

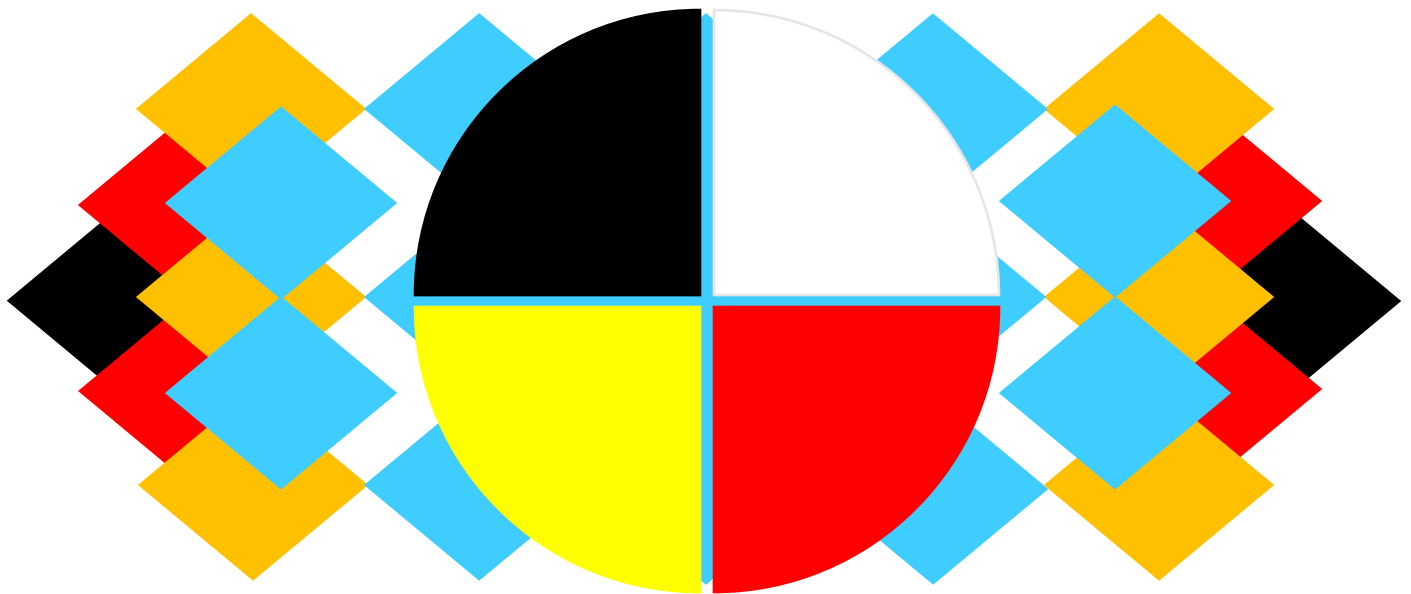


Life Skills

June 18 – 22

By: Ruth Murdock

Gain a better understanding of Indigenous culture amongst historical oppression (colonization), and how it relates to you today. In addition, you will better understand the importance of inter-generational healing.



Ruth Murdock has extensive experience as a life skills coach/trainer since 1990. She has worked out of Ka Ni Kanichick, Urban Circle, Peguis, Fisher River, and more. Her programs have helped individuals who deal with trauma to develop professional skills for themselves.

Open to adults 18 – 65 per new age criteria. Certificate issued upon course completion. Contact T-Dre Player at (204) 367 – 1439 or 2121 for the SEIA Office. Workshop is 9:00 am - 3:30 pm. To be held at the Sagkeeng Arena class across from SETS

- Includes lecture, group exercises, class discussions, presentations and exposure to relevant videos.
- Distinguish between passive, aggressive, and assertive behaviors.
- Identify bullying behaviors', lateral violence and the implications it has on self, family, and community.
- Attendance is critical.