



PARENTS & GRANDPARENTS WORKSHOP



**Carol Holmes-Kerr –Facilitator
“POWER TO HEAL”**

FEBRUARY 8, 2010

8:30 AM-4PM

LUNCH & SNACKS PROVIDED

SUPPER -5pm

THIS IS A WORKSHOP TO LEARN TO COMMUNICATE, HANDLE STRESS, DEAL WITH CONFLICT & IMPROVE RELATIONSHIPS WITH THOSE FAMILY MEMBERS SUFFERING FROM ADDICTIONS.

**AAMJIWNAANG COMMUNITY CENTER
1972 VIRGIL AVENUE**

OPEN TABLE DISCUSSION-6PM

**Mel Wright-Sarnia OPP
Gord Smith-Windsor Detox
Bluewater Methadone Clinic
Westover Treatment Center
Patty Snake-Personal Story**

Sponsored by the: Healing & Wellness Program, Aamjiwnaang First Nation

POWER TO HEAL

A WORKSHOP FOR PARENTS AND GRANDPARENTS

AGENDA

MONDAY, FEBRUARY 8, 2010

- 8:30 to 9:00 a.m. Registration & Coffee & Muffins available
- 9am-9:15am Opening Prayer-Jean Henry * Smudging will be available*
- 9:30 to 10:30 a.m. Fundamentals of Addiction - Part One
- 10:30 to 10:45 a.m. Break
- 10:45 to noon Fundamentals of Addiction – Part Two
- 12:00 to 1 p.m. Lunch
- 1:00 to 2:15 p.m. Fundamentals of Codependency
- 2:15 to 2:30 p.m. Break
- 2:30 to 3:45 p.m. What can you do?
- 3:45 to 4 p.m. Wrap up

5pm-6pm- SUPPER

6pm-8pm: **OPEN TABLE DISCUSSION**

You are encouraged to please stay for the Discussion because we need to hear your concerns as a community. IMPORTANT!