

**Runs periodically at the
Snuneymuxw Health Center**

*Contact the Health Centre for
more information*

The 10 sessions will cover:
building communication in your
relationships, exploring what it
means to be a man, boundaries,
power and control and anger
issues.

**SNUNEYMUXW FIRST
NATIONS HEALTH AND
WELLNESS PROGRAMS**

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**Building Respectful
Relationships**

I AM A PEACEFUL WARRIOR

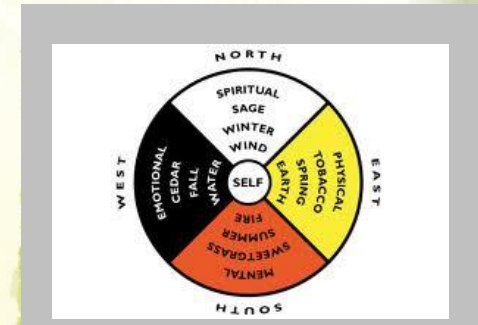
A 10 SESSION PROGRAM FOR MEN
TO LEARN HOW TO USE THE 7
TEACHINGS OF THE
GRANDFATHERS IN THEIR LIVES

Our program will use many tools to help you develop a deeper understanding of how to have respectful relationships.



- **Wisdom:** To cherish knowledge is to know Wisdom. Wisdom is given by the Creator to be used for the good of the people.
- **Love:** To know peace is to know Love. Love must be unconditional. When people are weak they need love the most.
- **Respect:** To honor all creation is to have Respect. All of creation should be treated with respect. You must give respect if you wish to be respected.

- **Bravery:** Bravery is to face the foe with integrity. It is the "state of having a fearless heart." To do what is right even when the consequences are unpleasant.
- **Honesty:** Honesty in facing a situation is to be brave. Always be honest in word and action. Be honest first with yourself, and you will more easily be able to be honest with others.
- **Humility:** Humility is to know yourself as a sacred part of Creation. You are equal to others, but you are not better.
- **Truth:** Truth is to know all of these things. Speak the truth. Do not deceive yourself or others.



This program is for men who wish to have more respectful relationships with their partners, their children, their parents and their friends. Please join us for an opportunity to learn the ways of the peaceful warrior.