

**LEADING THE NEXT GENERATIONS  
HEALTHY RELATIONSHIPS  
CURRICULUM**

**TRAINING OF TRAINERS**

BILLINGS HOTEL & CONVENTION CENTER

BILLINGS, MONTANA

OCTOBER 12 - 15, 2010



**NATIVE WELLNESS**  
*Institute*

# HEALTHY RELATIONSHIPS TRAINING OF TRAINERS

The Leading the Next Generations (LNG) Healthy Relationship Curriculum is an innovative tool founded in Native culture and teachings. The Native Wellness Institute developed it specifically for Native couples, people, and communities.

Healthy couples raise healthy children who will, in turn, rebuild the foundation for healthier Native communities. The Healthy Relationships curriculum and training combines the teachings of our Native ancestors with the realities of today's world. Using the curriculum can lead to balance of the mind, body, and spirit by creating and strengthening healthier relationships with partners, families, and communities.

The Native Wellness Institute's focus on culturally-based healthy relationship education and promotion makes the Healthy Relationships curriculum the leader in Indian Country. Imagine tribal communities supporting positive, healthy relationships and having access to information, role models, mentors, training and resources to build healthier relationships and families. This is the goal of the Leading the Next Generations Healthy Relationships curriculum.

## TRAINING TOPICS

- ◇ **Introduction:** Healthy Relationships and Native Wellness
- ◇ **Historical Trauma, Healing & Wellness:** Growing beyond multi-generational impacts of historical trauma
- ◇ **Healthy Gender Roles:** Recognizing the strengths in gender differences
- ◇ **Healthy Conflict Resolution:** Practicing healthy ways to resolve conflict in relationships
- ◇ **Healthy Communication:** Improving current communication skills
- ◇ **Creating Healthy Relationships:** Bringing two people closer together as a couple
- ◇ **Healthy Sexuality:** Discovering healthy intimacy
- ◇ **Living in Balance:** Creating the relationship you want

## MEET THE TRAINER



**Theda New Breast, M.P.H. (Montana Blackfeet)** Theda is a Montana born Blackfeet Indian, she is one of the pioneers in the Native training field in addition to being one of the original committee members for the Men's and Women's Wellness gatherings. She has more than 30 years of professional experience in providing healing and training workshops centered on mental health issues related to alcohol and other drug use prevention. Theda served as President of the National Organization on Fetal Alcohol Syndrome Prevention from 1990-1995. She was presented with the Hammer Award by Vice President Albert Gore for increasing government efficiency for her success in providing assistance to the Tribes. She lives on beautiful St. Mary Lake on the Blackfeet Reservation in Montana.



### **Marcus Red Thunder (Cree)**

Marcus was raised on the Northern Cheyenne reservation in Montana and is a trainer and consultant with the Native Wellness Institute. He has over 20 years of experience in Native wellness with special emphasis on men's, women's, and youth leadership, experiential education and training with culture coordinators in therapeutic group home settings. He also does cultural competency training, and healthy relationships training. Marcus is active in cultural, ceremonial and social activities and is a powwow announcer. He is the father of three sons and lives in Billings Montana.

## DAILY TRAINING SCHEDULE

8:30am Registration  
9:00am - 5:00pm Training

## REGISTRATION FEES

The early-bird registration fee is \$595. To qualify for the early-bird registration fee, payment or purchase orders must be postmarked or received by Tuesday, September 28, 2010. Registrations received after Tuesday, September 28, 2010 and on-site registration fees will be \$695. Purchase orders must be pre-approved. Please visit our website for other payment options as well.

### Registration Fee Includes:

- ◇ 4 Days of training
- ◇ Certification
- ◇ Trainer's Manual and Participant manual
- ◇ Complete Curriculum Kit, including curriculum, games, handouts, tote bag, and more!
- ◇ Graduation Luncheon

## HOTEL INFORMATION

Billings Hotel & Convention Center  
1223 Mallowney Lane  
Billings, MT 59101  
Hotel Telephone # 406-248-7151  
Website: [www.billingshotel.net](http://www.billingshotel.net)

Room rate is \$70.00, plus tax. Deadline for making room reservations is Tuesday, September 28, 2010. Mention you are attending the Native Wellness Institute training (group code NW10) to get the reduced rate. Please call the hotel reservations at 1-800-537-7286.

The Billings Hotel offers complimentary airport shuttle service, call the hotel for details. The hotel is a full service, newly renovated facility. With a large indoor swimming pool with two amusement style waterslides and hot tubs.

**Leading the Next Generations Healthy Relationships Training of Trainers Registration Form:**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Job Title: \_\_\_\_\_ Employer: \_\_\_\_\_  
Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_  
Tribal Affiliation: \_\_\_\_\_

**Registration Fee: \$595**

Includes training sessions, morning and afternoon breaks, wellness activities, and training materials.

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**Please register me for the Leading the Next Generations Healthy Relationships Training of Trainers :**

- Enclosed is a check, money order or purchase order for \$595.
- I will pay \$595 by Visa or Mastercard (circle one)
- I missed the Tuesday, Septmeber 28, 2010 deadline. Enclosed is a check for \$695.

**If paying by credit card please fill out the following information:**

Cardholders name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Billing address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Credit card number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_  
Security code: \_\_\_\_\_ Signature: \_\_\_\_\_

**3 Easy Ways to Register:**

1. By fax
2. By mail
3. Online at [www.nativewellness.com](http://www.nativewellness.com)

**If registering by fax please include copy of check or purchase order.  
Checks must be received by Tuesday, September 28, 2010 to qualify for early bird registration fee.**

**Send Registration & Payment to:**

Native Wellness Institute  
2830 SE Cleveland Drive  
Gresham, OR 97080  
Fax: 503-669-8339

**For More Information:**

Contact Kim Just  
Executive Administrative Assistant  
775-773-2091  
[kjust@nativewellness.com](mailto:kjust@nativewellness.com)



**Cancellation Policy:**

Refunds, less a \$75 administration fee, will be made if written cancellation notice is postmarked on or before the registration deadline. Prepaid registrants who are unable to attend may send a replacement participant at no additional charge. No refunds after Monday, October 4, 2010.