

Information

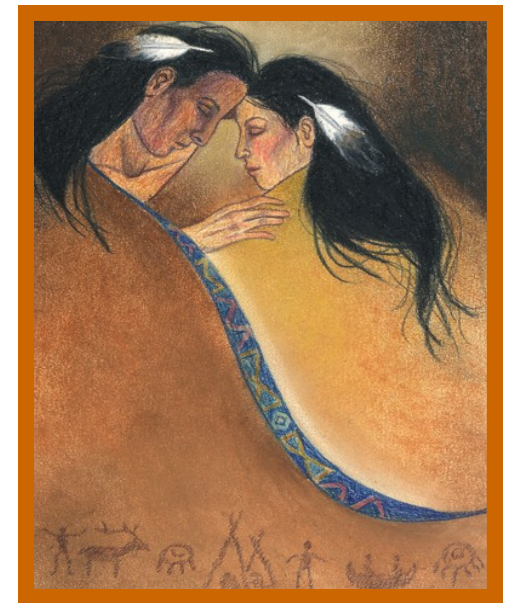
- ◆ These classes are held on weekends, days or evenings to accommodate parents' schedules
- ◆ Gas cards are distributed for participation
- ◆ Food and beverages provided
- ◆ Children are welcome to attend
- ◆ These classes are open to anyone who is a Native American parent or is involved in the lives of Native children.
- ◆ Classes can be held in local communities (i.e. Wayne, Oakland, Macomb, St. Clair, Monroe, Washtenaw, Livingston and Ingham counties)



American Indian Health & Family Services
of Southeastern Michigan, Inc.
4880 Lawndale St.
Detroit, MI 48210

“G’daa Minobimaadzimi” We Should Live Well Together

 **A Curriculum to Improve
Co-Parenting Relationships**



American Indian Health & Family Services of
Southeastern Michigan, Inc.

Please Contact Joshua Schuyler to register

Tel# (313) 846-3718 ext.1205

Participants will:

- Use Items from nature to create family memory books that reflect life stories and experiences.
- Draw Knowledge from traditional stories and quotes.
- Recognize honor and strengthen the co-parenting supports.
- Learn techniques for healing from historical trauma, stress, anxiety, conflict and anger.
- Develop skills in traditional parenting.
- Recognize and access traditional methods of gaining resources.
- Gain ideas and support from peers through the use of on-going talking circles.



Goals

1. To prepare Native American parents & parents of Native American children to set goals to promote and create a healthy future for their children.
2. To help parents establish a positive co-parenting relationship that enables them to work together in raising their children.
3. To ensure the on-going and sustained involvement of both parents, whenever possible, in their children's lives.
4. To help parents have adequate resources to create a healthy environment for their children.
5. To equip parents with the knowledge and skills to incorporate traditional practices into their parenting behaviors.
6. To prepare parents to make healthy decisions (with their children's best interest in mind) about their romantic and couple relationships.

Themes Discussed

- Family Goal Setting
- Kinship and Family Roles
- Honoring & Strengthening the Family
- Importance of Mentors & Elders
- Building Communication Skills
- Stress & Balance
- Identifying Conflict & Harmony
- Supporting Children
- Money Management & Budgeting
- Reducing Expenses & Increasing Income
- Interviewing & Job Skills
- Honoring Children
- Traditional Parenting
- Positive Discipline
- Respectful & Healthy Relationships
- Equitable & Non-violent Relationships
- Celebrating Accomplishments