

COUPLES PROGRAM OBJECTIVES & GOAL

1. To offer a safe environment that facilitates emotional healing, growth and opportunity to change.
2. To introduce Native Culture and spirituality as major tools for Couples' sobriety, recovery and healing.
3. To create a caring, safe, positive atmosphere to alleviate fears and encourage Couples as they nurture, support each other and heal their relationships or family dynamics.
4. To provide Couples opportunity and means to work towards greater personal wellness and personal development using the Medicine Wheel concept.
5. To develop awareness of healthier communication and ways of relating in relationships and in family systems to enhance and strengthen First Nations Couples
6. To assist Couples to reclaim, regain their pride and dignity by allowing them to work at their own pace in facing the impact addictions and trauma have had on them.
7. To provide an experiential process to instill a respect for self and all living things.