



## Presentations/Workshops Offered by NAFFA

- 1. Addictions and Families:**

Rejection, loneliness, emotional pain, and feelings of worthlessness all create the inability for healthy relationships. Addictive behaviors cause family and friends the greatest sorrow. With the methodology of uplifting, encouraging, assisting, and teaching, we can identify the source of our addictions. Success in overcoming addiction is possible with positive thoughts, hope, and gratitude.
- 2. Addressing Adverse Childhood Experiences in Native American Communities:**

Adverse childhood experiences (ACEs), both positive and negative, have a significant impact on mental health, alcohol and drug use, future violence, victimization and perpetration, and lifelong health and parenting outcomes. We examine how ACEs are strongly related to the development and prevalence of a wide range of health problems throughout a person's lifespan. As such, early experiences are an important public health issue. This workshop will explore the impact of ACEs upon Native American children, adolescents, parents, and families.
- 3. Addressing Family Violence and Abuse®:**

The presentation will define this devastating problem, explore contributing factors, and discuss culturally sensitive ways in which to help victims and abusers overcome the cycle of abuse and violence and the disturbing effects it causes in the lives of families and communities. This session will provide opportunities for exploration of a range of emotional responses to typical personal and family situations that may lead couples to get angry and express their responses in harmful and dangerous ways. It also addresses ways for individuals to increase their capacity to create positive outcomes in their emotional responses to conflict in their primary relationships and provides unique insight into the challenges the Native American population face in dealing with this matter.
- 4. Cultural Awareness & Diversity:**

This presentation includes information on the importance of how we interact with others and dealing with feelings of discouragement, rejection, depression, and anger. Tools of encouragement, attitude, self-worth and learning are taught to improve family communication and interaction.
- 5. Cultural Identity for Parents:**

This PowerPoint focuses on the traditions and sacredness of culture in the home. The love of learning, good attitude and self-worth, strong work ethic, positive thought, stability, and more all contribute to a strong cultural identity for parents.
- 6. Enhancing Problem Solving Skills:**

This course will help participants understand the struggles that we face along with some of the personal habits that complicate our problem-solving capacity. Participants are presented with the opportunity to find proper solutions to their problems.



7. **Family and Fatherhood Engagement:**

This workshop focuses on the importance of the responsibility of fatherhood and presents strategies that promote fathers' involvement in parenting. Native American men are often viewed as the cause of many families and social problems. This presentation discusses the cultural model of fatherhood identifying important principles of life adapted to strengthen fathers' relationships with their families and that fathers are the true leaders in families using positive tools such as positive attitude, work, life-long learning, and goodness.

8. **Fatherhood Is Sacred®/Motherhood Is Sacred® Condensed:**

This session outlines the approach to a highly successful parenting curriculum developed by a Native American father for Native American fathers and mothers. It is the model overview of training fathers and mothers to be leaders in their own homes. The workshop identifies the five core principles of the curriculum offered to facilitators that work with Native American parents on and off reservations - the Creator, Choice, Teachable, Wisdom, and Service. Parents learn the importance of loving and caring for their families, assisting with problem-solving, and teaching the true principles of fatherhood and motherhood.

9. **A Father's Place:**

This presentation discusses the role of the father in the home with the influence of five core principles: Belief in the Creator, making wise choices, being teachable, learning wisdom, and being of service.

10. **Grandparents Raising Grandchildren:**

As more grandparents assume responsibilities for parenting their grandchildren, they struggle with a range of difficulties in recognizing and addressing issues that the younger generation will be confronting, from new technologies to school concerns, to contemporary social problems. This session will offer suggestions to overcome these concerns.

11. **Healing from Trauma:**

This presentation focuses on the power of positive change. It discusses how individuals can help themselves heal from the trauma of the past. By learning positive self-worth and attitude, and strong family relationships, we can heal.

12. **Impact of Life-Long Learning:**

Designed to engage parents, teachers, and youth in a desire to pursue life-long learning opportunities and to see its impact on the family. Learning is a process of building ourselves up to have the desire to learn the truth about the outside world and ourselves. This Truth restores human dignity and confidence. It shares the traditional views that Native American forefathers taught regarding learning, work, and attitude and why learning is so vital to returning Native people to their innate greatness. The presentation highlights what motivates and prevents us from progressing toward a meaningful future and examines how our attitudes affect our capacity, as well as our ability to work with and relate to people from different cultures and backgrounds. It also focuses on some of the barriers that Native American youth and families face in providing a good and healthy environment for growth and knowledge and how to overcome them.

13. **Impact of Parents on Learning:**

This presentation teaches the purpose of learning and its importance and focuses on three areas of learning. Tools of positive attitude, self-worth, understanding, stability and the process of thinking are included in this opportunity for parents to help their children learn.



**14. Importance of Relationships:**

This presentation discusses how to enhance the capacity to engage and maintain healthy relationships as married couples, adult siblings, co-parenting, and children within the family. The presentation will illustrate the truths and myths of strong, healthy, and positive relationships. It will address specific ways to engage and improve healthy relationships as well as personality traits that prevent us from building strong foundations with the people that we associate it, specifically our family.

**15. Importance of the Role of Parents:**

This presentation focuses on the importance of parents through our cultural model in communication, interaction, positive attitude, work, learning, and self-worth.

**16. Keys to Keeping Families Together:**

This presentation cites information on the cause of damaging families and NAFFA's approach to inspire and motivate family members to build each other's self-worth and overcome these barriers by communication, interaction, attitude, learning, and other tools to strengthen the family.

**17. Leadership in the Home and Work:**

PowerPoint focuses on assisting fathers, mothers, and families, to enhance their capacity to engage in their inherent leadership roles at home and how this process will provide the foundation for them to become leaders in the workplace and community.

**18. Linking Generations by Strengthening Relationships®:**

This PowerPoint focuses on building and maintaining strong relationships in marriage. Building strong relationships is an important key to success in all aspects of our lives. Through positive thought, desire, attitude, and many other positive qualities, partners can support each other in their relationships.

**19. Linking Generations by Strengthening Relationships® - Empowering Families:**

This PowerPoint focuses on building and maintaining strong relationships in a family. Through positive thought, desire, attitude, and many other positive qualities, family members can support each other in their relationships.

**20. Marriage Preparation: Finding a Mate:**

This workshop will offer suggestions for individuals to consider in establishing a strong foundation for a committed relationship and exploring their strengths and challenges.

**21. NAFFA Overview:**


Addressing the problems of single parenting with poverty, suicide, alcohol, drug abuse, incarceration, teen pregnancy, and school dropout.

**22. Positive Indigenous Parenting:**

This presentation centers on working with fathers and mothers along with professionals working with Native American families. The focus is on the need for both fathers and mothers to be responsibly involved in nurturing, communicating, and interacting with their children to provide a happy and safe environment. The workshop discusses the importance for parents to cultivate a healthy work ethic and a love of life-long learning and then to pass these attitudes on to their children to prepare them for a successful future.

**23. Positive Parent Involvement:**

This presentation discusses the characteristics of positive parenting: nurturing, communication, interaction, work, and learning. With these positive characteristics, parents can improve the setting of their homes and the happiness of their children.



**24. Power of Attitude:**

This presentation is an in-depth look at the importance that individual attitudes have in everyday life. It focuses on aiding participants in their understanding of how attitudes affect several aspects of life, some damaging influences, personal characteristics that prevent individuals from improving their attitudes, and a few simple steps to reaching their optimal attitudes.

**25. Power of Positive Attitude and Learning:**

It focuses on how learning is the ability to observe, recognize and understand. By using the process of how to use our knowledge, experience, and observation, we can change and improve our attitude.

**26. Process of Healing:**

This presentation focuses on the power of positive change. It discusses how individuals can help themselves heal from the trauma of the past and the process to accomplish that. By learning positive self-worth and attitude, and strong family relationships, we can heal.

**27. Strengthening Relationships:**

This workshop will offer participants the opportunity to discuss and develop healthy boundaries to allow participants to define their limits and determine appropriate responses to violations of those boundaries. It will also explore how compulsive behaviors affect healthy relationships.

**28. Suicide Prevention:**

This presentation includes the behaviors, signs, and emotional pain and suffering, that someone feels when thinking about suicide. Positive steps were taken for family members and friends after the suicide. Powerful messages of attitude, hope, gratitude, and humility, in building strong relationships to prevent suicide.

**29. Understanding Addictive Behaviors:**

Addictive behaviors are difficult to stop, even when there is a strong personal desire to change. They are enslaving habits, particularly when mind-altering substances are used. Addictive behaviors often override reason and rational thinking. The challenge of changing brings a new outlook of optimism toward life through strengthening personal commitment and self-control. An addicted person may feel ashamed, alone, and abandoned. They often feel that the pain and struggles are almost too difficult to bear. This workshop will offer the optimism and skills for change to create new healthier behaviors.

**30. NAFFA Overview:**

This presentation shows the essence of Native American Fatherhood and Families Association (NAFFA). NAFFA's curriculum focuses on three areas: 1. Developing Self-worth 2. Strengthening Personal Identity and 3. Cultivating a Purpose Driven Life. Through this model, lives are changed as parents are uplifted, encouraged, assisted, and taught the principles and responsibilities in developing a successful family. NAFFA's curriculum of Fatherhood Is Sacred®/Motherhood Is Sacred®, Linking Generations by Strengthening Relationships®, and Addressing Family Violence and Abuse® bring families together as well as reunite divided families and reduce recidivism for incarcerated parents. Our greatest happiness and sorrows come from our relationships with our family and NAFFA's curriculum help strengthen parents to be leaders in building safe and happy families.