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# Fraser River Indigenous Society



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*We recognize the traditional territories of the Katzie and Kwantlen First Nations.*

*We respectfully acknowledge the many nations who are represented by the urban First Nations, Metis, and Inuit populations in the Fraser Valley and Metro Vancouver Areas whom we serve.*

## Traditional Kitchen and Family Life Program Description

### *Oots'n Wineeya (soul food)*

#### **Summary of the Program**

The facilitator and an Elder will provide a safe place for the group members and support the natural helping mechanisms to members. The facilitator can foster the expertise of lived experience of the members as a guiding principle for the longevity of the group.

The facilitator will provide appropriate community resource information such as food banks. With the intention to bring culture home, the circle group brings teachings and cultural activities which spark the conversations of the day. Guided conversations mixed with fun and enriching activities creates a balance in programing.

#### **Programs goals and Objectives**

This program will provide educational opportunities to practicing food preparation, healthy eating and preservation skills. It will increase food and nutritional knowledge of both Indigenous and mainstream foods through sharing of recipes, food preparation techniques, reading and altering recipes. We hope to engage members in food-based programming and reduce isolation through active participation.

#### **Activities**

- Monthly Traditional Kitchen and Family Life gathering for up to 20 participants;
- Providing an opportunity for traditional circle of support, collaboration and togetherness that is facilitated by a traditional person or Elder who will share their wisdom and knowledge
- Providing resources from the Aboriginal Parenting Groups and the Family Strengthening programs and teachings on a variety of topics including budgeting, shopping, traditional recipes, food safety, cultural significance and traditional roles
- Engaging with participants to prepare and cook meals

#### **Supervision and Responsibilities:**

Supervision and clinical supervision are the direct responsibility of the Family Development Programs Manager. The Manager has access to the ED and to the accountant/HR specialist to support other HR needs. The Family Development Programs Manager has the responsibility to track the number of participants in the program.

FRIS will endeavor to provide a safe place to share stories, news and teachings under the FRIS umbrella of Confidentiality to the client/family. Safety protocols will be established to keep members of the group safe.

Staff are expected to uphold the standard ethical practices and principles of Fraser River Indigenous Society in their work.

The Facilitator reports to the Family Development Programs Manager (FDP) who reports to the FRIS Executive Director (ED). FRIS will provide the appropriate training and supplies needed for the Facilitator to perform their duties

### **Location**

Fraser River Indigenous Society will host this group with the needs of space and equipment in mind. The Location will be accessible to various mobilities and in proximity to public transit.

### **Focus Population**

Indigenous families with priority being given to families and individuals with assessed needs such as isolation, low income, single parent, or a person with mixed family dynamics. An individual or family may attend the Traditional Kitchen gathering as their sole connection to Fraser River Indigenous Society or as part of their Family Strengthening or Support Circle connection.

### **Referrals and Self Referral**

Oots'n Wineeya is open to any Indigenous persons wishing to register to this group.

All aspects of the Medicine wheel apply to the wellness of this group. Culture is medicine and culture is healing.

FRIS will use a Sign in Sheet to track the number of participants and their place of residence.

### **Agency Referrals**

Referrals from other agencies (MCFD, Community Services etc) will be accepted. Interested participants can self refer to this group.

### **Waitlists**

FRIS does not predict the need for a waitlist to be established. However, if there is a need to restrict the size of the group due to lack of capacity (either in location or due to supplies project limitations) a waitlist will be established. In that instance Clients directly referred by MCFD will have priority.

Also, families who are waitlisted for this program can join the men's or women's group to serve the needs for immediate connection to community and resources.

Participants will need to RSVP their attendance so meal planning in the appropriate amounts can be planned.

## **Reporting**

On a monthly basis:

- The number of sessions held; and
- The number of attendances
- Feedback from evaluation on exit from group and or program
- Any other information agreed to in the MCFD Contract as per 1.4 of the Reporting requirements.

## **Evaluation**

At a minimum, all participants will be requested to complete a periodic feedback form for program improvements. Any formal program evaluations of FRIS will be used to enhance feedback suggestions.

## **Communication:**

The Family Development Program Manager will strive to have open and transparent communication to ensure the success of the program with FRIS Facilitators and Elders who will report to the FD Manager

The FDP Manager and Facilitator will review referrals regularly and to review the program in general. Attendance sign in sheets will be provided to track client frequency of the program

General reports of attendance and progress will be shared for MCFD referrals.

As outlined in the APPF, the relationship amongst all parties "calls for continuous and conscious efforts by all peoples, organizations and governments to strengthen, revitalize and ensure equity and inclusion in all relationships and partnerships" (p.9)

## **Definitions**

Oots'n Wineeya- Phonetically pronounced – (ots zin Win aaya) = Soul Food