

Stepping Stones

Educating Self
Empowering Self

- Recognizing violence and its contributing factors
- Understanding the situation

Physically move from the situation

- Develop a safety plan
- Get out of violent place

Building a strong support system

- Family/extended family and friends
- Community groups/circles

Counselling Rehab or Treatment

- Plan to change
- Seek help (therapists, Elders, addiction centres, AA meetings, hospital)

Self-help Positive Thinking

- Healthy lifestyle choices
- Returning to school or upgrading
- Spiritual growth (meditation, cultural teachings, etc.)
- Activities to build self-esteem (daily affirmations, etc.)

Emergency Numbers

Available 24 hours/7 days:

Greater Sudbury Police Service	9-1-1
Crisis Intervention, St. Joseph's Health Centre	675-4760
N'Swakamok Friendship Centre	674-2128
Sudbury Sexual Assault Crisis Centre	675-1323
FEMAIDE: La ligne de soutien du Nord	1-877-FEM-AIDE
YWCA Genevra House	674-2210



Tree Story

In 2006 a group of committed Aboriginal and non-Aboriginal health and social services professionals met in Sudbury, Ontario, to discuss violence in a cross-cultural sharing circle format. Questions were asked about violence, and each person had a turn to share their thoughts and feelings. All participants believed that they needed to learn how to speak not only from their minds, but from their hearts.

The first question asked was "What does violence mean to you?". The next was "What are the root causes of violence?", and the final question was "What are the effects of violence?". As the people in the circle shared, several kept talking about violence as if it were a tree. Hence, the idea for this educational resource about violence.

In 2007 the group gathered again to discuss how to live a "Good Life" without violence. The "Good Life" (Mino-Bimaadiziwin) is how Ojibwe people describe living in physical, mental, emotional, and spiritual balance.

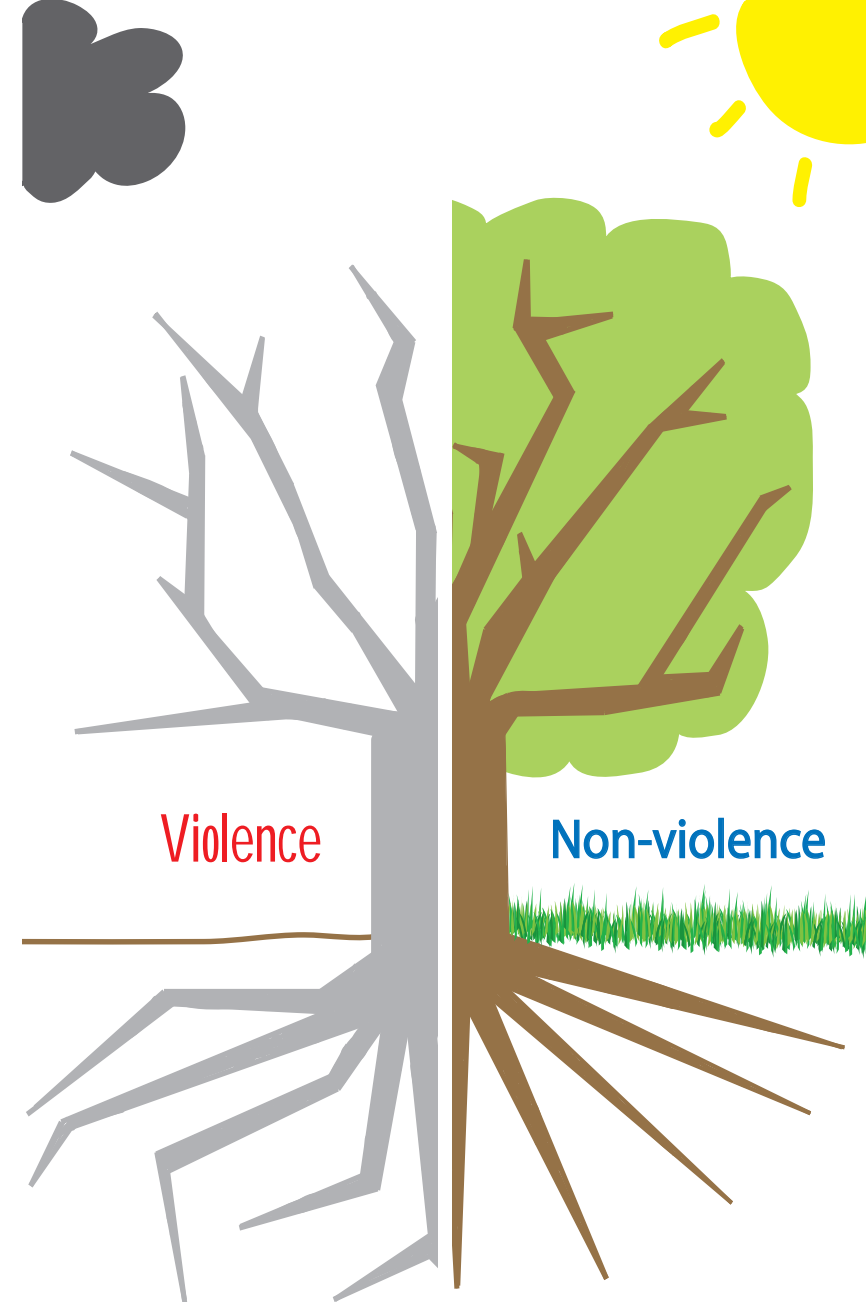
Developed by:



In consultation with the Cross-Cultural Sharing Circle:

Centre for Addiction and Mental Health - Aboriginal Services	675-1195 665-4278
Le Centre Victoria pour femmes	670-2517
YWCA Genevra House	674-2210
Greater Sudbury Police Service	675-9171
Laurentian University - Native Human Services - Native Student Affairs	675-1151 ext. 5082 ext. 1051
Métis Nation of Ontario	671-9855
N'Swakamok Friendship Centre	674-2128
Sudbury & District Health Unit	522-9200
Hôpital régional de Sudbury Regional Hospital - Domestic Violence/Sexual Assault Program	675-4743
Sudbury Sexual Assault Crisis Centre	675-8071
Sudbury Women's Centre des femmes	673-1916
White Buffalo Road Healing Lodge	690-3310
Whitefish Lake First Nation	692-3674
Za-geh-do-win Information Clearinghouse	692-0420

August 2008



Let's talk about it!

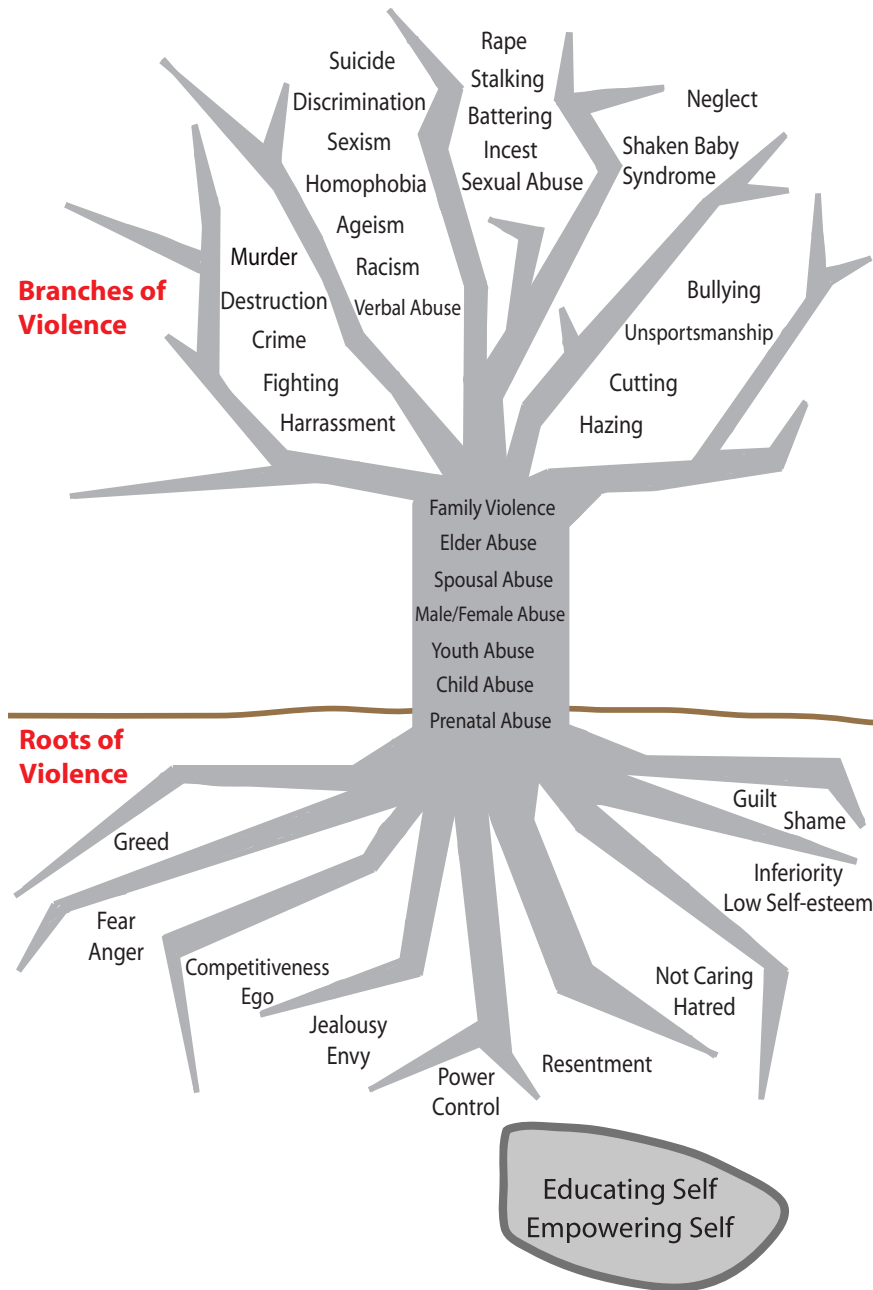
Adapted with permission from the Sacred Circle.

Ce document est disponible en français.

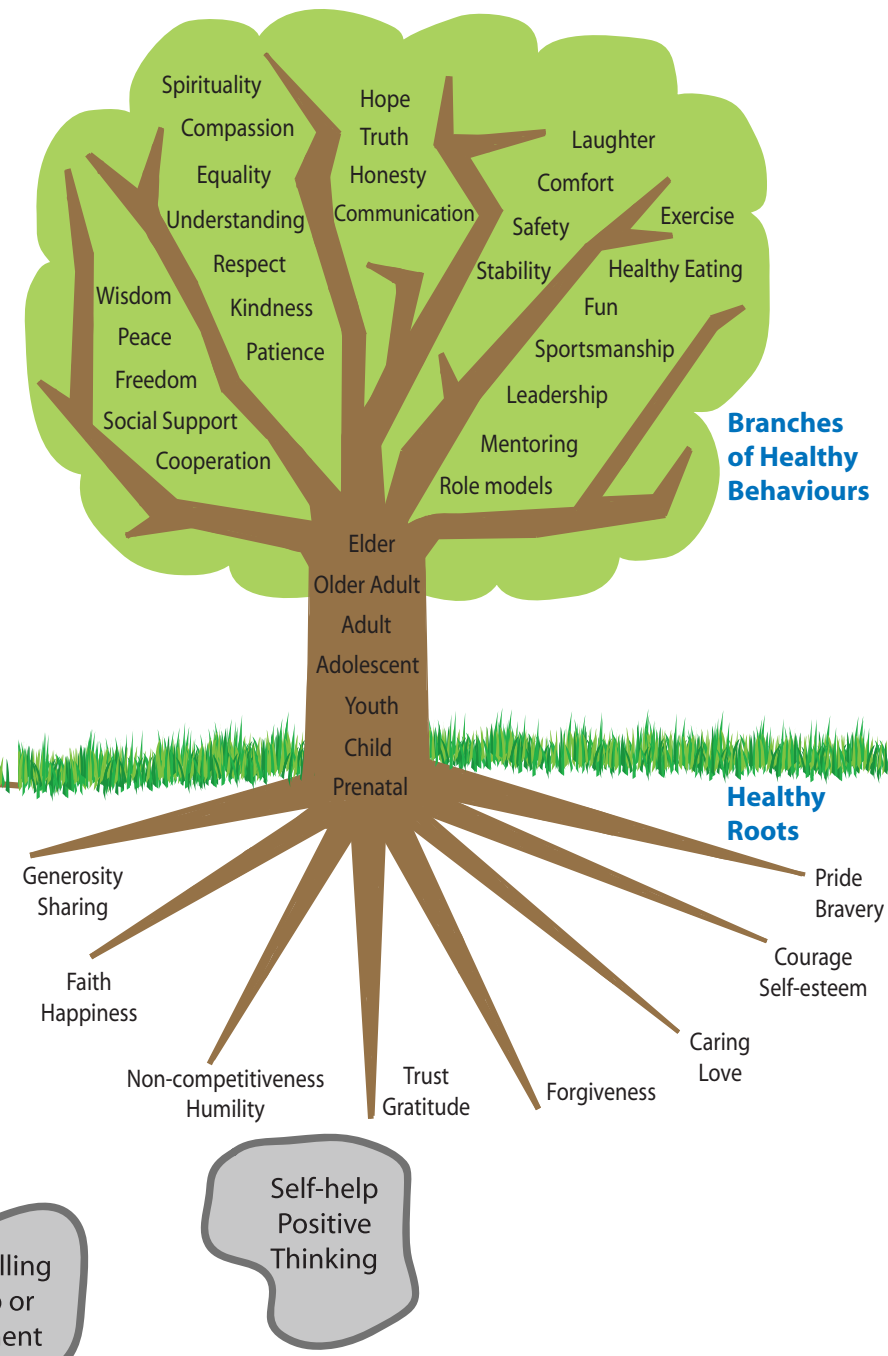
Violence

Factors Contributing to Violence

Non-violence



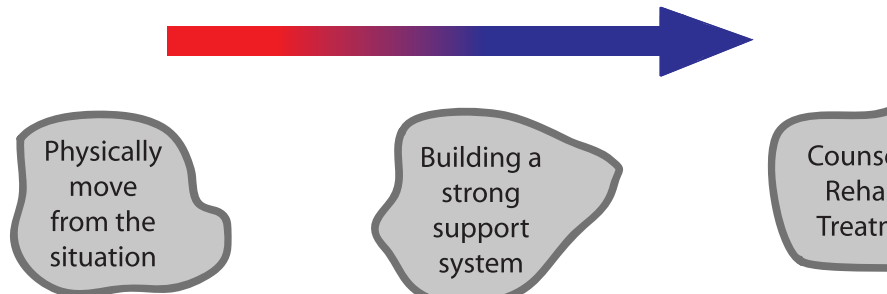
- Environmental and Social**
 - growing up with violence in the home
 - peer pressure (gangs)
 - weapons
 - media (video games, movies, television, Internet, etc.)
 - poverty
 - unemployment
- Physical**
 - illness
 - alcohol
 - drugs
- Psychological - Mental**
 - illness
 - stress
 - lack of coping skills
 - gambling
- Spiritual**
 - lack of respect for other people's traditions and beliefs



Stepping Stones

The stones below may help individuals move away from violence to non-violence and help them find balance in their lives (physical, mental, emotional, or spiritual). This balance is also known as the "Good Life" or *Mino-Bimaadiziwin* in Ojibwe.

Moving Towards a Good Life (Mino-Bimaadiziwin)



Order of the steps (or healthy choices) taken may vary depending on the individual.