

Traditional Gathering

Due to the great success of our last traditional gathering, LAWS will once again be offering a Traditional Gathering of Sweats, feasts and ceremonies with Jimmy and Cameron Pipe from **August 29th to September 2nd**. Location is yet to be announced.



"Never let go of hope. One day you will see that it all has finally come together. What you have always wished for has finally come to be. You will look back and laugh at what has passed and you will ask yourself...
"How did I get through all of that?"



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Trauma, Grief & Addictions Recovery Workshops and Sessions

We would like to introduce and welcome Audrey Desvents to our community.

Audrey is a First Nations Cree women from Alberta. She provides healing in traditional, eastern and western medicines.

Audrey comes highly recommended from various communities such as Tr'ondëk First Nation (Dawson city, Yukon), Moricetown First Nation (BC), Taan First Nation (Whitehorse, Yukon), North Peace Tribal Council (High level Alberta), Child FN, (AB).

Audrey is a trained professional, Holistic Healer and Traditional woman. Her training and credentials include:

- Trauma, Grief & Addictions Counsellor (Professional Board of Trauma Providers Association of Canada)
- Master Clinical Therapist (Professional Board of Hypnotherapists of America)
- Usui Reiki Master Teacher
- Physiognomy & Energy Practitioner

Audrey will share her knowledge and work with us on understanding Trauma, Grief & Addictions Recovery and methods of holistic healing and wellness including the impact and residue of the former residential schools systems and the effects of post traumatic stress syndrome.

The workshop "Moving Beyond Post Traumatic Stress" will be held at 2 mile hall on **July 25th, 26th 27th from 10:00 to 4:00 pm daily.**

Audrey will be leading a Traditional Parenting Workshop for members attending the Good Hope Lake cultural camp on July 28th and 29th.

If you would like to book a private session with her please call our office at 867-536-2097.

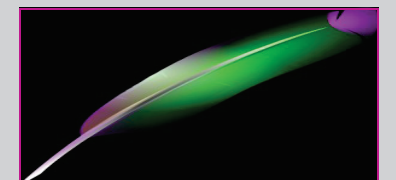
- **August 1st-3rd** we will be presenting a workshop called "Women in Recovery from Violence and Addictions."
- **August 4th-5th** Audrey is available for private sessions



- **August 8th-10th** we will present Grief & Addictions Recovery.
- **August 11th-12th** Audrey is available for private sessions.

All workshops are being held at 2 mile community hall.

If you are interested in private sessions with Audrey, please call LAWS at 867-536-2097 to book an appointment.



What is Post-Traumatic Stress Syndrome

It is important to acknowledge our personal responses to trauma as they show themselves in our lives. We may respond to traumatic events, such as violence or mistreatment against us or against our loved ones, in a number of ways.

We might experience bad memories, sometimes provoked by a reminder such as a smell or an image. We might have nightmares, body sweats, feelings of nervousness or anxiety, tears and sadness, despair.

It is important to remember that these symptoms are our body's way of reminding us that mistreatment is wrong and we long for something better.

Majorly important for our healing is that we receive good care, love and helpful service from others when we tell them about our suffering.

One of the key aspects of our recovery is when people care, when we are acknowledged and when our dignity is repaired in some way.

Justice is important to recovery but it is also possible to feel better without it.

Relating to our spirituality, Creator/Creation and the earth helps us to restore balance.

When we experience symptoms that remind us of traumatic events, it is important to be understanding with ourselves, to not blame ourselves or feel shame for things that were done to us, particularly when we were children.

There are many healing modalities; every culture has something to offer for feeling better. Finding our way is part of the healing journey.

Taking care of the physical body, eating well, exercising, breathing and drinking clean water can help a lot, particularly if we are feeling depressed or sad.

Being in the company of people we love and laughter together is also good medicine.



Kaska Language Week

Kaska Language teachings will be held August 22nd-26th either at 2 mile Community Hall or Frances Lake. Location to be announced at a later date!



“The greatest service is to recognize the essence or the reality of the other person. Everything else passes away, is transitory, but that recognition of the other as God or Creator and one with who you are, to see that, that is the greatest service you can give—the realization of who that person truly is beyond the form.”



Traditional Crafts

Traditional Crafts at 2 mile Hall on August 15th, 16th & 17th from 10:00am—4:00pm.

We kindly ask that you attend the full workshops and not drop in for material. Please bring your own beads and thread.

