

# MIKON PROJECT

## MISSION

- Support clients in their development (social, cultural, and economic)
- Promote integration, inclusion, and autonomy at all levels of life;
- Raise public awareness of the phenomenon of intergenerational historical trauma
- Promote Atikamekw culture and language as an excellent protective and healing factor.

## VALUES

- Openness in exchanges between clients and Atikamekw resources.
- Recognition of the potential of our beneficiaries
- Consideration of the person in their integrity, their freedom of opinion, and their individual choices.
- Respect for diversity, non-discrimination, and equity.



## Mailing Address

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## Contact Us for Registration

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CONSEIL DES ATIKAMEKW | DÉVELOPPEMENT  
D'OPITCIWAN | SOCIAL ET DE L'EMPLOI

## WITHIN THE FRAMEWORK OF THE INCOME ASSISTANCE PROGRAM

Case management and pre-employment support measures

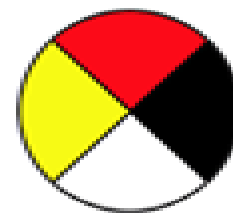
### Client Eligibility:

1. Be a new or existing Income Assistance client or be an Employment Insurance beneficiary;
2. Be at least 18 years of age;
3. Meet the definition of "expected to work."

**Goal:** Increase a client's participation in the labor market, their self-sufficiency, and improve their quality of life.

**Success Criteria :** To help clients transition from income assistance to work, studies, or self-sufficiency and to become actively engaged in life.

**Specific Success Criteria:** Offer support to lead clients to self-introspection, to make the most of their strengths, to improve their skills, and to overcome obstacles.



# Phase 1

## Valuing Culture

**Issues:** Loss of ancestral learnings and Atikamekw knowledge.

**Goal:** Strengthen Atikamekw identity by encouraging participants to reflect on their perceptions, words, actions, and past situations.

**General Objective:** Facilitate inclusion and integration by involving Atikamekw resource people to help with a return to their roots, to find and maintain balance, and to affirm their identity.

**Specific Objectives:** Re-establish relationships, rediscover values, self-confidence, and self-recognition, and adapt to changes.



### Targeted Goals:

- Reduce the number of welfare recipients.
- Reach adults aged 18 and over, considering the individual holistically.
- Engage participants with holistic training workshops, taking into account their physical, mental, emotional, and spiritual dimensions.
- Offer cultural activities that respect the participants' pace and constraints.
- Ensure consistent services from a holistic training workshop.
- Reduce barriers to increase our clients' participation.
- Conduct weekly evaluations to identify key success indicators for the project.

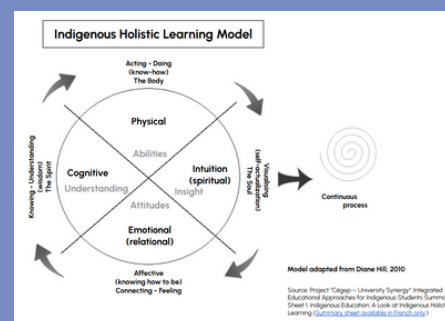
### MIKON Project Activity Schedule

Cultural activity programs are developed monthly to offer holistically based training workshops focused on Atikamekw culture and language.

#### Examples of activities offered to our clients:

- Tea gatherings every Tuesday and Thursday
- Meeting evenings for men and for women
- Training workshops on Atikamekw identity (Atikamekw values, traditions, the Pimatisiwin circle, and Atisokan)
- Artistic activities: sewing, beading, embroidery, and traditional arts
- Various physical activities (outdoors, hikes, gym)
- Other activities proposed by clients
- Offer of resources

Self-assessment tools addressing the four dimensions (physical, mental, emotional, and spiritual) are being developed. These tools aim to foster personal responsibility, development, health, and well-being for everyone.



### What is a Holistic Approach Training Workshop?

It's a method of learning, personal growth, and development designed to offer Indigenous learners the opportunity to grow as whole individuals.

This approach fosters pride and confidence in their culture and identity.

In a holistic approach, the learning process involves the entire person engaging on a physical, mental, emotional, and spiritual level to receive and process information.