

Elders Governance Board of Directors

The cultural program is designed and serviced by Native American credentialed Elders who apply culture to clinical practice. It is geared to enrich the women's overall wellbeing with the ultimate goal to inspire women to become independent, overcome addiction, domestic violence, homelessness and find their place in society with dignity and pride as Creator intended.

Cultural programs are custom designed to meet the needs of local Tribal members on and off-reserve.

Services are delivered onsite to Tribal territories across Washington State and off-reserve facilities as needed.

NWIN currently offers advocacy and cultural program services to Native Women In Recovery House located in Seattle, Washington.



Our vision is to enrich native women's overall wellbeing, to inspire them, to find their place in society with dignity and pride as Creator intended.



NATIVE WOMEN IN NEED

Head Office:
16422 Meridian Ave. S.
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Website: www.nativewomen.net



Honoring the beauty and strength of our Sisterhood

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Cultural Program



Circle of Life Workshop Series

Circle of Life Series workshops are designed and offered by credentialed Elders specializing in sexual abuse, domestic violence, recovery and anger management.

Groups and workshops include:

Lessons from the Cradleboard is the first step in leveling a person's circle of life. Participants learn teachings as child and parent while making native American cradleboard.

Releasing Our Tears – Build a dream catcher to encompass milestones from childhood to adult life. The circle of life enables participants to view life in its entirety rather than from the impacts of sexual abuse. Women learn who they are today to move forward past the stage of onset.

Dynamics of Anger – Anger Management workshop helps participants observe and learn the physiological effects anger has on the body and how to manage their anger and redirect the energy in a healthy way.

Angie and the Spirit Animals – Participants perform in a puppet play of a little native girl named Angie with fears of disclosure of sexual abuse and seeks the support of the spirit animals.

Tree of Life – power of the mind. Observes how participants thinking process starts with a thought and how it branches out into different scenarios.

All Circle of Life Workshop Series begin with a morning sweatlodge.

Recovery Workshops

The recovery program design and implementation is offered by a licensed CDP Elder with over 30 years in recovery specializing in addictions, grief and loss, and facilitation in several areas supporting recovery.

Activities offered include:

Talking Circles—contribute to the spiritual and emotional wellbeing of the women. Sacred medicines are provided for smudge with an eagle feather for everyone to share their victories or challenges on their path.

Workshops are offered on various topics based on needs identified by the group: stages of recovery, healthy relationships, family disease, grief and loss, and 12 Steps. Workshops educate and provide the necessary tools to support the women to accept and overcome challenges sober.

Parenting Classes – Parenting classes are provided for new moms and women in recovery reuniting with their children and families. Classes are offered by three Elders with several years of experience helping families reunite and find their way back to each other through traditional teachings and eight weeks of classes.

All workshops in the Circle of Life Series and Recovery are accredited through Northwest Indian College.

Sweatlodge

Sweats are conducted by an Elder and their helper. The sweat contributes to the mental, emotional, physical and intellectual of the women. It stimulates mental and emotional clarity by releasing toxins and chemicals built up during use in addition to overall spiritual growth and clearing through prayer, medicines and songs.



Sweatlodge

Massage Therapy

Massage Healing Therapy is provided by a licensed Native American female massage therapist with 20 years of experience working with native women and pregnant moms suffering from trauma. Participants comfort levels are a priority.

Mentorship

Mentorship provides Elders the opportunity to share cultural knowledge and expertise with participants who wish to help others and join the network of NWIN services. Training is provided at accredited training institutions through partnerships with regional Tribal Treatment programs and internships with local College and Universities.

Advocacy

Advocates with twenty years of experience in Indian Country hold life experiences as survivors of sexual abuse, domestic violence, alcoholism and addictions. Services address multiple issues in areas of homelessness, unemployment, education, discrimination, legal support, and cultural and religious support to chronic alcoholic programs.

For additional information on how to access our services, please see contact information below:



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