

Gathering of Native Americans Workshop

Saturday, June 3, 2017 | 9am to 3pm

Phoenix Indian Center (6th floor)
4520 N Central Ave
Phoenix, Arizona 85012



The GONA Process is based on several ideas:

- Community healing is necessary for substance abuse prevention
- Healthy traditions in the American Indian community are key to effective prevention
- The holistic approach to wellness is a traditional part of American Indian belief systems
- Every community member is of value in empowering the community

Throughout the day, participants will be led through four stages of cultural wellness teachings:

<p>BELONGING Infancy & Childhood</p> <p>Finding the answer to the question, "How do I belong?" is the most important FIRST lesson a person must learn.</p> <p>Each person is part of a family, tribe, clan, or community.</p>	<p>MASTERY Adolescence</p> <p>We honor adolescence as a time of vision, gaining empowerment, and building mastery.</p> <p>We will focus on our past to understand our future.</p>
<p>INTERDEPENDENCE Adulthood</p> <p>We will seek to define the many ways individuals and the environment are interconnected. We will take a deeper look at how integral social networks are to the health of our communities, focusing heavily on leadership and community building.</p>	<p>GENEROSITY Elderhood</p> <p>We honor our elders, who give knowledge and teachings generously to the future generations.</p> <p>We look at our responsibility as caretakers to give back to our communities.</p>

GONA is a safe place to share, heal, and plan.

Food Provided | Childcare available with RSVP

RSVP today at: <https://Jun03-GONA-UICAZ.eventbrite.com>

For more information: uicaz@phxindcenter.org or (602) 264-6768

**PHOENIX
INDIAN
CENTER**
ESTABLISHED 1947



Creating A Culture Of Pride
American Indian Substance
Abuse & Suicide Prevention
www.uicaz.org

