



The Wellbriety movement was re-awakened through a vision by a Native American man. In 1994, this man had a vision in which he was told by a Native Elder that he was to build a hoop of 100 eagle feathers. He was told that the eagle feathers would come from various Native American nations. When the hoop was complete he was to gather the Elders from the four directions. At this gathering, the Elders dedicated four blessings to the Sacred Hoop. These blessings were the gifts of healing, hope, forgiving the unforgivable, and unity.

White Bison has been a proud sponsor of the Wellbriety Movement, and in that role, has carried the Sacred Hoop to communities throughout North America.



Wellbriety Training Institute

**If you are interested in attending the Wellbriety Program please contact our office at:**



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Society

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An American Indian Non-profit

Scw'exmx Community  
Health Services Society



Medicine Wheel  
&  
12 Step Program



*Servicing Coldwater, Shackan and  
Nooaitch Communities*

## What is Wellbriety?

Wellbriety is a culturally appropriate 12 Step program for Native people. This program was developed by White Bison, based upon Teachings of the Medicine Wheel, the Cycle of Life and the Four Laws of Change.

Wellbriety fits the 12 Steps into the Medicine Wheel:

- Steps 1, 2 & 3 face the East
- Steps 4, 5 & 6 face the South
- Steps 7, 8 & 9 face the West
- Steps 10, 11 & 12 face the North



Wellbriety also has principles that it couples with the 12 Steps :  
**Honesty,**

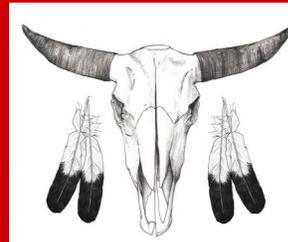
**Hope, Faith, Courage, Integrity, Willingness, Humility, Justice Forgiveness, Perseverance, Spiritual Awareness and Service.**



## Wellbriety Program:

The Wellbriety Program consists of 16 consecutive sessions. Scw'exmx Community Health provides these sessions on a continuous intake, drop-in basis. Each session may use one or more of the following teaching tools:

- ◇ Step work
- ◇ Reading various material
- ◇ Watching video segments,
- ◇ Learning about and creating mind maps
- ◇ exploring recovery issues
- ◇ Applying teachings from the videos to your lives and thought patterns
- ◇ Having the opportunity to develop new understandings about your identity as a sober person who is taking part in the recovery journey and who is creating a lifestyle of Wellbriety.



## Teachings of the Medicine Wheel

The Medicine Wheel symbolizes the life cycle of the human being and Mother Earth. The Medicine Wheel teaches that all human beings and every part of life is connected, related and dependent on others in order to remain in balance.



The Medicine Wheel is a holistic symbol of interconnectedness. It is only one tool to use on your path to recovery.

It represents the four directions, colors, seasons, physical elements, stages of life and four human qualities that must be in balance (mental, spiritual, physical and emotional).

