

I am able to work on my goals. I stay focused on why I am here. I participate in what I need to in order to feed my mind.

MENTAL

- Develop my self-esteem and confidence
- Participate in group sessions and workshops
- Develop different means to cope and deal with problems
- Participate in Care and Wellness Plan
- Participate in my school plan
- Participate in self-assessments with my mentor
- Focus on me

SPIRITUAL

- Respect sacred items, ceremonies, elders, teachings
- Use smudging, drumming, ceremony as a means of coping
- Develop different ways to feed my spirit (meditation, healing bowls, nature, etc.)
- Develop social skills
- Going towards support people when overwhelmed
- Establish personal boundaries
- Keep healthy relationships
- Respect myself in all ways

I use my culture for guidance. I let others know what I need from them. I make sure to do things that feed my spirit.

**Hope,
meaning,
purpose,
belonging**

EMOTIONAL

- Once trust is established, I use my words to let others know my needs
- Use different means to express myself (journal, talking circles, letters, drawings, sweat lodge, Weli)
- I make sure that people around me know how I feel so that they give me my space
- Participate in Maminu-aitu

I am aware that my emotions guide me. I know that they can help me to move forward. I let out my feelings so that I can feed my heart.

PHYSICAL

- Nourish my body
- Present for physical activities
- Cleanliness in all forms (room, common areas, hygiene, vans)
- Respect others personal space (2m) and stay out of others rooms
- Taking care of my environment and respect Mother Earth
- Take care of Walgwan property
- Present on time
- Problem solve with our words and not our bodies (fists)

I am proud. I respect myself, my surroundings and my Earth. I take care of myself in order to feed my body.

LIFE CODE

Mental	How I can succeed	Success
<p>Mental means keeping our focus on our goals for treatment. We must participate in all of the different parts of the program so that we can work on what we came to work on. We need to learn to trust, to look within ourselves and to grow.</p>	<p>Sometimes keeping the focus on ourselves and our program is hard. It is okay to have bad day but it is not okay to let those bad day happen over and over again. We need to take a step back but then get back up and keep fighting. If it happens that you start losing motivation and we observe that it becomes a pattern we might need to set up an action plan to better support you. You might miss out on important parts of your program which can impact the progress you make. If we see you slipping, we will try to help you get back up but participating is a BIG part of your program. If your lack of participation becomes disruptive to others in the program over a long period of time, you may have to meet with the clinical advisor and your counsellor to assess your situation and motivation.</p>	<p>You will know that you are succeeding in this aspect when you are actively participating even when you don't really feel like it. You are present in your self-assessments, workshops, sessions and in your care and wellness plans. You have bad days but you are able to pull yourself out of them and use your motivation to push you forward. You are able to focus on why you are here and you work for yourself.</p>

Emotional	How I can succeed	Success
<p>Emotional means that we are aware of our emotions and that we use them to move forward. Emotions are a huge part of things that you will experience treatment and you must learn how to express them appropriately.</p>	<p>Emotions are hard. In treatment, we are always talking about emotions and how we use them. You might feel angry or upset sometimes and you might have outburst towards staff, your environment or others in general. Of course, sometimes, we act without first thinking of the consequences and we can regret what we did. We have to learn to use our coping tools in order to manage our emotions. If we do lose control, we need to try</p>	<p>You will know that you have succeeded in this aspect when you are able to identify what emotions you are feeling, when you are triggered and what you are going to do with that emotion. You will need to learn skills to be able to express your emotions without doing harm to others. You will use different means to express your emotions that work for you such as</p>

	<p>to repair the damage that we have done physically or emotionally. We can do this by apologizing to the person, writing them a letter, or just doing a nice gesture for them.</p> <p>This is important, but what is even more important is that you use your outburst as a teaching moment. What triggered you? What could you do differently next time? How could you better use your coping tools?</p>	<p>journaling, using your counselling sessions, going for walks outside, smudging, etc.</p>
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Spiritual	How I can succeed	Success
<p>Spiritual means that we are discovering how we are through our culture. We are proud of who we are where we come from and we are working to break the cycle of intergenerational trauma. We are learning and sharing about our culture and using the tools that it offers to guide us on our healing journey.</p>	<p>Culture and spirituality is a very important part of your program. Sometimes it can be difficult to take care of our spirit. If we are not doing things that help us grow, we should think about whether or not we should be giving our energy to it. We always need to put ourselves at the center of everything. If you find yourself having a hard time to do this, look towards our elders and cultural mentors to guide you. If you disrespect something or someone ask our cultural leaders to help you move past this. We all make mistakes but the Creator will always forgive us if we put the work in to try to better ourselves.</p>	<p>You will know that you have succeeded when you are able to determine what is right for you and what you should leave behind. You will be able to use your cultural tools to move forward and cope when times are tough. You will participate in the ceremonies that you feel comfortable in and you will use them for your healing. You will go to others when you are feeling overwhelmed to make sure that you spirit is well. You will also put your self-worth in the center of all your decisions.</p>

Physical	How I can succeed	Success
<p>Physical means that we respect and take care of ourselves, our surroundings and our environment. We keep balance in our lives in terms of nutrition, physical activity and hygiene.</p>	<p>It is not always easy to stay balanced in the physical aspect. You might not feel like skating or swimming but it is important you still get some type of physical activity in once a day. Some alternatives you can offer the staff is to</p>	<p>You will know when you succeeded the physical aspect when you participate in physical activities, you eat well balanced meals and you take care of yourself, as well as your</p>

<p>We also respect our spaces by picking up after ourselves, keeping things in order and respecting the property. We are present and on time when moving from one thing to another.</p>	<p>take a walk, do yoga, jogging, or playing a sport that you enjoy. It is important to remember that you have choices but you are also here to experience new things. Even if you think you don't like it, at least try once. If we take care of our bodies by being active, we will feel better overall. A big part of what contribute to good start to the day is a clean space. It is important to clean your rooms daily; we know that some mornings may be a little tougher and it might not get done and that is okay, but it can't happen every single day. We need to find a way to move forward. Eating is another important part of physical. If you don't feel like eating a meal, at least try to eat a fruit or a small snack to get the nutrients you need. We must respect our space by respecting the Walgwan's property; this means that if you break it, you buy it! Think about this before you decide to become physically violent. If we notice that it becomes a habit that you are having a hard time within the physical aspect whether it be with hygiene, physical activity or physical violence, we might explore an action plan with you in order to meet your needs. The important thing to remember is that it must not turn into a pattern; we always have to be trying to find ways to improve!</p>	<p>environment. You will be able to determine how to take care of your body and how it benefits you.</p>
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At Walgwan the power lies within you to create change, for you to reflect and for you to make your own decisions. We are here only as guides on your healing journey, you are the driver! Treat others the way you want to be treated.