

Week 1 Introduction to Wellness					
Time	Monday	Tuesday	Wednesday	Thursday Elders Lunch	Friday
9:00-9:30	Travel Time: Pick Up / Drop Off				
9:45	Arrival: Welcoming Snack				
10:00	Sage and Prayer				
10:15	Relationship Building, Emotional Intelligence, Mindfulness Games				
10:45	Indigenous Issues Past and Present	Violence & Intergenerational Effects	Complex Trauma	Empathy and Vulnerability	Self- Care & Body Positivity
12:00	Lunch			Master Chef Challenge  Elders Lunch	Lunch
1:00	Equine Assisted Learning: Intro, Trust, and Connections	Shelter Building and Fire Cooking	Welcoming Ceremony & Sweat Lodge		Go Karting & Mini Golf
4:00	Snack			Lahal	Drums
4:15	Traditional Teachings	Drum Making			
5:00	Gathering Circle				
5:15	Pick Up/ Departure				

Week 2 Grief and Loss					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:30	Travel Time: Pick Up / Drop Off				
9:45	Arrival: Welcoming Snack				
10:00	Sage and Prayer				
10:15	Relationship Building, Emotional Intelligence, Mindfulness Games				Health & Nutrition (10:15-11:15)
10:45	Spirituality	Grief and Loss	Grief and Loss	Two-Eyed Seeing & Harm Reduction	Outing
12:00	Lunch			Medicine Picking & Processing	
1:00	Equine Assisted Learning: Self-care and Wellness	Guided Painting	Water Ceremony & Sweat Lodge		
4:00	Snack			Medicine Bags	
4:15	Drums	Tobacco Ties			
5:00	Gathering Circle				
5:15	Pick Up/ Departure				

Week 3 Harm Reduction					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:30	Travel Time: Pick Up / Drop Off				
9:45	Arrival: Welcoming Snack				
10:00	Sage and Prayer				
10:15	Relationship Building, Emotional Intelligence, Mindfulness Games				
10:45	Co-dependency & Boundaries	Conflict Resolution	Suicide Awareness & Prevention	Lateral Kindness	Wellbriety & 12 Step Programs
12:00	Lunch				
1:00	Equine Assisted Learning: Swimming with Horses	Resume Building, Interview Skills, Budgeting	Sweat Lodge	Traditional Food Harvesting	Local Resources and Community Supports (1:00-2:00pm)
4:00		Snack			
4:15	Beading	Project Completion Drumming, Singing, Story Telling	Project Completion Drumming, Singing, Story Telling	Canning and/or Preserving	GRAD (2:30 – 4:30pm)
5:00	Gathering Circle				
5:15	Pick Up/ Departure				