

Message to Kehiteyayak

Kokum keya Kichl Ona

"Pepetekwep"

"Astanik pewechhrotan"

"Pabekinhamaunen"

"Ni so ka ma to tak"

"Kokum" come be our leader and teacher"

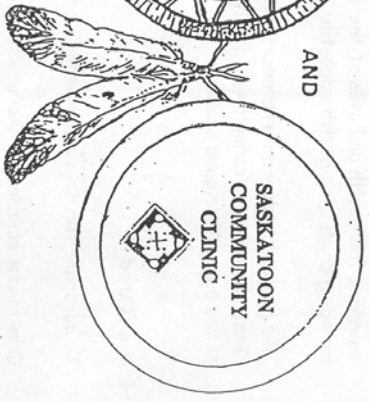
"Learn to Balance a Healthy Lifestyle"

"Remember, the Great Spirit helps those who help themselves"

STRENGTHENING THE CIRCLE



AND



DISCOVER THE CONNECTIONS

- YOU: As a special person
- HEALTH: As a part of life
- CIRCLE: A traditional way of healing

#### How It Has Been

- Most health promotion programs have not been developed with the needs of Aboriginal Seniors in mind who have difficult and stressful lives in the city. *Strengthening the Circle* has established itself as a program dedicated to improving the health and lives of the aboriginal seniors by providing continuing health education and social support.
- This program makes a difference: *Strengthening the Circle* is an ongoing commitment to the health and healing of the aging Aboriginal people.

#### Services Offered

- To advocate for Aboriginal Seniors health needs
- One-to-one counselling: home visits and telephone calls
- Liaison between Health Clinics/ Community services
- Healing session with other Aboriginal Seniors
- Transportation can be arranged
- Inform clients of services in the City and access to services

#### Staff Will:

- Seek guidance from an Elder
- Blend traditional ways with health care systems
- Provide interpretation in Cree
- Listen to the wisdom of the older women / men
- Take referrals from individuals, families and other services
- Work with Native organizations to create awareness of health needs of Aboriginal Seniors.
- Workdays: Monday to Wednesday

#### Be Involved by:

- Telling a friend or family member about the program
- Giving your enthusiastic support
- Call with your ideas

We can be reached at 664-4283 or 664-4323.

The office is located at 424 - 1<sup>st</sup> Avenue North

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by the Saskatoon Community Clinic