

*"Everything about True Self is awesome. It has helped me to be a better person in all my affairs and life in general. The support given is a blessing. I hope it will continue and grow so all can prosper from what is offered. Chii Megwich!!"*

**Eligibility Criteria:**

Men and Women 16 years of age or older struggling with

- Meeting their basic need
- Mental Health
- Addictions
- Poverty / Homelessness
- Unemployed / Underemployed

**Men's Talking Circle**

*Monday Evenings 6 to 9pm*

**Women's Talking/Craft Circle**

*Thursday Evenings 6 to 9pm*



**OPENING DOORS  
&  
EMPOWERING PATHS  
TO  
NEW BEGINNINGS  
&  
PROSPEROUS FUTURES**

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Funded by



## EMPOWERING PATHS

This project is designed for and directed at empowering youth and adult, women and men within our community who are homeless, unemployed or underemployed.

Empowering Paths puts Nipissing Citizens first, by reaching out to provide services to individuals within the community where they are at, and in a safe environment.

The project offers support services during the evenings when other Social Service Agencies are not open. It focuses on providing services to those struggling to meet their basic needs because we know until our basic needs are met, it is difficult to move forward.

## SERVICES

### Build:

- Effective communication
- Employer/Employee relations
- Conflict resolution
- Community involvement
- Volunteerism
- Networking
- Commitment
- Wellness development
- Self-help
- Mind, Body Spirit
- ABC of Living
- Positivity Thinking

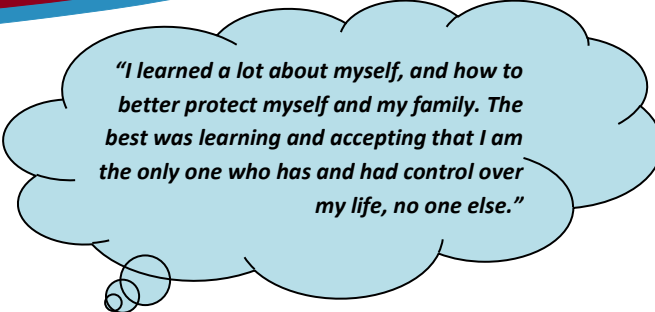
## PROJECT GOALS

True Self adopts an Indigenous wholistic healing approach in workshops, talking circles and one on one peer support, providing individuals with the tools and knowledge needed to reduce vulnerability to poverty and abuse, thus breaking the cycle for themselves and their children. Complete mental wellness encourages the pursuit of education, training and employment a journey to economic autonomy:

- Offering peer support within the Warming Centre.
- Linking individuals with the services available in the community.
- Providing connections and tools to support meeting basic needs.
- Giving men in the community an opportunity to experience True Self's holistic healing approaches.
- Empowering individuals to move forward with educational or employment goals.

### Access:

- Referrals to Community agencies
- Peer Support
- Ressources: e.g. phone, fax, copier, internet
- Workshops
- Market research



*"I learned a lot about myself, and how to better protect myself and my family. The best was learning and accepting that I am the only one who has and had control over my life, no one else."*

## WORKSHOP

### ABC Approach To Healing Your Life

**Acknowledge Your Past**  
**Believe In Yourself**  
**Create Your Future**

In addition to the women's six week training a modified version of this workshop will be offered one evening a week within a two hour men's circle. Topics of discussion will include:

- Spirituality
- Lateral Violence
- Safety & Grounding
- Recognizing Abuse
- Addictions
- Co-Dependency
- Healthy Relationships
- Emotional Awareness
- Betrayal & Trust
- Forgiveness
- Loss & Grieving
- Sexuality