

## Shelters and Services:

### EMERGENCY SHELTERS

Fort Qu'Appelle 306-332-6881

La Ronge 306-425-3900

306-425-4090 (crisis line collect)

Meadow Lake 306-236-5570

Moose Jaw 306-693-6511

North Battleford 306-445-2742

Prince Albert 306-764-7233

Swift Current 306-778-3692 | 1-800-567-3334

### REGINA

Isabel Johnson Shelter 306-525-2141

Regina Transition House 306-569-2292

WISH - Wichihik Iskwewak

Safe House 306-543-0493

### SASKATOON

YWCA of Saskatoon 306-244-2844

Saskatoon Interval House 306-244-0185

### YORKTON

Shelwin House 306-783-7233 | 1-888-783-3111

Project Safe Haven 306-782-0676

### SECOND STAGE

SOFIA House (Regina) 306-565-2537

Prince Albert 306-764-7233

Genesis House (Swift Current) 306-778-3692

Adele House (Saskatoon) 306-668-2761

WISH (Regina) 306-543-0493

### FAMILY VIOLENCE

### OUTREACH SERVICES

North East (Melfort) 306-752-9464

1-800-611-6349

Hudson Bay 306-865-3064 | 1-800-611-6349

West Central (Kindersley) 306-463-6655

Envision (Estevan) 306-637-4004

1-800-214-7083

Envision (Weyburn) 306-842-8821

1-800-214-7083

### Partners Family Services

(Humboldt) 306-682-4135

ARTWORK BY DAPHNE ODJIG



*We would like to thank the elders for  
passing on their knowledge over the generations.*



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Prairieaction  
FOUNDATION

Supporting Solutions  
To Violence and Abuse

Financial assistance was provided by the Community Action, Research  
and Education Grants Program (CARE) of the Prairieaction Foundation.

FEBRUARY 2013

## Aboriginal Philosophy & Decision-Making

### *Teachings and Practices for Non-Violent Communities*

*"Realize that we as human beings have been put  
on this earth for only a short time and that we must  
use this time to gain wisdom, knowledge, respect  
and the understanding for all human beings since  
we are all relative."*

*Traditional Cree Teaching*



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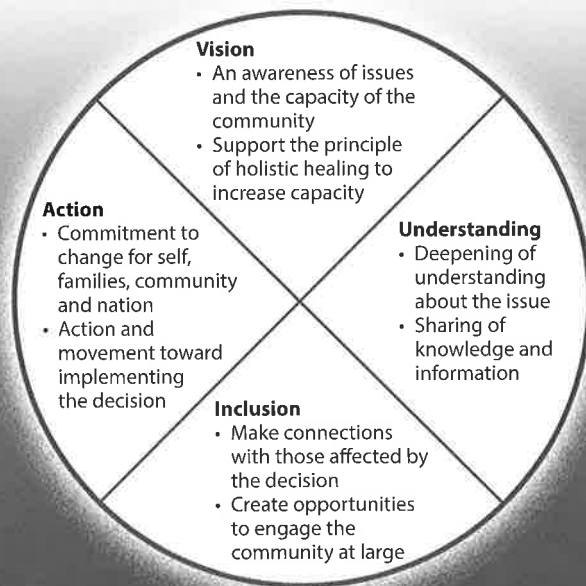
## From Conflict to Consensus

In Aboriginal philosophy conflict is not about opposing parties but rather it is about seeing people as having differing perspectives. In this way, conflict resolution is directly related to the process of decision-making. Central to the process is a commitment to consensus building. An important element of consensus building is the inherent respect for all people and their roles – men, women, elders and young people – all must have their voices heard and be equally valued.

When facing challenges the processes used in conflict resolution must foster understanding, show respect to those involved, and be grounded in mutual trust. Processes must be inclusive and voluntary. Fundamentally, taking a consensus building approach allows room for difficult conversations and collaborative problem-solving.

## Holistic Decision-Making

Healthy communities make decisions in a holistic manner. Holistic decision-making can be seen to have four key components as illustrated in the wheel.



## Values Foundation

Aboriginal peoples have been traditionally strongly tied to cultural values and principles. As such the foundation for decision-making is based on the following core elements:

- Consideration of impacts on future generations
- Respect for all forms of life
- Sharing
- Spiritual guidance
- Acceptance of others
- Reciprocity

### O' GREAT SPIRIT

help me always

to speak the truth quietly,

to listen with an open mind

when others speak,

and to remember the peace

that may be found in silence.

*Cherokee Prayer*

## The Indian Ten Commandments

Treat the Earth and all that dwell therein with respect.

Remain close to the Great Spirit.

Show great respect for your fellow beings.

Work together for the benefit of all humankind.

Give assistance and kindness wherever needed.

Do what you know to be right.

Look after the well-being of Mind and Body.

Dedicate a share of your efforts to the greater Good.

Be truthful and honest at all times.

Take full responsibility for your actions.

## Non-Violent Communities

Aboriginal philosophy celebrates individual achievement and excellence while also focusing on living and working in community. As such, while decisions that are made may benefit an individual, the priority must be to benefit the community.

**How do we move towards non-violent communities?** We ground our decisions in our values foundation and then use strategies which build consensus as we come to a decision. Being values based and consensus oriented will make the need for conflict resolution less likely in the future.

## Practical Strategies

Identify barriers to participation.

Reach agreement on the process.

Acknowledge past hurt.

Come prepared to negotiate and compromise.

Identify workable strategies for action on the decision which was reached.

Consider third party participation such as a mediator or a facilitator.

Safety of all parties is the first and foremost concern. If any person feels that she or he could be at risk through participation in the decision-making process, then the process cannot move forward until that issue is resolved.

