

SACRED SEVEN

The Sacred Seven – Healthy relationship program is at the University of Winnipeg’s Wii Chiiwaakanak Learning Centre and funded through the Canadian Women’s Foundation and Status of Women. The project has been working urban Aboriginal youth under the principles of cultural identity, increasing engagement, fostering empowerment and establishing effective relationships.



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DEDICATED TO: DENISE OMMANNEY



COURAGE

- Courage to be a friend for other people
- Courage to stand up for yourself and others
- Courage to have the voice to speak up
- Courage to know your boundaries and when to say no



WISDOM

- Wisdom is finding ways to get over failure and not let it stop you
- Wisdom is recognizing that you never know what is going to happen, you can always learn something new



RESPECT

- Respect yourself as well as others, treat others as you would like to be treated
- Respect yourself and your body with self care, eating right, and exercise



LOVE

- Love yourself and the people around you
- Love has a ripple effect, meaning that one act of love creates another. Love is the strongest power on earth, as it links us all together



HONESTY

- To be honest with others you must first be honest with yourself
- Honesty is being honest with oneself, the lies you tell yourself will hurt you more



TRUTH

- Truth is understanding the importance of all of the sacred seven teachings, and practicing these teachings as a way of life
- Be true to yourself and honor your gifts



HUMILITY

- Humility is recognizing that no one knows everything, we are always learning
- Humility is the ability to recognize your mistakes/flaws and learn from them

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