

Family Series: Families of Tradition

Developing Healthy Family Relationships

Purpose: A long time ago our Elders had sacred knowledge and beliefs that they passed down to the children. The children grew up to become Elders and so the cycle continued; but the cycle was broken when many of our families became sick or lost their connection with the traditions of those Elders. Many families were impacted by historical trauma, boarding school experiences, foster care and adoption. Today is the time for healing that connection, for reconstituting our families and our connections to our Elders and to our ancestors. In order for our communities to heal we need to have strong families. In order for our nations to be strong, we need to have strong families.

Background: The Family Series: Families of Tradition is a weekly program designed to help family members relearn and practice those traditional methods that made our families strong in the first place. Two important processes are a part of the Family Series program. First everyone who participates in the Family Series learns how the Talking Circle process works and how it is used to build healthy feelings and ways of thinking within the family circle. In addition, through the Family Series, participants will learn to apply traditional principles, laws, and values for resolving family conflicts, for making family decisions, and to ensure that each member of the family is heard and treated in a respectful way.

The Family Series is based upon the Healing Forest model that is explained in the *Medicine Wheel and 12 Step* program and is also explained in the book, *Red Road to Wellbriety: In the Native American Way*. It provides an excellent model for those families that are trying to rebuild. Normal relationships in families can be disrupted after a divorce, remarriage, when a family member returns from prison, when a family member begins the recovery journey, or when a family member has experienced mental or physical illness. The teachings and principles that are explained in the four tapes of the Family Series provide a way of thinking and relating to family members that helps to heal the hurts and repair the broken connections.

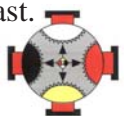


Children are also included in the Family Series program as a natural part of the family. They learn the process of the Talking Circle, including how they can define the agenda for the weekly Family Circle. They also learn that they can be heard and that their parents will listen to what they have to say. They learn to look forward to the Family Circle gathering as a way of being co-creators of their own family health and wellbeing.

What you can expect in this training:

- ◆ A “train-the-trainer” program that enables local community members to implement Family Circles within their own families.
- ◆ The four videos that provide teachings of the Elders around handling conflict, respect, and interconnectivity.
- ◆ Present an overview of the teachings of the Medicine Wheel as they apply to family systems, family relationships, and family problem solving.
- ◆ Each of the teachings provides a pathway to the development of trust and interconnectedness in the family that might not have been reachable in the past.

**Training locations and schedules are available by calling 719-548-1000
or by visiting the website at www.whitebison.org**





Family Circles become Community Circles

Healing begins with the individual, then moves to the family, then to the community and finally to the nation. Each person is like a tree in the forest. They must not only become well themselves, but must also help to create an environment that is healthy so that they can all flourish in the forest that we call our communities and our nations.



Family: Baby-Youth-Adult-Elder

Each person has a part to play...a lesson to learn...and a lesson to teach. Everyone is important in the Family Circle. Rules for the Talking Circle provide a structured and safe environment for working through family conflicts, resolving relationship issues, and for developing healthy family decisions.



Daughters and Sons of Tradition-- Joining in the Family Circle

Youth who are participating in the Sons and Daughters of Tradition programs can share the teachings they learn with their families in the Family Circle.



Teaching people to facilitate Family Circles

The Family Series curriculum has a set of 4 videos and a workbook. Facilitators learn how to teach families to run their own Family Circles.



Extended Family Gathering

Videos and participant manuals can be copied and shared with other family members and friends. Family members can teach their relatives how to do the Talking Circles by including them at family gatherings. This way the benefits of the Family Circle are shared across communities, across tribes and across the country.



Visit the website for more details
about training locations and dates:
www.whitebison.org
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