

# Community Healing and Wellness Strategies

March 10 -12, 2020

Miami, Florida



Training provided by the Native Wellness Institute  
[www.NativeWellness.com](http://www.NativeWellness.com)

*The Native Wellness Institute exists to promote the well-being of  
Native people through programs and trainings that embrace  
the teachings and traditions of our ancestors.*

# Meet the Trainer



## **Theda New Breast, M.P.H. (Montana Blackfeet)**

Theda is a founding board member and master trainer/facilitator for the Native Wellness Institute (NWI). She is one of the pioneers in the Native training field and an original committee member for the Men's and Women's Wellness gatherings. Theda has more than 30 years of professional experience in providing healing and training workshops centered on historical trauma, mental health issues related to alcohol, and other drug use prevention. She is the co-founder and co-writer of the GONA (Gathering of Native Americans) curriculum, one of the Ten Effective Practices and Models in Communities of Color. Theda has facilitated over 600 GONA's. She lives on the Blackfeet Reservation in Northern Montana and is a Khan-nat-tso-miitah (Crazy Dog) Society member, herbalist, Sun dancer, Pipe Carrier, and lives as Niitsitapi, like all her Ancestors for thousands of years. In 2013, The Red Nations Film Festival Honored Theda with a Humanitarian Award for her lifetime of healing work with tribes and with a Red Nations statuette for her documentary short called, "Why The Women in My Family Don't Drink Whiskey."

# Agenda

March 10, 2020

8:00 am	Registration (any time between 8:00 am and 9:00 am)
9:00 am	Opening Ceremony Welcome Land Acknowledgement Blessing Introductions Why We're Here
9:30 am	"Embracing the Teachings of Our Ancestors"
10:30 am	Break
10:45 am	Building Team and Trust Clan Development
Noon	Lunch (on your own)
1:30 pm	Overview: Historical and Intergenerational Trauma
3:00 pm	Break
3:15 pm	Healing is the Answer to Trauma
4:30 pm	Closing
5:00 pm	Adjourn

# Agenda

March 11, 2020

9:00 am	Opening Ceremony Welcome Blessing Review Check-in
9:30 am	Building Team and Trust
10:00 am	How Does Trauma Play Out in Your Community
10:30 am	Break
10:45 am	Being Trauma and Healing Informed
Noon	Lunch (on your own)
1:30 pm	Culture Based Programs
2:30 pm	Field Trip to Miccosukee Tribal Headquarters/Everglades
6:00 pm	Return to Hotel

# Agenda

March 12, 2020

9:00 am	Opening Ceremony Welcome Blessing Review Check-in
9:30 am	Engaging Leadership in Community Wellness and Healing
10:00 am	Understanding and Tools for Navigating Lateral Oppression
10:30 am	Break
10:45 am	Collective Healing
Noon	Lunch (on your own)
1:30 pm	Integrating Wellness and Healing Into the Community
3:00 pm	Break
3:15 pm	Healing the Healer/Self-Care
4:30 pm	Closing Ceremony
5:00 pm	Adjourn