

# HULL IS



**Hull Services** helps kids, young adults and families who live with emotional, behavioural, developmental and social challenges. Some may struggle with neglect, abuse, addiction, poverty and violence.

With more than 27 specialized programs located throughout Calgary, Hull's services focus on prevention and early intervention, family services, residential treatment, community-based care and education.

For more information, to donate, volunteer or work for Hull, please visit:

[hullservices.ca](http://hullservices.ca)

## Braiding the Sweetgrass

For more information or a referral, please contact Valerie Sipos at 403-207-2533 or [vsipos@hullservices.ca](mailto:vsipos@hullservices.ca)



**Braiding the Sweetgrass** is funded by:



**United Way**  
Calgary and Area

If you or someone you know would like more information about **Braiding the Sweetgrass**, please contact us.

[hullservices.ca](http://hullservices.ca)



## Braiding the Sweetgrass



**BRAIDING THE SWEETGRASS**

Guiding families in the prevention of transmission of Intergenerational Trauma

[hullservices.ca](http://hullservices.ca)

## WE SERVE

**Braiding the Sweetgrass** guides Indigenous families through the effects of Intergenerational Trauma (IGT) to a place of well-being. Families experience culture, community, and reconnection on their journey of healing.

Program activities include: Two groups per month, home visits, cultural ceremonies, social gatherings, and Elder support over a four month period.

Braiding the Sweetgrass serves urban Indigenous families with children and youth (Grades 1 through 12), their parents, and siblings who are:

- Searching for information and/or a connection to culture.
- Open to gaining knowledge about intergenerational trauma and its impacts on Indigenous families.
- Wanting to establish better community connections and gain a support network.
- Not experiencing acute crisis (i.e., domestic violence, active addictions, child abuse, homelessness) at the time of intake.

## WE BELIEVE

**Braiding the Sweetgrass** recognizes that our Elders are traditional wisdom keepers and the protectors of sacred knowledge and traditional protocol.

We believe that culture is healing, and when combined with western therapeutic models, families are given knowledge and tools for change.

*“For a long time I have known my heritage, but mostly heard the stereotypes. Although I knew they weren’t true, I felt all alone in facing that. Meeting other participants helped me realize I am not alone in that plight. We are really building a community of belonging and it feels good to be a part of this group.”*

*~ a parent in Braiding the Sweetgrass*



## WE SUCCEED



- When parents have increased knowledge of the history of Indigenous peoples, modes of trauma transmission, and effects of IGT on self and children.
- When participants are positively exposed to Indigenous cultures.
- When family relationships are strengthened through increasing child-focused interactions.

*“My child sees the true beauty of our culture.”*

*“My baby smudging, lifting her feet up and smudging them too. Story telling by the Elders and smudge teachings was the highlight of my evening and my week.”*

*~ Parent comment of key successes of group*