

For more information,
please contact the
Saskatoon Community Clinic
at (306) 664-4283

Registration

Name of Participant

Address

Phone

Please complete and mail to:

Saskatoon Community Clinic

Kohkum's Program

455 2nd Avenue N

Saskatoon, SK S7K 2C2

You can also drop this
registration form off at:

Westside Clinic

Attention: Delores Young

1528- 20th St. W. Saskatoon

Discover the Connections



Strengthening the Circle Kohkum's Group Program

Counselling and Community Services Department
Saskatoon Community Clinic
(306) 664-4283

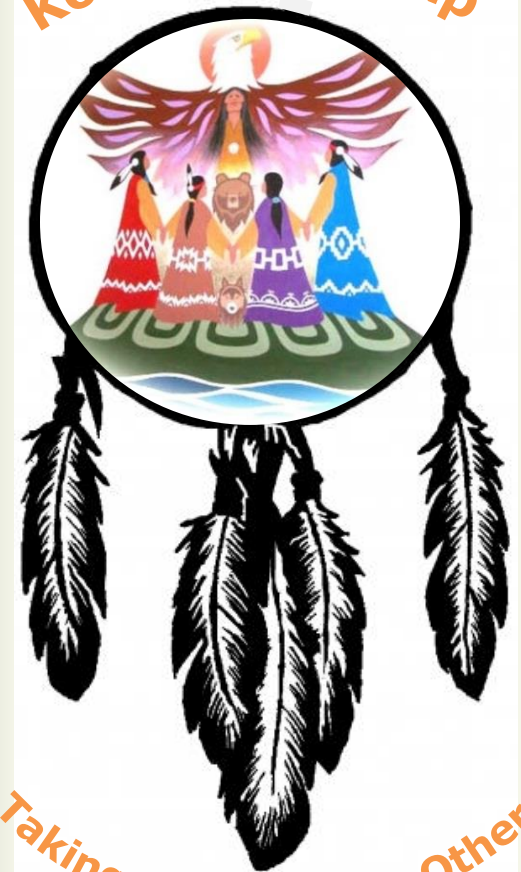


*Saskatoon
Community
Clinic*

www.saskatooncommunityclinic.ca

Strengthening the Circle

Kohkum's Group



Taking Care of Each Other



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Strengthening the Circle



Kohkums: Keepers of Knowledge

Health: Improves a Balance:
Physically, Mentally,
Emotionally, Socially,
Spiritually

Circle: A Traditional Way of Healing

By participating in the Kohkums Program, services offered are:

- Healing sessions with other Aboriginal Seniors
- Advocate for Aboriginal Senior health needs
- One to one counselling: home visits and telephone calls
- Liaison between Health Clinics/Community Services
- Information for clients about services in the City and access to services

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 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 aging Aboriginal people.

Staff Will:

- Seek guidance from an Elder
- Blend traditional ways with health care systems
- Listen to the wisdom of older women
- Take referrals for individuals, families and other services
- Work with Aboriginal organizations to create awareness of health needs of Aboriginal Seniors.

