



## DEAR FRIENDS -

For nearly twenty years the Coming Home Society has worked to empower First Nations youth who are suffering from the legacy of Residential school trauma.

Your support has made healing possible. You have enabled mothers to reunite with, and care for their children. You have saved lives, helping desperate youth to pull back from darkness and despair. You have given young men and women self-worth, and optimism for a future in which their culture is valued.

This year First Nations youth were very touched when you came to dinner to celebrate their accomplishments in the Wisdom of Elders program. They were grateful for your sponsorship to attend a community workshop with psychologist Dr. Darien Thira, who showed them how to overcome the effects of colonization by drawing on their culture's traditional values.

'Showing up, supporting, giving, teaching....' We each have something to bring to the journey of reconciliation. May the Creator God continue to inspire and guide our hearts as we walk with First Nations youth to shape the future. *Linda Adams*



*First Nations youth honoring presenter Dr. Darien Thira with a blanket in appreciation for his workshop:  
"The Community is the Medicine"*

## The Wisdom of Elders Program continues!



*Learning to weave cedar bark ceremonial hats*

*Harvesting cedar bark for use in weaving*



*Making soapstone carvings*



*Gathering sage for spiritual ceremonies*

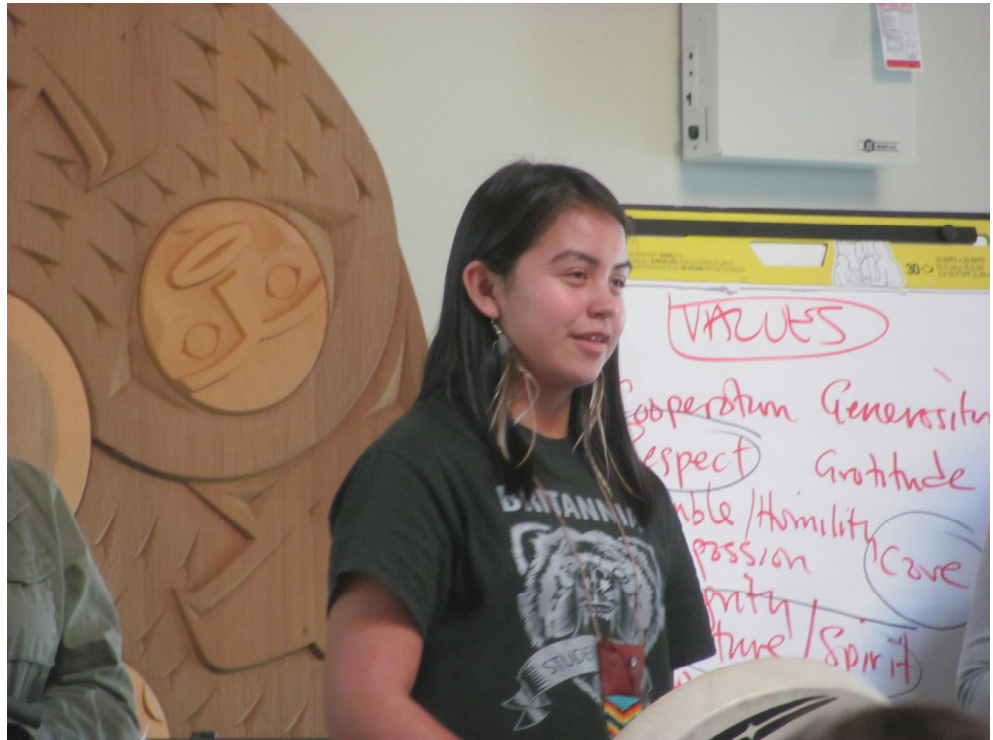
Your donations to the Coming Home Society provide honorariums to Elders, and purchase supplies, so that cultural teachings can be added to the diverse programs offered by our partner, Urban Native Youth Association. Thank you!



## The antidote to colonization:

**“A well-lived life:  
the antidote to  
colonization.”**

*(Dr. Darien Thira)*



We all aspire to a well-lived life – a life of close family relationships. A life in which we feel part our community, and are valued for our contributions. A life that includes spirituality. A connection to the Creator, God, the Universe, Nature, and/or the Ancestors gives our lives meaning, and is a source of renewal.

When family, community, and spiritual relationships are devalued and severed, as they were for Indigenous Peoples under colonization, living a well-lived life becomes impossible.

Yet despite this brokenness, the cultural values that have guided and been the source of wellness in First Nations communities for thousands of years, remain. Values such as balance and harmony; love; honesty; respect; meaningful roles in family and community; protocols and ceremony; fortitude; humility; gratitude; generosity; and tradition.

The Coming Home Society brings Elders together with First Nations youth, connecting them to the values that are the source of strength in their community, culture, and spirituality. These values enable young people to be resilient—to form a positive identity, and a vision for their lives. A life based on meaningful relationships with family, community, and the Creator God is the basis of a well-lived life. And a well-lived life is the antidote to colonization.

*(based on material presented by Dr. Darien Thira in his workshop “The Community is the Medicine”)*

## Celebrating the Wisdom of Elders program!



*Celebratory dinner for the community. Youth courageously introduced themselves in their own languages, said prayers, and spoke about their newfound connection to their culture and the land through the Wisdom of Elders program.*

*Sharing our work  
with the Board of the  
Anglican Foundation—*

*Primate Fred Hiltz, Chair,  
with Coming Home Society  
President, Linda Adams,  
and Urban Native Youth  
Association's Elizabeth  
Adams*



### YOU CAN HELP FUND THE COMING HOME SOCIETY'S 'WISDOM OF ELDERS' PROGRAM

Send your donation to the Coming Home Society,  
303 East Cordova Street, Vancouver, B.C. V6A 1L4

*All donations will receive a charitable tax receipt.*

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