

Is this program right for my family?

If you answer yes to the following questions then this program may be for you!

- Do you or your child identify as Indigenous, First Nations, Métis or Inuit?
- Are you a resident of British Columbia?
- Is your child between the ages of 3 and 12 years?
- Does your child show signs of struggling with the Big Worries/Fears (anxiety)?
- Does it feel like your child's or family's life has been taken over by the Big Worries/Fears?



How can I access the program?

For referral forms and more information on accessing the program, please visit BigWorriesStrongSpirit.ca

About Caring in All Directions

Caring in All Directions is an advisory group of caring and committed Indigenous people including Elders, Knowledge Keepers and other professionals that came together to guide and support the development and implementation of the We Are Indigenous: Big Worries/Fears, Parent/Caregiver Support Program. The group upholds the program's vision of supporting Parents/Caregivers in their sacred job of raising their children to know who they are and their ability to respond to the challenges of the Big Worries/Fears. This work is deeply-rooted in the understanding of the wellness knowledges of First Nations, Métis and Inuit cultures.

About CMHA BC

The Canadian Mental Health Association (CMHA) is a national charity that promotes mental health for all. CMHA responds to the unique needs of each community through experience and expertise on community-based supports. CMHA BC provides advocacy, programs and resources that help to promote mental health, support recovery and resilience, and enable all in British Columbia to flourish and thrive. [Learn more at cmha.bc.ca](http://cmha.bc.ca)

Cover illustration by Jamin Zuroski, a Namgis First Nations Artist residing in Victoria, BC

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**Canadian Mental
Health Association**
British Columbia
Mental health for all

The CMHA BC offices are located on the traditional, unceded lands of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), səlilwətaʔɬ (Tsleil-Waututh), Lkwxwən (Songhees) and Wyomílth (Esquimalt) Nations.



**WE ARE INDIGENOUS:
Big Worries / Fears**
PARENT / CAREGIVER SUPPORT PROGRAM



A free resource to support Indigenous families whose children aged 3–12 are experiencing the Big Worries/Fears

BigWorriesStrongSpirit.ca

What is We Are Indigenous: Big Worries/Fears, Parent/Caregiver Support Program?

This program is a free resource to support First Nations, Métis and Inuit families across BC, whose children aged 3–12 years are struggling with the experience of the Big Worries/Fears, or what the Western worldview calls anxiety.

Parents/Caregivers and their children learn Indigenous-centered wellness practices and strategies, to increase their skills and Strong-Spiritedness, in order to push back against the Big Worries/Fears. Through short online videos and scheduled telephone coaching sessions they can discuss what they are already doing that helps, new program practices, and how to use them with their children to work through the challenges of the Big Worries/Fears together.

This program is grounded in Indigenous perspectives and the materials were developed with the leadership and guidance of the Indigenous advisory group, Caring in All Directions.



What is involved?

- The program involves watching short online videos and practicing skills with your family
- You'll be supported through 60- to 90-minute coaching sessions by phone every two weeks, at times convenient to you
- The program takes 8 to 16 weeks to complete
- All services and materials are free to parents/caregivers

What is a phone coach?

The role of the phone coach is to help you further develop and practice effective skills, support your motivation for your family, answer your questions and support your progress. Your coach will guide you through the program materials to help you complete the program step-by-step.

Phone coaches don't provide counselling or work directly with your child. Instead, they support you to build on your family's strengths through skills that have been shown to help.

Where is the program available?

The We Are Indigenous: Big Worries/Fears, Parent/Caregiver Support Program is available throughout British Columbia. During Phase 1, launching in Summer 2022, you'll need access to a digital device (computer, tablet, phone) with a stable internet connection to view online videos and materials, and connect with a coach via phone.

Phase 2 of the program will strive to reach communities/families where internet or digital device access is limited.

How does the program support the needs of Indigenous families?

This program comes from a deeply-rooted understanding of wellness knowledges of First Nations, Métis and Inuit cultures and worldviews.

This program is grounded in Indigenous perspectives of:

- Strong-Spiritedness,
- Wellness and wholeness as our Original Nature, and
- (Re)Connection with the wisdom practices of our Ancestors and Elders.

While we acknowledge the harmful influences of colonialism that have disrupted our lives and which can prompt some Big Worries/Fears, in this program we highlight our responses to the world around us and within us.

With support from the phone coaches and the materials, we can Remember, Reclaim, and Reconnect to the strengths, skills and practices that our Indigenous peoples have relied on for centuries, to live in balance with ourselves, each other and all our relations.

This process will empower you and your child to stand up to and push back against the Big Worries/Fears, to take back your family's life. By journeying through our challenges with the Big Worries/Fears together we all grow stronger.

—Caring in All Directions
Indigenous advisory group