

# Gathering of Native Americans Afterschool Mentorship Fact Sheet



**Gathering of Native Americans (GONA)** is a program that cohesively brings a community together to learn and strengthen skills while building self-esteem through the importance of cultural healing.

## Belonging

**Belonging** - to ensure that everyone feels welcomed in an inclusive, open, safe, and trusting environment.

**Afterschool Mentorship** - create the safe space to align and entrust the importance that the youth belong on this earth.

## Mastery

**Mastery** - allows participants to take stock of how historical trauma impacts their communities and what fosters their resilience and holds them together.

**Afterschool Mentorship** - developing, building and strengthening values, coping, critical thinking and healthy life skills.

## Inter-dependence

**Interdependence** - initiates the planning process to assess resources and relationships, and to experience and strengthen interconnectedness.

**Afterschool Mentorship** - initiate the importance of goal setting, healthy relationship (self, family, community) building and self-esteem.

## Generosity

**Generosity** - exercise of creating gifts to share with other participants symbolizing each participant's larger gift to their families and communities in helping to address and prevent mental and substance use disorders, prevent suicide, and promote mental health.

**Afterschool Mentorship** - engage the youth in experiential and outdoor activities that engages generosity ie garden work, language, cultural arts etc.

# RESOURCES

- Gathering Of Native Americans Curriculum - <https://www.samhsa.gov/sites/default/files/gona-goan-curriculum-facilitator-guide.pdf>
- Gathering of Native Americans (GONA): Substance Abuse Prevention Curriculum - <https://www.ojp.gov/ncjrs/virtual-library/abstracts/gathering-native-americans-gona-substance-abuse-prevention>
- Native American Mentoring <https://www.bbbs.org/native-american/>
- Mentoring - <https://www.mentoring.org/resource/supporting-and-inspiring-native-youth/>

