

Fathers of Tradition

A Five Week Program Exploring the Roles and Responsibilities of Indigenous Men.

**Who should take Fathers of Tradition? Men over 18, men on probation, men in families, men wanting to learn more about traditional roles in community, men on a healing journey.*

- Emphasis on healing the effects of intergenerational trauma
 - Striving for health and balance, emotionally, mentally, physically, and spiritually.
 - Developing fathering skills and confidence
 - Building peer relationships
 - Decolonizing
 - Wednesday May 15 /Thursday May 16
 - Wednesday May 22/Thursday May 23
 - Wednesday May 29/Thursday May 30
 - Wednesday June 5/Thursday June 6
 - Wednesday June 12/Thursday June 13/Friday June 14
- 1:00 pm to 4:00 pm all dates
1644 York Road
(Enyonkwa'nikonhriyo:hake House)

Fathers of Tradition is one of the many training courses offered by the Wellbriety Training Institute. Community Well Being Fathers of Tradition facilitators are Cherylann Brant and Britta Gaddes.

Register with Mallory Maracle at Community Well Being, 613 967 0122

*Space is limited

For more information call Britta Gaddes (NNADAP Ex 125) or Cherylann Brant (Indigenous Community Wellness Worker Ex 148)

*Transportation support can be arranged