

## HOW CAN SO MUCH PAIN BE TRANSFORMED?

It is not removed, but it becomes the ground on which life can grow.

We want to transform all that pain, shame and anger, and be the agent for prevention and to living awesomely. Suicide and depression is statistically high in clients that suffer from depression. We can practice the self-compassion and mindful awareness in animal assisted/nature therapy where the Kainai ancestral teachings, and energies are integrated into our holistic lived realities.

We choose life, we choose to create as we are created and we choose to offer ourselves to opening our circle. We choose you, just as Creator has chosen you,

You are chosen, sanctified, justified and so very much loved.

**YOU ARE INVITED HOME**

## ADDRESS

Located on the beautiful southern Alberta Kainai First Nation, our prairie peace on 8 miles north of the St. Mary's Dam.

Section 32-Township 05-Range 23- West of the 4<sup>th</sup> Meridian

Box 427

Standoff, AB T0L 1Y0

## CONTACT US

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**MIND, BODY, HEART AND SOUL,**

**WE ARE CREATED TO GROW.**

# A HEALTHY HOPE- INTEGRATED HEALTH

**WE SERVE WOMEN, AND FAMILIES,  
ALL OUR KIDS AND CRITTERS TOO,  
THROUGH ONLINE AND IN CENTER  
TREATMENT OF DEPRESSIONS 6 BIG  
A'S:**

ABUSE / ANGER/ ADDICITON / APATHY/  
AVOIDANCE / ANXIETY

We give women the S.A.S.S .to K.I.C.K.  
life's A.S.S. To be B.O.L.D., B.R.A.V.E.,  
A.R.M.D., H.O.N.E.S.T., and K.I.C.K., life  
back with a little P.A.I.N.T., and a lot of  
P.O.W.E.R.

## PROGRAMS

- ❖ S.A.S.S. – Suicide Awareness Strengths and Strategies, are targeted sessions of individual counselling using a blend of targeted modalities
- ❖ P.A.I.N.T.- Personal Assessment of Individual Needs and Targets
- ❖ B.O.L.D.- Behavioral Ongoing Life Developing
- ❖ B.R.A.V.E.- Blended Recovery of Abuse and Violence Empowerment
- ❖ A.R.M.D.- Addictions Recovery and Managed Developments
- ❖ H.O.N.E.S.T. – Humor Overcomes Negative Emotions and Spirit Triumphs
- ❖ H.O.N.E.S.T.- Honesty is Ongoing to Navigate Satan's Taunts
- ❖ P.O.W.E.R.- Proving Other Women Empower Recovery

WE WILL SUPPORT YOU  
AS YOU BEGIN,  
ACCOMPLISH, FORGE  
THE LIFE YOU ARE  
MEANT TO LIVE.

Our services include wrap  
around training:

### Life Skills, and Practical Application

Support and assistance for ongoing training in practical in demand skills like Virtual Administration Assistant, Social Media Marketing, Computer Applications others. With support in career and vocational exploration, class and logistics support while you train with any of the local facilities, or online immersion. Supportive living and access is available after initial programming.