About
The Program

Spirit of Peace is a place of community created to support and strengthen individuals, families, and communities healing from violence. The program is rooted in Indigenous knowledge and ways of knowing and works with all who are impacted by family violence.

Spirit of Peace is guided by the principals of:

- Identity
- Culture
- Accountability
- Safety
- Connection

The Spirit of Peace program offers children, youth, and adult groups and can be delivered to both female identifying groups and male identifying groups.

About
Ma Mawi Wi Chi Itata Centre

Ma Mawi Wi Chi Itata is an Indigenous-led, value-based resource centre embodying the true spirit of our name – *we all work together to help one another* – to deliver community-based programs and services to Indigenous children, youth and families.

Administrative Site

350-200 Alpine Way,
Headingley, MB R4H 0B7

1-888-962-6294 (toll free)

204-925-0300

204-946-5042

info@mamawi.com

www.mamawi.com

MA MAWI WI CHI ITATA CENTRE
We all work together to help one another.

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Spirit of Peace Program
A Healing Community



Program Overview

The Spirit of Peace programs runs for 16 weeks with a different topic covered at each week's session. Participants can start at any time throughout the cycle after meeting with a facilitator for an intake session.

In order to ensure participants are given ample opportunity to reflect, process and integrate the learnings of the Spirit of Peace programming, it is suggested that adult participants who wish to obtain a letter of completion attend at least 12 of the 16 sessions.

Session Topics Include:

- Seven Natural Ways of Healing
- Historical Context
- The Spectrum of Spirit
- The Spirit of Violence
- Power and Control
- Ways of Coping
- Impacts of Violence on Children and Youth
- Staying, Leaving, and Steps for Safety
- Natural Law/Family Law
- Conflict Resolution
- Emotional Expression and Regulation
- Relationship to Self
- Relationship with Partner
- Relationship with Friends and Family
- Relationship with Community
- Sweat Lodge

How to Enroll

We provide programs for female and male identifying children, youth and adults. Contact our facilitators for more information on current programming or to schedule an intake session.

Email: SOPinfo@mamawi.com

Phone: 204-925-0335

