



NATIVE WELLNESS

Institute

Native Youth Wellness Warrior Camp

with

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June 24 - 27, 2019

Uyxat Powwow Grounds
Grand Ronde, Oregon



Traditionally, our young people were trained, mentored and taught how to live a good life. Through hands-on experiences, stories and teachings, they learned how to be a good relative. The Native Youth Wellness Warrior Camp will be hosted by the Confederated Tribes of Grand Ronde on their beautiful territory. The Camp is intended to provide healing opportunities and skill development through ceremony, workshops, activities, movement, traditional games, crafts, horseback riding, traditional canoes and more. Youth participants will be given tools needed to live a life of balance.



In a village setting, young people will meet and network with other Native youth from around the country and work in small and large groups to accomplish various tasks and participate in many activities. Life-long friendships are often developed. Connecting with our earth and each other are healing tools. Meals are cooked outdoors on an open fire, the tribal longhouse is the main gathering place and most activities will be outdoors. Youth will camp in tents, a tipi or have the option of staying in the local tribal hotel.

Training Topics:

- ◆ Native Wellness
- ◆ Native Leadership
- ◆ Healthy Relationships
- ◆ Culture and Spirituality
- ◆ Healing from Grief
- ◆ Forgiveness and Letting Go
- ◆ Traditional Fitness

Who Should Attend:

- ◆ Native youth ages 12 to 18 who want to create and maintain a healthy life



Check out our video on YouTube: <https://youtu.be/ejgS8Q-4CSA>

For more information and to register, visit our website

www.NativeWellness.com