

THE GOOD ROAD OF LIFE: Curriculum Training for Native Families

AGENDA-DAY ONE –December 18, 2017

- 8:00-8:15 am..... Registration/Photos Taken/Coffee/Socializing
- 8:15-8:30 am..... Welcome/Blessing/Introductions/Overview
- 8:30-8:45 am..... Norms/Expectations/Team-Trust Building Skills (15 minutes)
- 8:45-10:45 am..... Colonization/Racism/and Impact on Native Families (2 hours)
- 10:45-11:00 am..... BREAK
- 11:00-Noon..... New Beginning: Multi-generational Trauma and Breaking Unhealthy
Cycles (1hour)
- 12:00 -12:45pm..... LUNCH on Your Own
- 1:00-1:15 pm..... Team-Trust Building Skills (15 minutes)
- 1:15-2:15pm..... New Beginning: Multi-generational Trauma and Breaking Unhealthy
Cycles (1hour) - Continued
- 2:15-2:30 pm..... BREAK
- 2:30-4:15 pm..... Establishing and Maintaining Sobriety (1:45 hours)
- 4:15-4:30 pm..... Open Mic/Pluses and Wishes/Evaluation/Announcements

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AGENDA-DAY TWO-December 19, 2017

8:00-8:30 am----- Registration/Coffee/Welcome/Blessing

8:30-10:30 am-----Spirituality and Sources of Strength (2-hours)

10:30-10:45 am-----BREAK

10:45-Noon-----Hostility and Anger Management (1:15 minutes)

12:00-12:45 pm-----LUNCH on your own

12:45-1:00 pm-----Team-Trust Building Skills (15 minutes)

1:00-1:45 pm-----Hostility and Anger Management (45 Minutes)-Continued

1:45-2:45 pm-----Healing the Shame and Addressing Forgiveness (1hour)

2:45-3:00 pm-----BREAK

3:00-4:00 pm-----Healing the Shame and Addressing Forgiveness (1 hour)

4:00-4:3- pm-----Open Mic/Pluses and Wishes/Evaluations/Announcements

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AGENDA-DAY THREE-December 20, 2017

8:00-8:30 am----- Registration/Coffee/Welcome/Blessing

8:30-10:30 am-----Grief, Loss and Suicide Prevention (2 hours)

10:30-10:45 am-----BREAK

10:45-11:00 am-----Team Building Skills (15 minutes)

11:00-Noon-----Conflict Resolution and Healthy Communication Skills (1 hour)

12:00-12:45 pm-----LUNCH on your own

12:45-1:00 pm-----Team-Trust Building Skills (15 minutes)

1:00-2:00 pm-----Conflict Resolution and Healthy Communication Skills (1 hour) Continued

2:00-3:30 pm-----Forgiving Our Parents (1:15 minutes)

3:30-4:00 pm-----Overview of Homework Assignments

4:00-4:30 pm----- Open Mic/Evaluations/Announcements/ Closing