidance, life skill development, life space counseling, support, advocacy, recreation and cultural programming, but most importantly we provide our youth with care.

Our youth attend ceremonies and events in the community as well as those offered by the Bent Arrow Traditional Healing Society. We have basic structure of rules and guidelines, but when possible,



we allow our youth to make mistakes and learn from natural and logical consequences.

We utilize community programs to support the development and care of our youth--such as schools, sports teams, employment, hobbies/clubs, cultural groups, and recreation. We collaborate with the justice, education, and Child and Family Services systems to better serve our youth. We also advocate for our youth in those systems.

**All Referrals Come From Children's Services**

# Bent Arrow Community Services



**50 000+ People  
Reached**

### **Community Christmas**

Each year the society hosts a community Christmas dinner for people involved in programs who want to celebrate this holiday with us. Bring your kids as Santa stops by to visit.

### **The Great Pumpkin Event**

This event was developed to provide a safe Halloween event for families and children in the area. Activities include: hay rides, arts and crafts, a haunted house and more!

### **Health For Two Drop – In Site:**

Nutrition program for pregnant moms, where they can access free milk coupons, bus tickets and receive information on prenatal and postnatal care.

### **Soup and Bannock:**

A free community meal offered on the last Friday of each month (Except during the summer months). All people are Welcome.

### **Food Bank**

Is available to existing clients. Contact our office for more information.

### **Residential School Survivors Conference**

An annual conference guided by Ceremony to bring healing to all those affected by Residential Schools.

### **National Day For Truth and Reconciliation**

A service held on September 30th for anyone interested in learning more about the reason for this day and the importance of it going forward. Here we provide teachings and connection to culture through guest speakers, Elders and members of our Cultural Team.

**For more information call: (780) 481-3451**

# C5 PARTNERSHIP

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The C5 is a formal collaborative of five Edmonton agencies all working with vulnerable people in Edmonton. Each C5 partner agency is a recognized leader in its field. Together five agencies give voice to over 30,000 Edmontonians; who are some of Edmonton's most economically, socially and culturally excluded and marginalized children, youth and adults.

The C5 partners came together in 2014 because they believe, given the diverse range of services they offer and the people they serve, that together they are stronger. Together they can offer an integrated, collaborative response to many of the pressing social challenges in Edmonton; including poverty, empowering families and their children, ending homelessness and meeting the needs of marginalized indigenous and newcomer communities.

[www.bentarrow.ca](http://www.bentarrow.ca)



## The C5 partners are:

Bent Arrow Traditional  
Healing Society

Boyle Street Community  
Services

Edmonton Mennonite Centre  
for Newcomers

Norwood Child and Family  
Resource Centre

Terra Centre for Teen  
Parents

## Funders

Government of Alberta

FCSS The City Of Edmonton

Homeward Trust

Edmonton Community  
Foundation

Alberta Mentoring Partnership

Aboriginal Relations

Government of Alberta

Service Canada

RBC

United Way

## Partners

Edmonton Public Schools

Chimo

Alberta Health Services

Edmonton Region Child & Family  
Services Division

Edmonton Police Service

### **C5 in collaboration with:**

Boyle Street Community Services

Edmonton Mennonite Centre for

Newcomers

Terra Centre

Norwood Child and Family Resource  
Centre

## Support Bent Arrow

Donations can be made on our website [www.bentarrow.ca](http://www.bentarrow.ca).

Or scan the QR code below!

Donations are made through Canada Helps.

Bent Arrow appreciates all donations made. Donations larger than \$10.00 are entitled to a charitable receipt. You will receive this via email if you donate using the QR Code.

Not for Profit Number: 895504165RR0001



@Bentarrowyeg  
[www.bentarrow.ca](http://www.bentarrow.ca)

