



# Sister Coalition Empowerment Training

Native Women's Society & First Nations Women's Alliance  
Bismarck, ND



First Nations Women's Alliance

## September 8 & 9, 2022

**Quality Inn  
Meeting Room C  
1030 E. Interstate Ave.  
Bismarck, ND**

*Available lodging for traveling membership participants can be made at:*

Quality Inn  
1030 E. Interstate Ave.  
Bismarck, ND  
**1-(701) 223-1911**

**Information: Carmen O'Leary, NWSGP Director**

[nativewomensociety@gmail.com](mailto:nativewomensociety@gmail.com)  
[businessmanager@nativewomensociety.org](http://businessmanager@nativewomensociety.org)

**REGISTRATION LINK:**

**(605) 200-2699  
(605) 850-1332**

**Information: Sandra Bercier, FNWA Director**

[fnwa16@gmail.com](mailto:fnwa16@gmail.com)  
[fnwaofficemanager15@gmail.com](mailto:fnwaofficemanager15@gmail.com)

**(701) 662-3380**

## AGENDA

**THURSDAY, SEPTEMBER 8, 2022**

**Indigenizing Our Communities**

**(Linda Thompson – Minnesota Indian Women's Sexual Assault Coalition/MIWSAC)**

8:00 Sign In/Traditional Welcome  
Introductions  
8:30 Indigenizing Our Lives  
10:30 *Break*  
10:45 Indigenizing Our Work Life  
12:00 *Lunch*

**Survivor Story**

**(Rockee Mahto)**

1:00 Pantherwoman - A Journey of Survival  
3 pm *Break*

**Talking Circle Group Facilitation**

**(Sandra Bercier & Linda Thompson)**

3:15 Using Our Medicines Within Talking Circles  
4:30 *Questions & Closing for the day*

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**FRIDAY, SEPTEMBER 9, 2022**

**Mind-Body Medicine**

**(Cynthia New Holy)**

8:00 *Sign In*  
8:30 Welcome/Brief Goals of Workshop  
8:40 Introduction of Mind-Body Medicine & Importance of Self-Care  
9:50 Soft Belly Breathing Experiential  
Public Education & Community Involvement  
10:05 Sharing  
10:30 *Break*  
10:45 Meditation, Movement & Native Traditions  
Trauma & Transformation  
11:15 Shaking & Dancing Experiential  
11:30 Sharing, Home Practice Options  
12:00 Lunch  
1:00 Expression in Different Forms: Writing, Drawing  
Poetry and Art Drawings Experiential  
1:30 Sharing  
2:15 *Break*  
2:45 Finish Sharing of Drawings  
3:15 Summary  
4:00 Closing

*Safe Travels*

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**Membership need to make their own reservations and upon arrival, your coalition will pay for motel.**

**[REGISTRATION LINK](#)**

**or call (701) 223-1911**

**FNWA business board meeting will be Wednesday evening and NWSGP business board meeting will be Thursday evening.**

You are encouraged to participate in the United Tribes Technical College Wacipi's grand entry on Saturday evening, Sept. 10 as advocates will bring in the DV silhouettes and banners.

FULL NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE, ZIP, TELEPHONE \_\_\_\_\_

ORGANIZATION \_\_\_\_\_

Email \_\_\_\_\_