



**BENT  
ARROW**

Traditional Healing Society

# PROGRAMS & SERVICES GUIDE



Not for Profit #: 895504165RR0001

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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

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 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.



***Bent Arrow founders, Brad and Shauna Seneca.***

# OUR HISTORY

## CONTINUED

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We have found that our programs and services provide Aboriginal people with a real opportunity to learn, grow and make positive choices for themselves and their families.

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 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 30 years. It has grown our organization from a single program, to 23 programs and services.

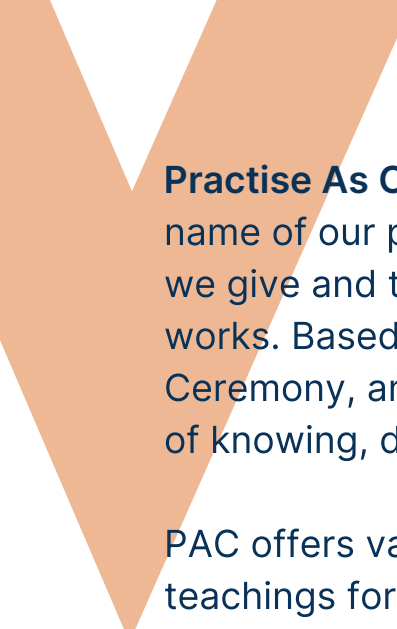
We invite you to share this guide with people in your network, people in your community, and most importantly, those who could benefit from our programs and services.

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.

# **Practise as Ceremony**

## **Cultural Support Services**





**Practise As Ceremony (PAC)** is the name of our program, a teaching we give and the way our agency works. Based on the Sun Dance 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**

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**

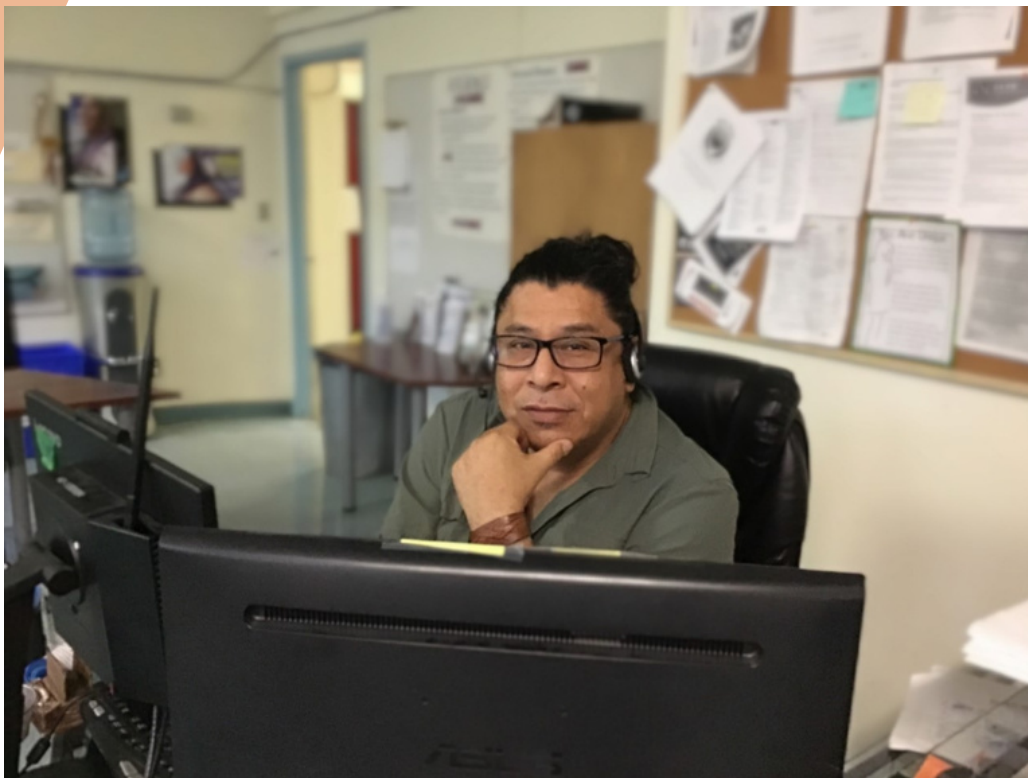
An impactful and hands-on learning to inform others about the history and impact of settlement and colonization, including the creation of Residential Schools in what-is-now called Canada, and how it continues to have impact on the modern-day lives of Indigenous communities.

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

# Employment Resource Centre







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:

- Basic computer training
  - Resume writing
  - Job search strategies
  - Interview skills
  - How to create an email
- Community support resources and referrals
  - Computer, phone, photocopy, fax and Wi-fi
  - Job listings and job fairs
  - Career planning
  - Labour market information

For more information call: (780) 481-3451



# Journey To Success



## **The Journey to Success**

program is designed to assist individuals with finding and maintaining employment.

### **The 10-week program consists of:**

- Culturally based life skills
- Employment preparation and employment skills development
- Work ethic skills and employer expectations
- One-on-one employment counselling
- Resume writing and job search techniques
- Exposure courses:
  - WHMIS
  - TDG
  - CSTS
  - First Aid /CPR
  - Food Safe
  - Pro-Serve
  - Sell-Safe
- Job placement

- Other tickets will be considered upon approval from the career employment counsellor.
- Active Case Management service during the 90 day follow up

### **Requirements**

- Minimum age requirement 18 years old
- Stable residence
- Must maintain contact with JTS staff for 3 months upon completion of program.
- Must be ready willing and able to start employment.
- Must NOT be currently involved in any other training or employment program funded by Seniors, Community and Social Services Government of Alberta.
- Be in good physical and mental health.
- All applications will be considered.

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

# Transitions To Success





**Transitions To Success** is a 12-week 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.

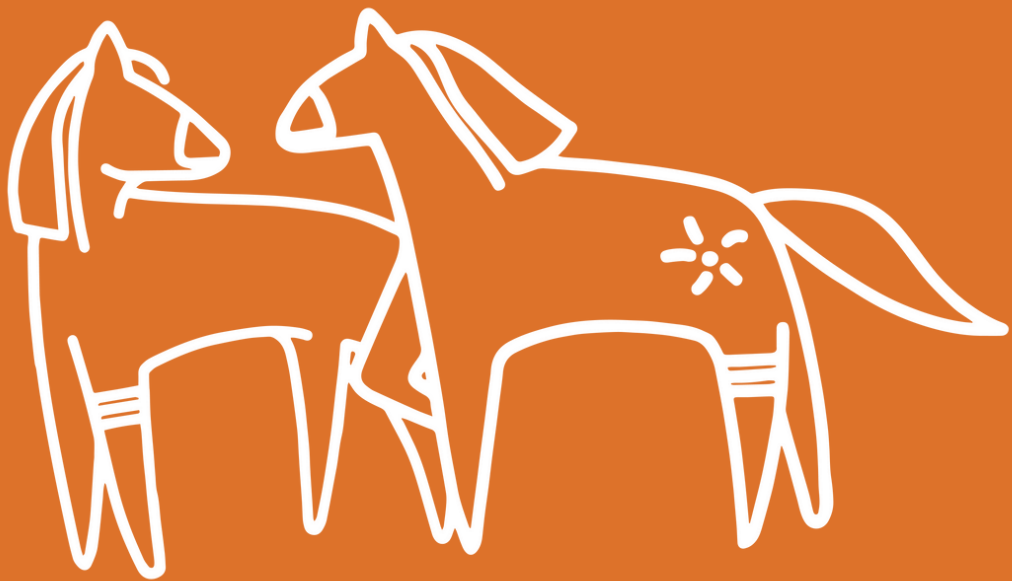
Our goal is to assist women in securing above-minimum-wage jobs and provide them with the opportunity to continue with their education in a career that is compatible with their skill set.

We provide life skill enhancement, employment skill development, on-the-job training, and employment support services while you are working and a 6-month supported follow up.

- Participants need to be 18 years or older
- Have stable housing
- Have daycare in place

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

# Warriors Way





**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.

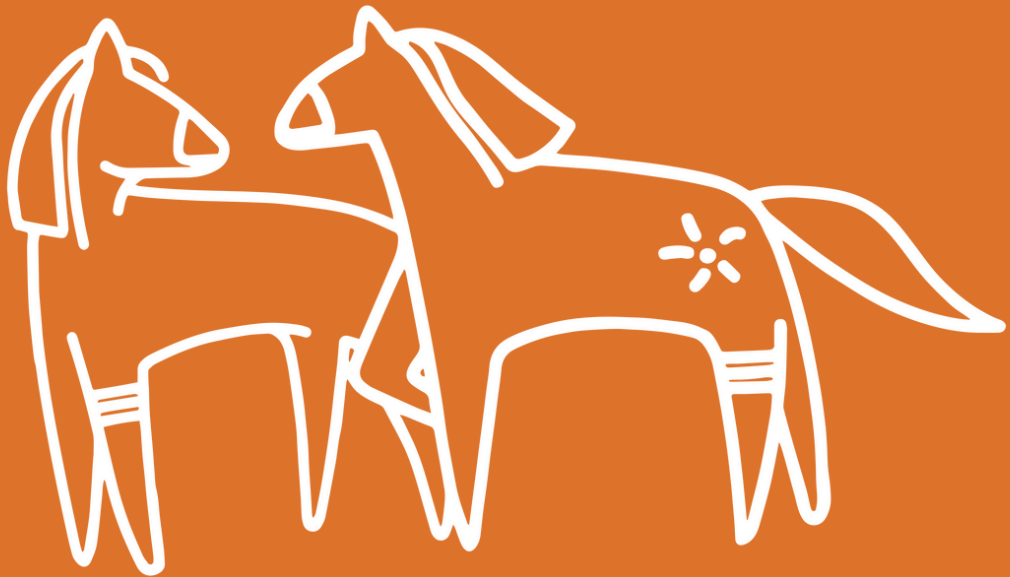
Participants will be supported in creating a stability plan that addresses personal challenges and employment.

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

Outreach support includes daily check-ins to ensure the participant is feeling supported and to provide guidance in daily challenges and struggles.

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

# Her Way







**Her way** is an Indigenous Woman's Offender Reintegration Program.

The program provides support and services to incarcerated Indigenous Woman who are close to or already released into the community.

The objective is to assist individuals in achieving a successful transition and establishing connections within the community, school, employment, cultural activities, and family.

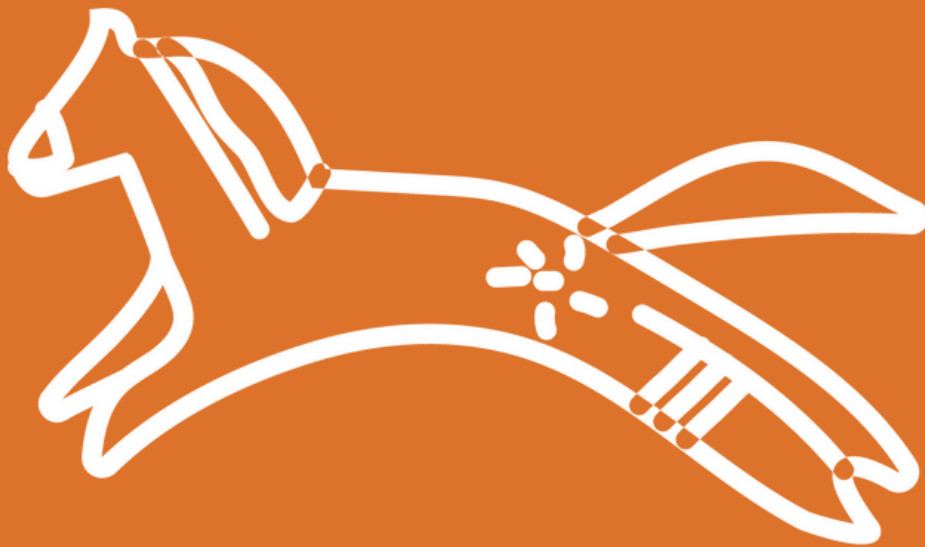
Participants gain access to a range of offerings, including programming, family reunification, recreational activities, addiction support, counseling, and cultural engagement.

Active participation and ongoing communication with navigators are essential requirements for participants.

The program provides support for a duration of up to one year, encompassing intervention services.

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

# Working Warriors





**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 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





**Eagles Nest Youth Housing First** is intended to support single youth and families 16-24 years of age 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 Red Road Healing Society 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/Budgeting
- Violence/Abuse
- Lack of Education/Employment
- Health concerns: emotional, mental and physical
- Children's Services Involvement

**A pre-screen will be conducted to determine if you qualify for the program.  
For more information call: (780) 481-3451**

# Nîkîhk Housing First







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 open doors and build hope for thousands of Edmontonians. Ultimately, realizing our goal of ending homelessness involves

securing safe, affordable, appropriate, permanent housing; providing resources; and developing creative, supportive community partnerships within Edmonton to foster the success of the participants. This endeavor is supported by our one-year intense follow up support program to assist with chronic homelessness.

**A pre-screen will be conducted to determine if you qualify for the program.**

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



# Orenda House Family Housing





**Orenda House Family Housing** 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**





**New in Town Aboriginal Welcome Service** offers 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







The **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**







The **Human-centred Engagement and Liaison Partnership (HELP) Unit** is a joint partnership between the Edmonton Police Service and numerous agencies in Edmonton.

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

# Community Assistance Team





The **Community Assistance Team (CAT)** is a partnership between the University of Alberta Protective Services, the Bent Arrow Traditional Healing Society and the Mustard Seed Society.

The CAT Team works with members of university and community organizations to connect clients to the resources that best address their needs. This is done with a person-centred, consent-based approach, with navigation being the critical aspect of the response to the community member.

The team helps individuals find and navigate support for help with but not limited to houselessness, substance use, mental health, identification, and financial support systems.

The goal is to help those in need of help by connecting them to appropriate community services to improve quality of life and reducing strains on other agencies.

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

# **Kahkiyaw Ayisiyiniwak Ka Wahkohtot**





**Kahkiyaw Ayisiyinowak Ka Wahkohtot** is a Collaborative Service Delivery (CSD), partnership between Bent Arrow, Boyle Street Community Services and Edmonton Children's 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 searches, court support, and making community referrals to programs and extended supports within their community.

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



# **Sacred Circle Family Intervention**





### **Sacred Circle Family**

**Intervention** offers support based programming for Children, Youth and Families who are involved with Children's Services. They create individual goal plans for each participant they serve through a Harm Reduction and Trauma informed model. This program supports children, youth and families to reconnect with their culture, community resources and natural supports. Sacred Circle helps participants goal set, build fundamental life skills and to

transition to independence in a good way.

Sacred Circle offers support services to people in Edmonton Region, but collaborates with First Nations communities all over the country.

### **Supports include:**

- Youth Work Services
- High Risk Youth Services
- Family Support Services

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

**All Referrals Come From Children's Services or First Nation Communities**

# Nitotemak Foster-Care







### **Nitotemak—Foster Care**

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

We assist our caregivers through the 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 and connecting our Indigenous children to their communities.
- Connection, collaboration and continuous improvement.

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

# Kikosewin Family Resource Hub





The **Kikosewin Family Resource Hub** is for all family members to grow together.

Kikosewin is Cree for the act of being with family.

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 within 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) 481-3451.**

# **Wahkomatowin Seniors Wellness Program**





The **Wahkomatowin Seniors Wellness Program** was created to help promote socialization for seniors 55+ and provide opportunities to connect with other seniors. The program provides informational programming for those seeking to access other community resources and organizations. Activities include guest speakers and discussions, with Indigenous culture teachings incorporated within.

Wahkomatowin also offers outreach to support and enhance participants knowledge of resources they may require within the community.

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

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

# Coyote Kids







**Coyote Kids** is a free weekly culturally based program for Indigenous children from 6 - 12 years of age. 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 have the opportunity to earn badges and other items:**

- 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 7 - 12 years of age. Children and counselors sleep in tipis, attend ceremonies, play games, and sports.

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



# Coyote Pride





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

This program provides 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 to build positive relationships with each other.

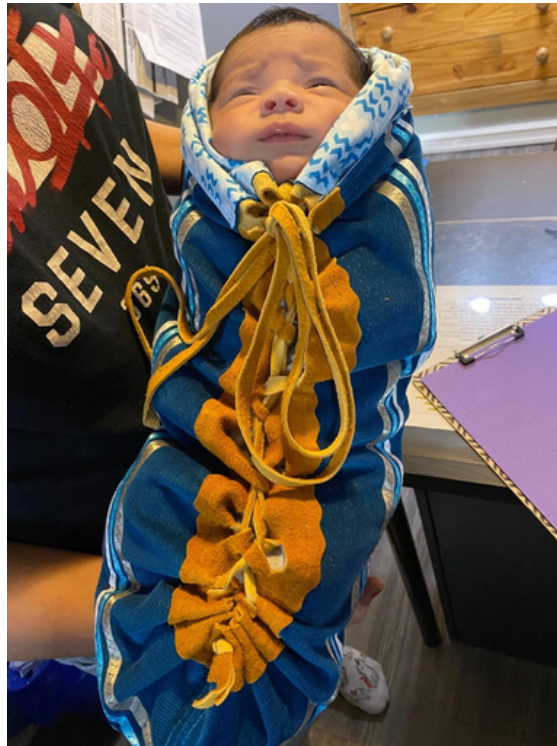
The Coyote Pride Mentoring Program's groups and mentors will meet once a week during class time or the lunch hour. The schools involved are:

- Prince Charles School
- Brightview School
- Alex Janvier School
- Ivor Dent School
- Lauderdale School
- Dovercourt School
- Athlone School
- Kirkness School
- Inglewood School

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

# Iskwew House





**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



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. 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 Service systems to better serve our youth. We also advocate for our youth in those systems.

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

# COMMUNITY SERVICES

## **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.

## **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.

## **Inner City Primary Care & Mental Health Clinic**

The health clinic offers support for individuals who face multiple barriers to accessing health services for chronic conditions, infectious diseases, substance use disorders, and mental health concerns.

The clinic operates out of Bent Arrow's Parkdale Office on Mondays and Wednesdays.

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



# C5 PARTNERSHIP

The C5 is a formal collaboration 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 the diverse range of services offered makes them stronger by working together. 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.



## **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

Edmonton Community  
Foundation

Alberta Mentoring Partnership

Aboriginal Relations

Government of Alberta

Service Canada

RBC

United Way

Red Road Healing Society

## Partners

Edmonton Public Schools

Alberta Health Services

Edmonton Region Child & Family Services  
Division

Edmonton Police Service

City of Edmonton

The Mustard Seed

## 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.



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