



Around the Kitchen Table: Reclaiming Tradition

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BC Centre for Disease Control
AN AGENCY OF THE PROVINCIAL HEALTH SERVICES AUTHORITY





Around the Kitchen Table:

- 5 Communities selected
- Teams of 4 women (2 staff)
- Training held in Vancouver, Feb 2009
- Project Coordinator
- Seed money provided
- Support before and after the training
- Evaluation



Training:

- Strengths and challenges
- Healthy self-esteem
- Myths & truths about HIV, HCV & STIs
- Drugs and alcohol
- Healthy sexuality
- Facilitation
- Cultural activity and ceremony





Building Healthy Self-Esteem

- I am lovable because...
- A unique and special feature about me is...
- I am good at...
- My friends would say I am...



It was important to:

- Have 2 of the *ATKT* leaders be staff
- Have teams
- Create a plan
- Provide follow up support
- Be flexible with timeframe
- Market the project as women's wellness
- Provide some structure



If nothing ever changed, there'd be no
butterflies.

Author Unknown