

# SO'OH-SHINALÍ SISTER PROJECT TRAINING & WORKSHOP OFFERINGS

We offer trainings and workshops in three distinct and interconnected focus areas: (1) Wellness, (2) Education and (3) Indigenous leadership and organizational development.

## TRAININGS

- Indigenous Leadership and Emotional Intelligence
- Case Management
- Leadership and Executive Coaching
- Wellness Training option
- Creating Spaces

## CONSULTATIONS

- One-to-one appointment to determine match for specific services or support.

## EDUCATION

From tribal organizations, to K-12 and higher education, we know the value and importance of education and ensuring our Indigenous families are supported. We happily offer the following educational trainings and workshops.

## WELLNESS

We provide quality mental wellness services grounded in holistic healing (mental, spiritual, emotional and physical balance) through a culturally inclusive approach.

## ORGANIZATIONAL DEVELOPMENT & INDIGENOUS LEADERSHIP

## PROFESSIONAL CONSULTATION APPOINTMENT

## COMMUNITY DRIVEN

All content is created with an Indigenous lens and can be tailored for an intergenerational audience or for a specific age group and/or group size. We welcome the opportunity to collaborate and learn with you!

Our offerings are intended for Indigenous-identified community members and service providers or organizations that work with the Indigenous community.

## TRAININGS

- Indigenous Approach to Mental Wellness
- Suicide Prevention and Harm Reduction

## COMMUNITY ENGAGEMENT WORKSHOPS

- Wellness Circles
- Beading Circles
- Support Groups
- Interactive Art Activities
- Storytelling
- Plant Medicines

## TRAININGS

- Intergenerational Resilience and Indigenous Education
- Special Education-Advocacy and Rights
- Decolonizing Higher Education

## COMMUNITY ENGAGEMENT WORKSHOPS

- Parent Support Groups and Resources
- Higher Education workshops
- Social Justice through Inclusion & Cultural Competency
- Indigenous People



*So'oh-Shinalí*  
SISTER PROJECT

So'oh-Shinalí Sister Project (SSS Project) is a 501(c) 3 tax-exempt nonprofit organization.

We acknowledge and thank our Tongva, Tataviam, and Chumash relations on whose ancestral lands we reside, gather, and pray. We honor all of the ancestors and their descendants here today and the contributions of all of our relatives, past, present and future.

# WELLNESS

We provide quality mental wellness services grounded in holistic healing (mental, spiritual, emotional and physical balance) through a culturally inclusive approach.

## TRAININGS

### INDIGENOUS APPROACH TO MENTAL WELLNESS

This training integrates teachings of the Medicine Wheel to encourage participants to understand and practice wellness through a strengths-based approach. Participants will be engaged in discussion on each quadrant of the Medicine Wheel to identify how their actions demonstrate their own mental, spiritual, emotional and physical wellness to promote balance.

### SUICIDE PREVENTION AND HARM REDUCTION

This training focuses on how parents, caregivers, family members and organizational professionals may support one another to prevent suicide and self-harm. This training is designed to provide practical skills for participants to recognize warning signs and address needs in concrete ways. We recognize this training may be triggering for some community members and provide substantial context setting to create a supportive and caring learning environment.

## COMMUNITY ENGAGEMENT WORKSHOPS

### WELLNESS CIRCLES

Our Wellness Circles provide an interactive and participant-driven space for individuals to connect, build relationships and foster community. Circle Keepers facilitate each session through shared stories and songs as well as prompting questions and visuals. Each Wellness Circle may be focused on one quadrant of the Medicine Wheel or may be rooted in all quadrants with a specific topic area depending on participant needs.

### BEADING CIRCLES

Our Beading Circles are facilitated in partnership with local beading artists. In each Beading Circle participants are engaged in creating their own beaded project. As we move through the creation process we discuss how our learning styles, focus, strengths and challenges may impact our work and mindfulness in everyday actions. Participants learn various stitches and styles; example projects include: looped fringe earrings, rosettes, rose wrap stitching, beaded cap stitching, peyote stitch, hoop earrings/ladder stitch, Indian corn earrings/square stitch, and brick stitch. These events are facilitated for beginners and advanced beaders.

### SUPPORT GROUPS

We provide Support Groups for Indigenous youth, college students, adults, parents, and caregivers to help community members find an outlet to express their challenges, learn about resources and overcome obstacles.

### INTERACTIVE ART ACTIVITIES

Interactive Art Activities are facilitated in partnership with Indigenous artists to focus on wellness and community care through creative expression and interactive dialogue. Specific topics and designs may be developed to reflect community needs.

### STORYTELLING

Storytelling is central to education, moral development and cultural preservation among Indigenous people. To honor this ancestral practice, storytelling sessions are led by community storytellers. They may share stories on land rights and advocacy, language preservation and cultural preservation for all ages.

### PLANT MEDICINES

Indigenous people have long understood the power of traditional plant medicines. Plant Medicine sessions promote the understanding of our plant relations, traditional medicines and our connection with Mother Earth to stay rooted as we move through our journey.



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# EDUCATION

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# TRAININGS

## INTERGENERATIONAL RESILIENCE AND INDIGENIZING EDUCATION

This training integrates intergenerational resilience as a means to counter Western narratives and uphold Indigenous perspectives within educational systems. Facilitators provide specific examples and resources on how community members can advocate to Indigenize their school to promote visibility, advocacy and a sense of belonging for Indigenous students of all ages.

## SPECIAL EDUCATION-ADVOCACY AND RIGHTS

This training provides ways parents and caregivers who care for children with different abilities can gain access to resources focusing on advocacy, parent's rights, and tools needed to prepare for a child's Individualized Educational Plan (IEP).

## DECOLONIZING HIGHER EDUCATION

This training is focused on how our community can promote equity and inclusion of Indigenous students within higher education through specific practices, advocacy efforts and resources. The goal of this training is to foster a sense of belonging, promote visibility and engage in advocacy work for our students as we see higher education as an avenue for self-determination and a way to give back to our communities.

# COMMUNITY ENGAGEMENT WORKSHOPS

## PARENT SUPPORT GROUPS AND RESOURCES

Our parent support groups provide a platform for parents and caregivers to express their challenges about their child's education, learn about resources, and how to overcome obstacles like micro-aggressions and inequity in their child's school.

## HIGHER EDUCATION WORKSHOPS

We recognize and value higher education as a means to self-sufficiency for Indigenous peoples' and self-determination for our tribal nations. Our higher education workshops are designed to unveil the opportunities available through college to make the application and associated financial processes less daunting. Workshops include: Admissions and A-G requirements, Finding Community through Student Involvement and Engagement, Identifying a Major, and Funding Your College Experience: FAFSA, Scholarships and Loans for Indigenous students.

## SOCIAL JUSTICE THROUGH INCLUSION & CULTURAL COMPETENCY

We understand that social justice is a process and a goal. Our workshops focused on inclusion and cultural competency are created with purpose to raise social consciousness and empower our community members through specific content areas. Specific workshops include: Identity Development (privilege and oppression), Seeing Culture as an Anchor, Understanding Intersectionality, Using Inclusive Language, and Managing and Responding to Microaggressions in Schools and Cultural Appropriation. Depending on the audience, each inclusion and cultural competency workshop may integrate components of select single-focus topics or include a combination of these offerings.

## INDIGENOUS VOICES AND LENS IN THE CLASSROOM

Most public school curriculums do not include indigenous voices in the collection of readings in the classroom. This training guides educators on how to not only include Indigenous voices and perspectives, but how to center the classroom using an indigenous lens. The facilitator will provide resources, exemplars, and tools on how to foster an inclusive, culturally appropriate, and safe space in the classroom.



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# ORGANIZATIONAL DEVELOPMENT & INDIGENOUS LEADERSHIP

## TRAININGS

### INDIGENOUS LEADERSHIP AND EMOTIONAL INTELLIGENCE

Leadership theories and practices are often rooted in Western perspectives. This training centers Indigenous core values of relationships, respect and reciprocity as central to our understanding and practice of leadership to decolonize, deconstruct and inform how we work with others to be a good relative.

### CASE MANAGEMENT

This training focuses on understanding case management and best practices to develop an interdependent and sustainable relationship with clients, including establishing rapport, assessing for immediate and long term needs, and developing a plan that supports the continued progress of clients goals.

### TRAUMA-INFORMED CARE

The workshop will provide a deeper understanding of trauma, trauma informed care, and best practices to provide culturally responsive support. This workshop includes a presentation and group participation through a talking circle to gain a deeper experience of a culturally responsive approach to wellness.

## LEADERSHIP AND EXECUTIVE COACHING

Through our one-to-one or group coaching approach, we co-create space to support our clients with fully stepping into their power (authentic self), gain clarity (become unstuck), and sharpen or develop their leadership style. Coaching has proven to be a great resource to support leaders in their personal and professional roles.

## CREATING SPACES

This session is focused on training others to create, promote, and facilitate their own culturally inclusive wellness spaces so they may bring their ideas to fruition. This includes support with logistical planning and coordination of workshops and activities using various platforms to make your idea accessible for all.



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# PROFESSIONAL CONSULTATION APPOINTMENT

## CONTACT

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## FREE INITIAL CONSULTATION

Initial consultations are an opportunity for us to get to know one another better, learn about what support you are hoping for, and ask questions. All initial consultations are held by phone or video conference for approximately 15-20 minutes.

## CONSULTATION

We offer onetime or on-going professional consultation services to individuals, groups, Tribes and/or organizations. The appointments range from 30 minutes to 2 hours in length (depending on request) and can be held in-person or remotely (phone or video conference).



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