

Anishinaabe Miikan

Red Road to Recovery

The Red Road to Recovery is a 10 week program that involves the use of the Medicine Wheel teachings, Traditional Teachings and a generic set of 12 principles.

We design our approach around the Medicine Wheel and the gifts available from each direction, emphasizing 4 questions we seek to answer:

- 1) Why Am I? What is my Purpose - East
- 2) Who Am I? What is my Identity - South
- 3) Where Am I Going? What is my Destiny - West
- 4) The Mystery? The unknown? - North

Participants will begin to take responsibility for their choices, realize what has been detrimental to their well-being, and recognize their own self-worth.

Eastern Direction – Knowledge and Understanding of the Principles of Honesty, Hope/Vision and Faith. We will do mind mapping which will give us a concise view of the current state of our mental health and addictions and do further mind mapping to allow us to envision what we could become and seek while walking the Red Road and the Good Life.

Prophecy Teaching and Sunrise Ceremony Teaching/Meditation

Southern Direction – Renewal of the Spirit, Heart, Mind and Body. Finding Ourselves through healing exercises of the Principles of Courage, Integrity and Willingness.

7 Gifts of the Grandfather Teachings/how to apply to everyday life

Western Direction – Strength, Cleansing and Envisioning of the Principles of Humility, Forgiveness and Justice. Participants are finding their relationships making positive changes and choices needed to continue on the Red Road in a good way.

7 Stages of Life Teachings

Northern Direction – Healing and Finding the Wisdom for themselves and the Elders. The Principles of Perseverance, Spiritual Awareness and Service. Participants acknowledge their strengths and have faith and belief that their Spirit guides them on the Red Road to Recovery and to lead a good life.

Wellness Wheel; Hope, Belonging, Meaning and Purpose Teachings

On the 10th week there is a celebration; we provide a meal of their choice by delivery as well as a Red Road to Recovery Certificate of Completion. We also provide a daily meditation book, "Language of Letting Go" by Melody Beattie and "365 Days of the Red Road" by Terri Jean.

All participants who have completed the Red Road to Recovery receive an invite to participate in a weekly Peer Support Group that is ongoing every Tuesday 6:30-8pm.

