

# Indigenous 20 Something Gathering

January 19 - 20, 2021



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.*



# Indigenous 20 Something Project

January 19, 2021

9:00 am	<b>Opening Ceremony</b> Welcome, Blessing, Introductions, Why We're Here, Overview, Ice-breaker
9:45 am	<b>I20SP History</b>
10:00 am	<b>Getting to Know You</b>
10:30 am	<b>Process: How Did That Go?</b>
10:40 am	<b>Visioning A New You in a New Year</b>
10:55 am	<b>Closing</b>
11:00 am	<b>Break</b>
Noon	<b>Welcome Back</b> Historical and Intergenerational Trauma
12:30 pm	<b>Small Groups: Process</b>
1:00 pm	<b>Historical and Intergenerational Healing</b>
1:30 pm	<b>Large Group Discussion</b>
2:00 pm	<b>Break</b>
3:00 pm	<b>Welcome Back</b> Elder Panel: Doing the Work - What Does That Mean?
4:00 pm	<b>Adjourn</b>



# Indigenous 20 Something Project

January 20, 2021

9:00 am	<b>Opening Ceremony Welcome, Blessing, Review, Check-in, Ice-breaker</b>
9:30 am	<b>7 Circles of Wellness</b>
10:15 am	<b>Healthy Conflict Resolution</b>
10:45 am	<b>Large Group Discussion</b>
11:00 am	<b>Break</b>
Noon	<b>Welcome Back Lateral Oppression Lateral Love/Kindness</b>
12:45 pm	<b>Breaking Unhealthy Cycles</b>
1:15 pm	<b>Self-Care</b>
1:45 pm	<b>Large Group Sharing</b>
2:00 pm	<b>Break</b>
3:00 pm	<b>Welcome Back Sharing Circle</b>
3:30 pm	<b>Finding Your Power</b>
3:50 pm	<b>Closing</b>
4:00 pm	<b>Adjourn</b>