

Connection and Belonging Independence Plan



About the Logo: **Wildflower Wheel**

Logo Graphic Designers: Kim Vizi-Carmen and Leah Dorion Artist Collaboration

Original Painting Medium: Leah Marie Dorion

This wildflower wheel logo is dedicated to the wildflowers that have influenced Metis health and wellbeing throughout the generations. The four wildflowers featured in the painting are the dandelion, blue bells, yarrow, & thistle. These four wild flowers have brought much joy and comfort into the lives of many Metis people and families. These flowers have been featured in Metis beadwork design patterns.

The centre of the Red River Cart wheel hub has the fruits and flowers that have sustained Metis people. These fruits and flowers symbolize our youth and the gifts they bring to the community circle.

The four cart wheel spokes feature humming birds, butterflies, bees and dragonflies to inspire us to seek out the ancestors, celebrate lived beauty and to cultivate joy during our circle of life journey. The three butterflies have rainbow colors to represent the importance of creating belonging and acceptance in our community grounded in love.

There are seeds blowing around the cart wheel which are connected by a lifeline umbilical cord. The cord symbolizes our need to connect with the cycles of the natural world for grounding, health, and healing.

This logo design is inspired by a quote by Christie Belcourt, “We are resilient as a weed and beautiful as a wildflower”

- Leah Dorion



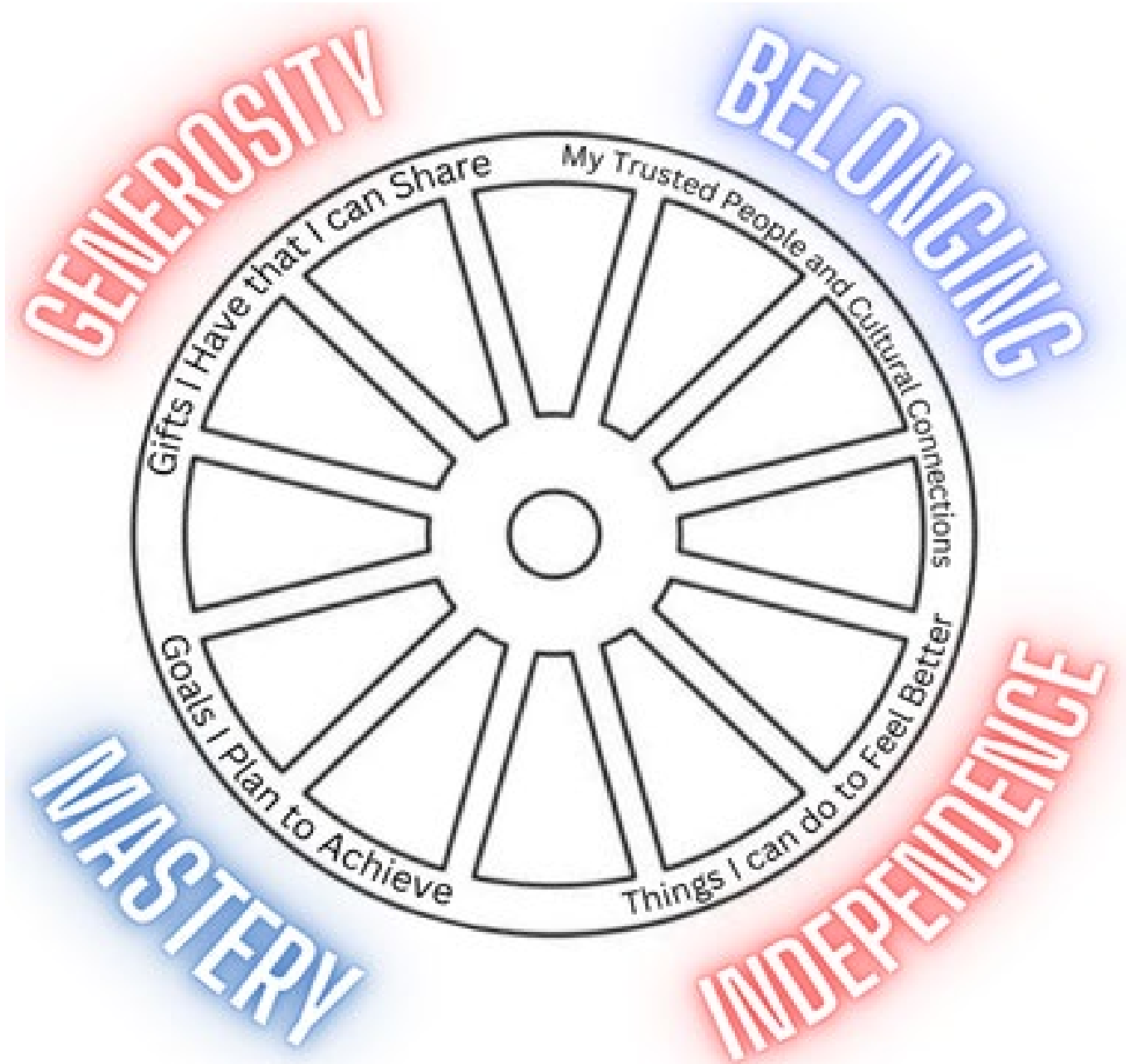
A Plan to Keep Me on Track

Name: _____ Date Completed: _____

DOB (M/D/Y): _____ Next Review Date: _____

[Grab your reader's attention with a great quote from the document or use this space to emphasize a key point. To place this text box anywhere on the page, just drag it.]

Cultural Identity: _____



Belonging: My Trusted People and Cultural Connections:

Mastery: Goals I Plan to Achieve:

Independence: Things I Can Do to Feel Better:

Generosity: Gifts I Have That I Can Share:

GOAL 1:

How will I get there, and who will support me and hold me accountable?

1.

2.

3.

4.

SCALING QUESTION GOAL 1: On a scale from 0 to 10, where 0 means *I don't really have people supporting me and I don't have a plan I'm using* and 10 means *I have people who've got my back, we have a clear plan, I'm using it consistently, and we all feel confident I'm moving forward toward my goal.*

- Where would you say things are at right now?
- What tells you you're at a ____ and not lower?
- Who are the people who are supporting you right now? What are they doing that helps?
- What parts of your plan are you using consistently?
- What's one small sign that shows you're making progress?
- What would need to happen to move one step higher on the scale?

YOUTH: _____

NUMBER: _____

RATIONALE:

NAME & RELATIONSHIP TO YOUTH:

NUMBER: _____

RATIONALE:

NAME & RELATIONSHIP TO YOUTH:

NUMBER: _____

RATIONALE:

NAME & RELATIONSHIP TO YOUTH:

NUMBER: _____

RATIONALE:

GOAL 2:

How will I get there, and who will support me and hold me accountable?

1.

2.

3.

4.

SCALING QUESTION GOAL 2: On a scale from 0 to 10, where 0 means *I don't really have people supporting me and I don't have a plan I'm using* and 10 means *I have people who've got my back, we have a clear plan, I'm using it consistently, and we all feel confident I'm moving forward toward my goal.*

- Where would you say things are at right now?
- What tells you you're at a ____ and not lower?
- Who are the people who are supporting you right now? What are they doing that helps?
- What parts of your plan are you using consistently?
- What's one small sign that shows you're making progress?
- What would need to happen to move one step higher on the scale?

YOUTH: _____

NUMBER: _____

RATIONALE:

NAME & RELATIONSHIP TO YOUTH:

NUMBER: _____

RATIONALE:

NAME & RELATIONSHIP TO YOUTH:

NUMBER: _____

RATIONALE:

NAME & RELATIONSHIP TO YOUTH:

NUMBER: _____

RATIONALE:

GOAL 3:

How will I get there, and who will support me and hold me accountable?

1.

2.

3.

4.

SCALING QUESTION GOAL 3: On a scale from 0 to 10, where 0 means *I don't really have people supporting me and I don't have a plan I'm using* and 10 means *I have people who've got my back, we have a clear plan, I'm using it consistently, and we all feel confident I'm moving forward toward my goal.*

- Where would you say things are at right now?
- What tells you you're at a ____ and not lower?
- Who are the people who are supporting you right now? What are they doing that helps?
- What parts of your plan are you using consistently?
- What's one small sign that shows you're making progress?
- What would need to happen to move one step higher on the scale?

YOUTH: _____

NUMBER: _____

RATIONALE:

NAME & RELATIONSHIP TO YOUTH: _____

NUMBER: _____

RATIONALE:

NAME & RELATIONSHIP TO YOUTH: _____

NUMBER: _____

RATIONALE:

NAME & RELATIONSHIP TO YOUTH: _____

NUMBER: _____

RATIONALE:

MY TEAM

NAME: _____

WORKER ROLE: _____

CONTACT: _____

NAME: _____

WORKER ROLE: _____

CONTACT: _____

NAME: _____

WORKER ROLE: _____

CONTACT: _____

NAME: _____

WORKER ROLE: _____

CONTACT: _____

NAME: _____

WORKER ROLE: _____

CONTACT: _____