



Men's Culture Camp 2017
OutPost Camp - Ethel Lake
May 29th, 2017 to June 10th, 2017



The NND land based culture camp is designed to empower and motivate men to make positive changes in their lives. The camp is based on the holistic approach of moving towards finding balance and harmony in one's life by reconnecting with the land, culture and traditions.

The camp will focus on providing a safe, positive alcohol and drug free environment for participants to begin or continue on a path towards personal, family and community wellness.

The dates for the camp are May 29th, 2017 to June 10th, 2017. There are 15 seats available for this camp. If you are interested in participating in this camp, please contact Deanna Profeit at 996-2265 or deanna.profeit@mndfn.com

DEADLINE TO REGISTER IS MAY 24th, 2017 at 4:00PM



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Camp Routine:

The Men's Culture Camp will follow a daily routine, however it is left flexible so that the participants can identify areas of concern or enjoyment that they would like to address. Actual content of the program/activity will depend on participant input.

It is important for the camp staff to be open to changing the routine to accommodate the needs/wishes of the participants. The camp is designed to be free of rigid institutional scheduled associated with residential schools. A flexible routine also empowers the participants to take control of their own healing journey - not to simply do as they're told.

<i>08:00-8:30AM</i>	<i>Wake -Up</i>
<i>08:30-10:30AM</i>	<i>Breakfast & Clean-Up</i>
<i>10:00-11:00AM</i>	<i>Talking Circle</i>
<i>11:00-12:30PM</i>	<i>Group Program</i>
<i>12:30-02:00PM</i>	<i>Lunch, Clean-Up, Rest</i>
<i>02:00-05:30PM</i>	<i>Workshop (Art, Craft, Music, Nature Walk, Storytelling, Harvesting, Camp Maintenance, Carpentry Skills Building)</i>
<i>05:30-07:00PM</i>	<i>Supper & Clean-Up</i>
<i>07:00-08:30PM</i>	<i>Talking Circle</i>
<i>08:30-09:30PM</i>	<i>One to One Counselling Sessions and/or Free Time, Swimming, Sauna, Fishing, Relaxing,</i>
<i>09:30-11:00PM</i>	<i>Camp Fire Circle (Story Telling, Traditional Healing)</i>

