

**Agenda**  
**Community GONA**  
**(Gathering of Native Americans)**  
**Date 2013**

**Objectives of the GONA:**

- To engage the community (youth, adults, service providers) in a community wellness effort with a focus on the prevention of suicide, bullying, and violence.
- To mobilize and empower the local community to bring about positive change (reduced suicide, violence, and bullying)
- To enable each individual to determine the level of self care needed to engage in effectively in the community wellness effort
- To begin the creation of a community wellness effort to prevent suicide, bullying, and violence to support Wellness.

**Day One: Belonging-** “building and strengthening the sense of team, family, community”

- Registration/Pictures and Affirmation Wall
- Opening Ceremony- Drum call/prayer (Local lead)
- Welcome/Introductions/Overview of GONA: Spirit House/Group Norms/ Traditional Values,
- Teambuilding Activities:
- Introductions, Name, Brag, Nickname
- Creating Community
- Team Banners/Name/Cheer- Community and cultural strengths
- Review of day one
- Closing prayer (Local lead)

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**Day Two: Mastery** “gaining mastery and healing from what holds us back”

- Opening ceremony- Drum call/prayer (Local lead)
- Building Trust
- Family and community history and patterns- story/testimony
- Historical Trauma-Impact on individuals, families, and communities
- What broke apart the Native World? What holds our world together
- Community Resiliency and Strengths
- Letting go ceremony
- Review of day two
- Closing prayer (Local lead)

**Day Three: Interdependence** “working together interdependently for positive change”

- Opening ceremony- Drum call/prayer (Local lead)
- Building team
- Community Problems and solutions
- Conflict Resolution/ Giving it, taking it, working it out!!
- What is Native Community Wellness? Creating a vision for community wellness
- Review of day three
- Closing prayer (Local lead)

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**Generosity-** “giving back to self and community”

- Opening Ceremony- Drum call/prayer
- Story telling
- Drafting community Action Plan
- Strengths and resiliency factors
- Reflection/review/ sharing of community wellness plan
- Commitment to community/ Giveaway/open expression
- Closing prayer (Local lead)