

OUR PHILOSOPHY:

We believe that:

- *a victim of abuse who does not receive healing poses a dangerous threat to himself, his family, community and nation.*
- *without healing of deep-seated wounds and assisting the individual and family to grieve, the abusive cycle will continue.*
- *professional counselling & rehabilitation are needed to facilitate a healthier community and nation.*
- *an individual can 'heal' when he allows the working of the Holy Spirit / Great Spirit in his life.*
- *in healing the whole person we seek a balance in presentation and integration of one's spiritual, emotional, psycho-social, and physical needs, realizing the interconnection of one to another for optimum wellness.*
- *once the foundation for healing has occurred, a person can then begin to have the confidence to move ahead in other areas of his/ her life, such as furthering his/ her education or becoming employable.*

WHO WE ARE:

We are a non-profit, non-political, ABORIGINAL ORGANIZATION which reaches out to all individuals & families in distress.

We provide professional, caring, and confidential counselling & rehabilitation services.

As a Christian counselling & rehabilitation center, (non-denominational) we do not impose our beliefs on anyone. We do present Christian teachings & biblical principles for living. We recognize and appreciate others' values and beliefs.

The Anchorage's professionally trained and experienced personnel offer an opportunity for each participant to enter a journey of healing foundational to improved wellness.

**For more information
Please Contact**

**The Anchorage
Counselling & Rehabilitation
Services Inc.
2352 Smith St.**

**Regina, SK S4P 2P6

**UMAYC: 584-1842
2060 Broad St.
Regina, SK S4P 1Y3

**Main Office: 584-1811
Fax: 585-6189**

**Email: anchor.inc@sk.sympatico.ca
<http://anchorage.webjump.com>**

THE ANCHORAGE

**Counselling & Rehabilitation
Services Inc**

Presents



**A Personal & Professional
Development Program**

*with a
Rehabilitative Focus
&
Bridge to Employment*

**Urban Multipurpose Aboriginal Youth Center
(UMAYC) Initiative**

The Anchorage

Counselling & Rehabilitation Services Inc.

Presents the program

HEALING THE NATION - One Family At A Time

OUR MISSION

Our mission is to facilitate optimal spiritual, emotional, and physical well-being towards **Youth and Adult-Children at Risk** through an integrated and balanced approach in the delivery of our counselling and rehabilitation services and programs.

OUR APPROACH:

Within the context of a **personal development & professional training program**, we intend to facilitate positive change for the participant and their family. Our counselling & rehabilitation services are best accomplished by assisting the individual to gain insight into their behaviour, and then to facilitate the grieving of their losses.

The individual plans with the counsellor the course of their counselling and rehabilitation within the context of the program.

OUR GOAL

To assist Youth and Adult Children at Risk to overcome multiple barriers in their lives within the context of this 40 week intensive program

*A special focus is towards
Aboriginal & First Nations Peoples.*

* **Ethnic diversity & cross-cultural experiences** are desired for the enrichment of each others lives. This demonstrates **community in action** within the program, with a step forward to overcoming prejudicial barriers and promoting healing.

Our Three Objectives are to:

- provide healing and empowerment
- educate
- prepare for employment

RATIONALE:

We recognize that within Canada there is an alarming increase of **high risk youth and families** within our communities. Our families, collectively, within our communities & nation are suffering.

Epidemic Proportions are reflected in increasing statistics of:

- separation/ divorce
- addictions
- poverty, social dependency
- poor accessibility to the job market.
- violent /criminal behaviors, suicides, homicides, apathy & despondency
- poorer health & an increase in major health problems [e.g., diabetes, AIDS, cancer, heart disease; Fetal Alcohol Syndrome/Effect (FAS/ FAE)]
- racism & intolerance,
- intra-& inter-generational effects of abuse (e.g.: Residential Schools,

Institutional, Familial, Relational)

This program is committed to reducing these statistics.

DESCRIPTION:

This 40 week program is divided into two levels:

LEVEL ONE:

Our primary goal in these 20 weeks is to promote optimal **Individual and Family Wellness.**

This **20 week journey of self-discovery** occurs within a one-on-one professional & peer counselling relationship, & within a group therapy setting and classroom presentations..

TOPICAL AREAS:

- **Family & Relational Issues:**
e.g.: strengths & healthy attributes in families, stresses / cycles that are intra- and inter-generational.
* **Plan for positive changes.**
- **Health/ Social Issues:**
Information and sharing on various topics of health issues relevant to this target group will occur (e.g.: prostitution, AIDS & other Sexually Transmitted Diseases (STD), diabetes, proper nutrition, and information on FAE/ FAS, heart disease, cancer.)
Focus is on prevention and early detection
Mental Health Issues, Parenting Skills, First Aid / CPR Course
- **Community Awareness** of support groups
- **Self Evaluation** utilizing journals, Actions Plans, and participants' feed-back

LEVEL TWO:

20 WEEKS of:

- Career/ Professional Development
- Computer Skills
- GED 12 Preparation
- Adult Education
- Personal Planning Skills
- Work Placement

Follow-up for counselling & group therapy for personal issues and development will continue.