

LEADING THE NEXT GENERATIONS  
**HEALTHY RELATIONSHIPS CURRICULUM**

TRAINING OF TRAINERS

MARCH 13 - 15, 2012

MYSTIC LAKE CASINO HOTEL

PRIOR LAKE, MN



**NATIVE WELLNESS**  
*Institute*

# HEALTHY RELATIONSHIPS TRAINING OF TRAINERS

The Leading the Next Generations Healthy Relationships 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

## DAILY TRAINING SCHEDULE

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

## TRAINING FEE

**Early Bird Registration Fee:** \$495  
**After Tuesday, February 28, 2011:** \$595

Registration Fee Includes:

- ◇ Three days of training
- ◇ Certification
- ◇ Trainer's manual and participant's manual
- ◇ Complete curriculum kit, including curriculum, games, handouts, tote bag, and more!
- ◇ Graduation luncheon

## MEET THE TRAINER



### **Theda New Breast (Blackfeet)**

Theda is a founding board member of the Native Wellness Institute. 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. Theda has more than 25 years of professional experience in providing healing and training workshops centered on alcohol and other drug use prevention. She served as President of the National Organization on Fetal Alcohol Syndrome from 1990-1995. Theda completed an appointment as an expert consultant to Dr. Nelba Chavez for the Substance Abuse and Mental Health Services Administration in 1999 and was presented with the Hammer Award by Vice President Albert Gore for increasing government efficiency and for her success in providing assistance to the Tribes. Theda is the founder and lead writer of the Gathering of Native Americans (GONA) curriculum.

## REGISTRATION INFORMATION

### **Early Bird Registration Fee: \$495**

To qualify for the early bird registration fee of \$495, payment or purchase orders must be postmarked or received by Tuesday, February 28, 2012. Registrations received after Tuesday, February 28, 2012 and on-site registration fees will be \$595. Purchase orders must be pre-approved. Please visit our website for other payment options.

### **Cancellation Policy:**

Refunds, less a \$75 administration fee, will be made if written cancellation notice is postmarked on or before Tuesday, March 6, 2012. Prepaid registrants who are unable to attend may send a replacement at no additional charge.

Please provide us with the name of the replacement before the training.

**No refunds after Tuesday, March 6, 2012.**

## HOTEL INFORMATION

Mystic Lake Casino Hotel  
2400 Mystic Lake Blvd.  
Prior Lake, MN 55372  
800-262-7799  
[www.mysticlake.com](http://www.mysticlake.com)

The room rate is \$75.00, plus 6.875% tax. Please call 1-800-262-7799 and mention the Native Wellness Institute training to get this discounted room rate. The deadline for making room reservations is February 15, 2012.

Mystic Lake Casino Hotel is located 25 minutes southwest of Minneapolis and St. Paul. Please call Super Shuttle at 1-800-258-3826 for transportation.

**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: \_\_\_\_\_

**Early Bird Registration Fee: \$495**

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

**To qualify for the early-bird registration fee, payment or purchase orders must be postmarked or received by Tuesday, February 28, 2012. Registrations received after Tuesday, February 28, 2012 and on-site registration fees will be \$595. Purchase orders must be pre-approved. Please visit our website for other payment options.**

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

- Enclosed is a check, money order or purchase order for \$495.
- I will pay \$495 by Visa or Mastercard (circle one)
- I missed the Tuesday, February 28, 2012 deadline. Enclosed is a check for \$595.

**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, February 28, 2012 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:**

Jillene Joseph  
Executive Director  
503-666-7669  
[jillene@nativewellness.com](mailto:jillene@nativewellness.com)



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