

CHUMs * Creative Healing for Urban Members

The Creative Healing for Urban Members (CHUMs) programs work to increase opportunities to strengthen individuals, and families, to empower them to improve the quality of their personal and family life. Our principles incorporate values that are common across many Aboriginal cultures as core concepts in its programming.

Our Children Our Selves (Traditional Native Parenting) *Partnered with Children First

This program bridges modern research-based teachings with traditional parenting and family support practices. Our aim is to provide the parents with the tools and resources to raise happy, healthy children in a nurturing, supportive environment.

Sessions: Thursdays 1:00p.m – 3:00p.m

Circle of Care (Woman's Group)

A group based program in which individuals are able to achieve a fuller understanding of them and their relationships, cope with life events, and realize personal and family strengths. Participants have the opportunity for self-care, self-management while learning new skills and lending mutual support to others facing the same issues. Our aim is to encourage healthy life-style choices that may include both traditional healing and mainstream systems of care.

Sessions: Mondays 1:00p.m – 3:00p.m

Nobody's Perfect (Parenting Program) *Partnered with Children First

Nobody's Perfect is a program for parents of children from birth to age five. It is designed to meet the needs of parents who have are young, singles, isolated or who have low income or little formal education. Nobody's Perfect does not teach one "right" way to parents. It helps parents to recognize their strengths and to find positive ways to raise healthy, happy children.

Sessions: Thursdays 9:30 a.m - 11:30 a.m

Coffee & Confidence (Men's Talking Circle)

This Circle is open to men of all walks of life to share their experiences, knowledge, and strengths in a safe, non-judgmental environment. The Talking Circle is intended to reflect the many common concerns and challenges of Aboriginal men. The circle is a place of safety and a tool to help people to speak about what they are feeling and thinking, each person is valued and respected within the Talking Circle. Grandfathers, fathers, brothers, uncles, friends are welcome.

Sessions: Tuesdays 9:30 a.m - 11:30 a.m

Tea & Talk (Women's Talking Circle)

This Circle is open to women of all walks of life to share their experiences, knowledge, and strengths in a safe, non-judgmental environment. The Talking Circle is intended to reflect the many common concerns and challenges of Aboriginal women. The circle is a place of safety and a tool to help people to speak about what they are feeling and thinking, each person is valued and respected within the Talking Circle. Grandmothers, mothers, sisters, aunts, friends are welcome.

Sessions: Tuesdays 1:00 p.m – 3:00 p.m

Steps (Men's & Ladies)

Exercise doesn't have to make you miserable!! ☐ Our Steps program is designed to ensure you have loads of fun and laughter as you enjoy outings designed to challenge and motivate you as you experience a fitter and healthier lifestyle. Steps promotes nutrition and physical activities for men, ladies, moms, dads, and caregivers, it accommodates all levels of fitness. You're more likely to stick with a fitness program if you're having fun!

Sessions: Wednesday 9:30 a.m – 1:00 p.m.

Me and My Family (Traditional Native Parenting/Self-Care)

This evening program bridges Traditional Native Parenting teachings with individual self-care, parenting and family support practices. Our aim is to provide the parents with the tools and resources to raise happy, healthy children in a nurturing, supportive environment while building individual strengths. Taking care of you is essential to parent well.

Sessions: Wednesday 5:00 p.m – 7:00 p.m.