



What Is AHOP?

The Aboriginal Healing & Outreach Program is a unique community based approach that builds on the individual/family's knowledge and use of Aboriginal values and teachings. We also use the Wraparound planning process, which focuses on the strengths of the individual/family to provide a healthy foundation to move towards a more balanced way of living.

Sometimes individuals and families that have been dealing with complex problems for a long time feel that things may never get better and that their life is out of their control. Our goal is to put people back in charge of their lives and enable the process of healing.

This program is a nine month demonstration project for Aboriginal individuals and families who are at risk of or who are homeless and may also be living in poverty.



For More Information Please Contact Us:

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Aboriginal Healing & Outreach Program



How Can It Help?

1. Facilitators will encourage and assist participants in striving for a healthy and balanced lifestyle through the use of an approach that is based on Aboriginal teachings as well as traditional roles and responsibilities.

2. Facilitators will use the Wraparound planning process to help address the unmet needs of the individual/family so that they can have a better quality of life on a daily basis. The Facilitator does this by helping the individual/family to:

a) Identify their hopes and dreams, their strengths and culture and the priority needs they want met.

b) Select and bring together the friends and extended family members, the community people and the service providers who they want on their Wrap team.

c) Guide their team in their development of an individualized, action plan to address the individual / family's priority needs.

3. We will mobilize the broader Aboriginal Community and its supporters in Hamilton to develop an Aboriginal specific Community Mobilization Team (CMT). This CMT will help find the in kind donations and volunteer support people that many Aboriginal individuals/families may require to be able to address their needs. We will also develop an Aboriginal community calendar for the individuals and families we serve so that they can be aware of and possibly attend different events, celebrations and ceremonies.



Who Is AHOP For?

We will offer this program to individuals and families who are at risk of or who are homeless and may also be living in poverty. In addition, they must be part of one of the following groups:

- Aboriginal Youth (ages 16-24) especially those leaving the care of a Children's Aid Society.
- Aboriginal Women and Children fleeing violence.
- Aboriginal Women and Men still in a Correctional Facility.
- Aboriginal Seniors (age 50 years and up).

Benefits

AHOP is **Individual/Family driven** which means that the family or individual who is participating has Voice & Choice every step of the way.

AHOP is **wholistic and culturally relevant**, therefore true healing can begin and continue in a way that is significant to Aboriginal people.

With a **team based approach**, there is always someone to talk to or help. Participants are encircled by people in their lives they feel are positive and who will be supportive in realizing the goals set by the individual/family.

A **strength based approach** involves identifying the personal and group strengths of the individual/family. By acknowledging positives and using supports, the capacity of the family or person is increased and they become empowered in their own lives.

