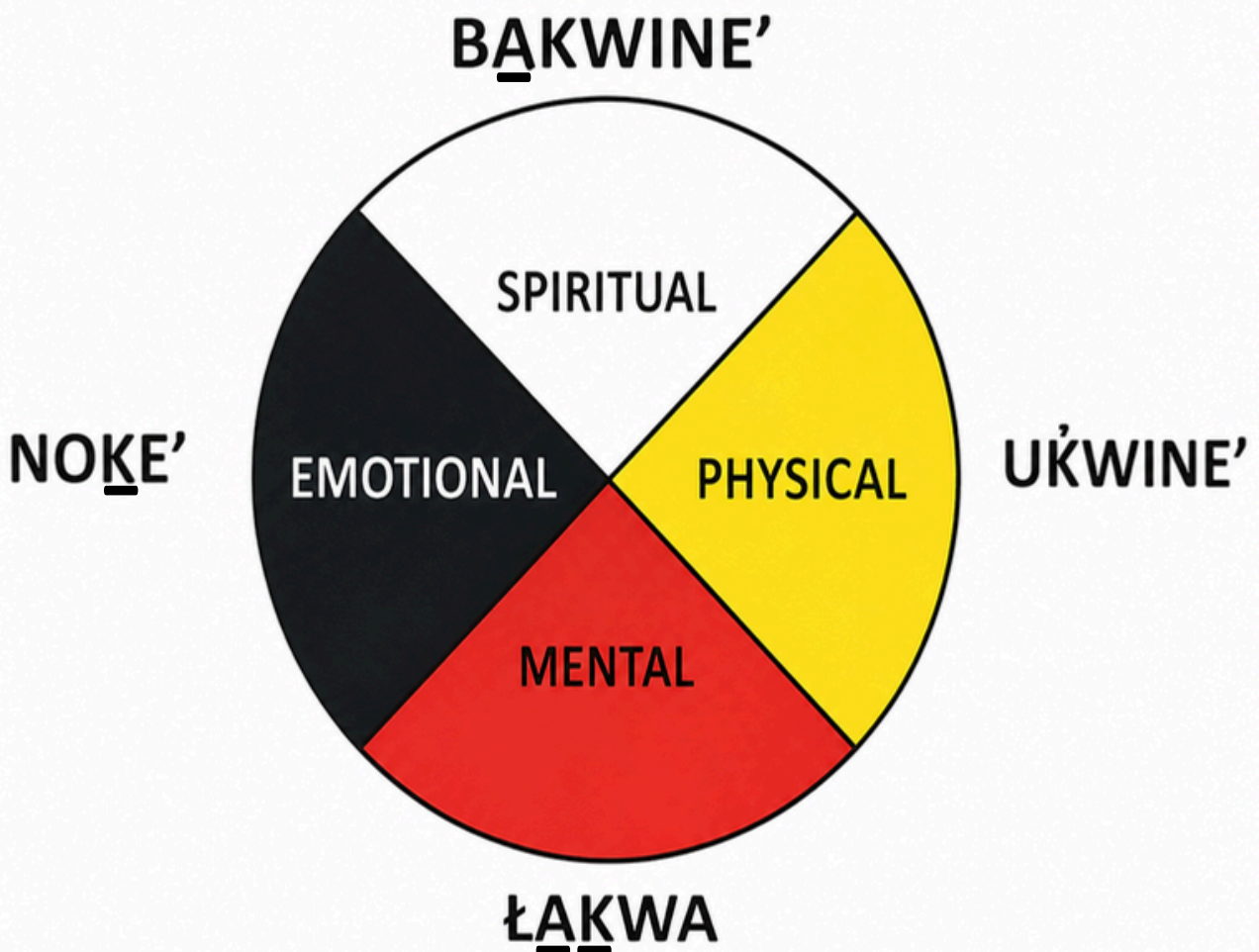




# Resource List of Mental Health Facilitators 2025/26



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**VANCOUVER ISLAND REGION**  
First Nations Health Authority

# Northern Kwakwaka'wakw Community Resources, Mental Health and Cultural Supports During COVID-19

## MENTAL HEALTH & WELLNESS TELEPHONE & ONLINE SUPPORT

**Virtual Substance Use and Psychiatry Service.** A free, referral-based service for First Nations people in BC and their family members. Health care providers, including the Virtual Doctor of the Day program, can refer you to this service. Available Monday to Friday. [FNHA.ca/VirtualHealth](https://fnha.ca/VirtualHealth)

**KUU-US Crisis Services** is available 24/7 to support Indigenous people.

<https://www.kuu-uscrisisline.com>

Toll-Free: 1-800-KUU-US-17 (1-800-588-8717)

Adult/Elder: 1-250-723-4050

Child/Youth: 1-250-723-2040

### FNHA First Nations Health Benefits Mental Health Provider List

Provides coverage for clients to attend virtual and in-person counselling sessions. See [Mental Health in Health Benefits](#).

<https://www.fnha.ca/Documents/FNHA-First-Nations-Health-Benefits-Mental-Health-Provider-List.pdf>

### Kids Help Phone

1-800-668-6868

### First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Services

1-855-242-3310

### Vancouver Island Crisis Line

1-888-494-3888 (24/7)

### Tsow-Tun-Le-Lum Society

1-888-403-3123

### Vancouver Island Crisis Society

<https://www.vicrisis.ca>. Crisis chat 7 nights a week from 6:00—10:00 p.m.

### Vancouver Island Crisis Text Services

1-250-800-3806. Text this number, available 7 nights a week from 6:00-10:00 p.m.

## MOUNT WADDINGTON MENTAL HEALTH & WELLNESS SUPPORT

### Child & Youth Mental Health

Inquires and requests: 1-250-230-2344 (9:00 a.m.—5:00 p.m., Mon.-Fri.)

### Discovery Youth & Family Substance Use

250-902-6063

### Adult Mental Health & Substance Use (Island Health)

Port Hardy: 1-250-902-6051

Port McNeill: 1-250-956-4461

### North Island Crisis & Counselling Centre

1-250-949-8333

### Namgis First Nation's Treatment Centre

1-250-974-5522

### Intensive Case Management Team

Referrals: 1-250-902-6037

Information: 1-250-902-6059

## FAMILY RESOURCES & SUPPORTS

### North Island Building Blocks

1-250-949-7330

### K'wak'walat'si Child & Family Services

1-250-974-5356

### Ministry of Children and Family Development

1-250-949-8011

### North Island Employment Foundations Society

1-250-949-5736

### North Island Community Services

1-250-956-3134

### Public Health

Port Hardy: 1-250-902-6071

Port McNeill: 1-250-956-4711

### Sacred Wolf Friendship Centre

1-250-902-7161

### Salvation Army

1-250-949-8125

### RCMP Victim Services

Port Hardy: 1-250-949-6335

Port McNeill: 1-250-956-4441

### Sasamans Society

1-888-597-2810

### North Vancouver Island Aboriginal Training Society (Campbell River)

1-250-974-2908

### North Island Métis Association

1-250-287-7417

### Kwakiutl District Council Health (Administrative & Capacity Support)

1-250-286-3263

### Jordan's Principle

1-250-230-7213

### Legal Aid BC

1-866-577-2525

### Native Court Worker

1-877-811-1190 ext. 356

For more information please call 1-250-202-9812 or email [Hannah.Watler@FNHA.ca](mailto:Hannah.Watler@FNHA.ca)

**This information is up to date as of May 3, 2021.**

|                                                                                                                                                           |                                                                                                                                         |                                                                                                                                                                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Infant Development Program</b><br>1-250-949-8323                                                                                                       | <b>POVNET (Information on Poverty Law)</b><br>1-866-577-2525                                                                            | <b>Speech and Hearing Clinic (Island Health)</b><br>1-250-331-8526                                                                                                    |
| <b>Aboriginal Infant Development Program</b><br>1-250-974-5356                                                                                            | <a href="http://www.povnet.org">www.povnet.org</a>                                                                                      | <b>Ear, Nose and Throat Specialist (Referral Required)</b><br>1-250-830-0707                                                                                          |
| <b>Supported Child Development</b><br><b>Child and Youth Psychiatry</b><br>1-250-949-8333                                                                 | <b>Provincial and Supreme Court</b><br>1-250-949-6122                                                                                   | <b>Port Hardy Optometrist</b><br>Dr. Stanley Eng<br>Phone: 1-250-949-6282<br>Fax: 1-250-949-6285                                                                      |
| <b>MCFD Child Protection</b><br>1-250-949-8011 (8:30 a.m.—4:30 p.m.)<br>310-1234 (Evening and Weekends)                                                   | <b>At Home Program Medical Bene- fits (MCFD—Victoria Office)</b><br>1-250-387-9649<br>Toll Free: 1-888-613-3232                         | <b>Pediatricians &amp; Fetal Alcohol Spec- trum Disorder (Referral Required)</b><br>Dr. Mark Lund, Dr. Mehraj Gnawali<br>Phone: 1-250-287-7441<br>Fax: 1-250-287-7998 |
| <b>Representative for Children and Youth</b><br>1-800-476-3933                                                                                            | <b>BC Early Hearing Program</b><br>1-250-519-5725<br>Toll Free: 1-866-612-2347                                                          | <b>Pediatric Allergy (Referral Re- quired)</b><br>Dr. Edward G. Coates<br>Phone: 1-250-729-7994<br>Fax: 1-250-729-7998                                                |
| <b>Work BC Employment Services Centre</b><br>1-250-949-5736<br>Toll Free: 1-877-949-5736                                                                  | <b>School District #85—Port Hardy</b><br>1-250-949-6618                                                                                 |                                                                                                                                                                       |
| <b>North Island Child Development Society (Stepping Stones Childcare Centre)</b><br>1-250-949-3031                                                        | <b>MT. WADDINGTON HEALTH CARE SERVICES &amp; SPECIALIST REFERRALS</b><br><b>Port Hardy Primary Health Care Centre</b><br>1-250-902-6008 |                                                                                                                                                                       |
| <b>North Island Early Intervention</b><br>1-250-974-5356                                                                                                  | <b>Port McNeill Collaborative Clinic</b><br>1-250-956-3377                                                                              | <b>Pediatric Psychiatry (Referral Re- quired)</b><br>Dr. Carol Coxon<br>Phone: 1-250-949-8011                                                                         |
| <b>Whe-La-La-U Area Council</b><br>1-250-974-5501                                                                                                         | <b>Cormorant Island Health Centre</b><br>1-250-974-5585                                                                                 | <b>Provincial Health Services Authority</b><br>1-604-875-2345<br>Toll Free: 1-888-300-3088                                                                            |
| <b>BC Hear The Child Society</b><br><a href="http://hearthechild.ca/">http://hearthechild.ca/</a>                                                         | <b>Port Alice Health Centre</b><br>1-250-284-3555                                                                                       | <b>Aboriginal Liaison Nurse (Island Health)</b><br>Alert Bay: 1-250-974-5522<br>Port Hardy: 1-250-902-6011 ext. 66985                                                 |
| <b>Family Justice Services Infor- mation (Campbell River)</b><br>1-250-286-7527<br>Toll Free: 1-800-757-9406                                              | <b>Port Hardy Hospital</b><br>1-250-902-6011                                                                                            |                                                                                                                                                                       |
| <b>Family Law in BC (Information and Self- Help Kits about Family Law Issues)</b><br><a href="http://www.familylaw.lss.bc.ca">www.familylaw.lss.bc.ca</a> | <b>Port McNeill Hospital</b><br>1-250-956-4461                                                                                          |                                                                                                                                                                       |
| <b>Family Maintenance Enforcement Program</b><br>Toll Free: 1-800-663-7867                                                                                | <b>Campbell River Hospital</b><br>1-250-850-2141                                                                                        |                                                                                                                                                                       |
| <b>Legal Services Society</b><br>Toll Free: 1-866-577-2525                                                                                                | <b>Port Hardy Public Health</b><br>1-250-902-6071                                                                                       |                                                                                                                                                                       |
| <b>Port Hardy Community Correc- tions &amp; Probation Office</b><br>1-250-949-6361                                                                        | <b>Port McNeill Public Health</b><br>1-250-956-4711                                                                                     |                                                                                                                                                                       |
|                                                                                                                                                           | <b>'Namgis Dentist's Office</b><br>1-250-974-5205                                                                                       |                                                                                                                                                                       |
|                                                                                                                                                           | <b>Acute Care Social Worker (Island Health)</b><br>1-250-230-3513                                                                       |                                                                                                                                                                       |

For more information please call 1-250-202-9812 or email [Hannah.Watler@FNHA.ca](mailto:Hannah.Watler@FNHA.ca).

**This information is up to date as of May 3, 2021.**

FNHA Kwakw'wak Mental Health & Wellness Team :

- Lindsay Trowell, Mental Health & Wellness Team Lead  
Email: [Lindsay.Trowell@fnha.ca](mailto:Lindsay.Trowell@fnha.ca) ; mobile: (250) 217-4536
- Alexis Stuart, Regional Mental Health Liaison  
email: [Alexis.Stuart@fnha.ca](mailto:Alexis.Stuart@fnha.ca); mobile: (250) 202-9382
- Dennis Hackett, Kwakw'wak Hub Clinician  
email: [Dennis.Hackett@fnha.ca](mailto:Dennis.Hackett@fnha.ca); mobile: (250) 202-8390
- Beryl Park Kwakw'wak Social Worker  
email: [Beryl.Parke@fnha.ca](mailto:Beryl.Parke@fnha.ca) ; mobile: (250) 203-7186
- Brittley James , Kwakw'wak Child and Youth Worker  
email: [Brittley.James@fnha.ca](mailto:Brittley.James@fnha.ca); mobile: (250) 202-3271
- Courtenay Harrop-Kwakw'wak Indigenous Educator-Harm Reduction  
email: [Courtney.Harrop@fnha.ca](mailto:Courtney.Harrop@fnha.ca); mobile: 1-778-694-3257
- Milly Price Kwakw'wak Community Engagement Coordinator-  
email: [Mildred.Price@fnha.ca](mailto:Mildred.Price@fnha.ca); mobile: (778)866-5803
- Stan Bird, Crisis Outreach Counselor [Stan.Bird@fnha.ca](mailto:Stan.Bird@fnha.ca); mobile: (604) 341-3512
- Della Shade, Crisis Outreach Counsellor  
email: [della.shade@fnha.ca](mailto:della.shade@fnha.ca); mobile: (250) 816-5398
- Larissa Coser-Tobacco Cessation & Reduction Coordinator; mobile 250-924-6125  
email [Larissa.Coser@fnha.ca](mailto:Larissa.Coser@fnha.ca).
- Jessica Bauradin-Specialist Traditional Wellness mobile: 250-802-4206.  
email [Jessica.Bauradin@fnha.ca](mailto:Jessica.Bauradin@fnha.ca)

Workshops offered are:

Grief and Loss, Suicide Prevention, Lateral Unkindness, and Trauma Informed Practice, Family Violence Workshop, Facilitate Talking Circles, Harm Reduction, Naloxone training, Self-care, Vicarious trauma for Health Care Providers, Overdose prevention and Cultural Healing. All workshops can be tailored to the specific community needs.

For Inquiries or to book workshops please contact:

Lindsay Trowell, Mental Health & Wellness Team Lead  
Email: [Lindsay.Trowell@fnha.ca](mailto:Lindsay.Trowell@fnha.ca) ; mobile: (250) 217-4536





**TSOW-TUN LE LUM SOCIETY**  
Helping House

**An Aboriginal Residential Healing  
Centre providing programs that  
address the issues of addictions,  
substance abuse, mental health  
and trauma.**



**Our programs offer traditional  
teachings along with cleansing and  
other cultural ceremonies.**



**Participants are encouraged and  
assisted to recognize and come to  
terms with past pain and  
grievances influencing current  
feelings and behaviours.**

**PO Box 370, 699 Capilano Road, Lantzville, British Columbia V0R 2H0**  
**Telephone: (250) 390-3123 Fax: (250) 390-3119**

---

# ANDREA CRANMER



Cultural and Wellness Leader Andrea Cranmer. Facilitates two workshops called “Empowering our Village, Awaken Your Spirit”, they will focus on spiritual laws such as Maya’ xala: respecting self, others, and the environment. Andrea, a member of the ‘Namgis First Nation in Alert Bay, says she designed the workshops to help participants integrate ancient wisdom and teachings into everyday life. Participants will receive tools to communicate effectively, to face life challenges, and also celebrate the blessings of life. “Most of all we want all participants to love themselves, respect themselves, so they can love and respect others,” says Andrea, who says she uses lots of humor in her workshops to make everyone feel safe and comfortable. “Participants learn the meaning and art of forgiveness. [They] learn about their spirit gifts so they can share them with their families and community and beyond. The ongoing goal is for participants to be healthy, strong, capa-



# SHELLEY JOSEPH



## Speaker and/or Panelist

Covering ideas about Lateral Kindness, Cultural Safety, Reconciliation, Wellness and Cultural Ways: Here's what Shelley has to say about speaking:

"I take listeners on a journey of understanding to inspiration and finally action.

Coming from an oral history and being raised by my father who is a speaker among our nation, speaking comes naturally to me. I have been delivering messages of inspiration, hope and love for many years.

"I aspire to empower everyone to their highest selves."

We currently offer speaking services both virtually through Zoom and in person (with limited numbers according to public health recommendations).

## Ladders to Kindness Training

[www.ladderstokindness.com](http://www.ladderstokindness.com)



NAMWAYUT - We Are All One

## We Offer:

- \*Keynote speeches
  - \*Lateral Kindness Training
  - \*Wellness Tools
  - \*Wellness Program
  - \*Reconciliation Training
- as well as
- Lunch & Learns on all trainings and programs**

## FOR ALL INQUIRIES

[shelley@ladderstokindness.com](mailto:shelley@ladderstokindness.com)

604-505-8191



# **William Wasden Jr. Wak'analagalis**

## **Kwakwak'awakw Teachings and Tradition Gatherings**

Language Learning – Beginners Level to Inspire (Safe Relaxed Learning)

Cultural Protocols – Teachings including Big House and Everyday Living

Traditional Medicines – Medicines to Prevent and Heal

Spiritual Cleansing and Alignment Ceremonies – Handed Down Teachings

Traditional Artwork and Teachings – Symbolism of Crests and Designs

Tradition around Death – Truths from our Elders

Legend and Origin Story Teachings – Uncovering the Teachings of our Ancestors

Traditional Games – Many that can be played by all

Traditional and Everyday Song Learning – Translations for all

The Roles of Women in our Culture – Uplifting and Honoring our Women

The Roles of Men in our Culture – Uplifting and Honoring our Men

Baby Songs – Composing and Endearment Word Learning

Button Blanket Making – Full Understanding of the Ceremonial Robe

Lateral Violence – Understanding through our Culture

Song Composition – Songs for all Occasions

Gilakas'la – Thank You

[williamwasdenjr@gmail.com](mailto:williamwasdenjr@gmail.com)

(778)912-4455

# Paddling Together for Organizations<sup>©</sup>



Paddle design by Mulidzas-Curtis Wilson

A **strategic planning workshop** designed to help organizations create a path toward working more collaboratively and respectfully.

Traditionally we had many ways of treating one another which affirmed our belief that everyone is a sacred gift. This workshop experience from the **Village Workshop Series<sup>©</sup>** will help awaken and deepen our understanding of traditional ways and values of being together in a 'Village'. We will look at how we can make our place of work more like a 'Village'. We will explore our personal and organizational roles in supporting the revival of those values that worked so beautifully for thousands of years. Together, we will vision and commit to organizational goals with a focus on creating a shared path forward in working collaboratively and respectfully in a decolonized system.

## Learning Outcomes:

- Create a deeper understanding of the traditional values inherent to being part of a Village.
- Learn how we contribute to a healthier, more collaborative, respectful and ultimately productive workplace by embracing these values and incorporating them into our daily lives.

## Objectives of the Visioning Day:

- Networking and team building for a collaborative group;
- Create a strategic plan, including the creation of a new, shared vision, goals and clearly defined, agreed-upon values, and a proposed implementation plan.



### Kathi Camilleri

is of Metis/Cree and Irish ancestry. She has a Master's Degree in Leadership Studies from Royal Roads University. Her 26-year career has been in Aboriginal Mental Health and private consulting and facilitation. She has facilitated workshops with large and small organizations, and in communities and throughout Canada to rave reviews. Contact Kathi at 250.287.0150 or by email at [cckc@telus.net](mailto:cckc@telus.net). \*Graphic recording can be included so your organization can refer back to the day.

**"It is easy to learn from Kathi because of her gentle ways,  
and her respect for all people." ~workshop participant**

**Important note to workshop participants:** *During this workshop, though we will **not** be addressing residential school and its affects in an in-depth way, the topic may come up. Participation is voluntary.*

[www.villageworkshopseries.com](http://www.villageworkshopseries.com)



## Building Bridges Through Understanding The Village©

During this **experiential workshop** we will explore our personal role in supporting the revival of the values that worked so beautifully in Indigenous villages for thousands of years. We will also explore in-depth the affects of Residential Schools and Canada's Policy of Assimilation. This workshop is geared to solutions rather than recrimination and is a great forum in which to ask questions.

Participants in these often-emotion-provoking workshop experiences comment that while they understood a bit about the issue on a cognitive level, after participation in **Building Bridges Through Understanding the Village** they understand on a deep emotional level as well. The workshop is done from a non-blame and non-shame perspective and invites all participants to become a part of the healing that IS already happening. Kathi's work has been inspired by Jann Derrick's teachings of 'The Circle and

### Learning outcomes:

- Foundational learning for moving into reconciliation in response to the TRC Calls to Action and The United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP).
- A cognitive and emotional understanding of traditional First Nations values.
- A deep and emotional insight into the depth and intergenerational effects of Colonization.
- Methods for creating supportive relationships in a positive way.

Kathi Camilleri is an Aboriginal woman who has coordinated healing programs in the Aboriginal Community for 23 years. She has a Master's Degree in Leadership Studies, Certificates in CBT and DBT and training in re-enactment therapy for trauma survivors. Kathi worked with Aboriginal Mental Health and has her own consulting business. She facilitates strategic planning sessions and experiential workshops regarding Canada's Policy of Assimilation and Colonization with social workers, foster parents, health care workers, church groups, all levels of government, students and educators, and frontline workers in communities across Canada. The healing power and personal impact of this work elicits rave reviews.

Kathi can be reached at 250.287.0150 or by [emailckc@telus.net](mailto:emailckc@telus.net).



**"Kathi uses humour, kindness and wisdom to hold the space safely for us while we change how we see the world and how we forever interact with those who have Aboriginal Heritage. It is easy to learn because of her gentle ways, and her respect for all people."**

**~workshop participant**

Note to workshop host: Prior to the workshop, participants need to understand that we will be addressing Residential School and its affects in an in-depth way. Participation may trigger unresolved grief and loss issues for some. It is imperative that participants know that in advance and have an understanding that coming to the workshop is not mandatory; it is their choice. It is also recommended that options to access support after the workshop are provided.

[www.villageworkshopseries.com](http://www.villageworkshopseries.com)



# Gerry Ambers

## Peers Counselling Program

Peers is excited to offer a counselling and wellness program!

Sessions for current or former sex workers. There is no formal limit on number of sessions at this time, but counsellors do have limited service hours.

To access the counselling program send an email to [counselling@peers.bc.ca](mailto:counselling@peers.bc.ca)

Peers Counsellors:

**Gerry Ambers** (she/her) (currently supporting members of the SACRED program)

Gerry Ambers is Namgis from Alert Bay but made her home in Lekwungen Territory in 1992 after receiving her BFA from the University of Victoria.

She learned indigenous brushings, space cleansings and teachings from her people, as well as Wahzinak (Joyce Mailhot Bobb from Seabird Island) and Whistiminee (Johnny Moses from Tulalip). She studied energy work with Sue Peters and received her Master Level Reiki in the Usui Tradition.

As a Coordinator of the Kwagiulth Urban Society Suicide Prevention and Intervention Program(1993-2006), she helped develop and deliver programs for the indigenous communities in the Victoria area.

Gerry also studied spiritual psychology(1998-2008) and worked with survivors of residential school with the Tsowtunlelum Treatment Centre from 2008-2018.

She currently works as an Elder in Residence at the Open Space Gallery and the University of Victoria.

She is a mother of five and a grandmother of six.

# Yvonne Rigsby Jones



## YVONNE RIGSBY JONES

Class Elder

### COMMUNITY CAPACITY BUILDING

Yvonne Rigsby Jones is Snuneymuxw First Nation, Coast Salish: a sister, wife, mother, grandmother and friend.

Yvonne dedicated 29 years of her professional life to leading Tsow-Tun Le Lum Treatment Centre until she retired in June 2015. She has continued to be active in her work. She currently acts as an ambassador for Reconciliation Canada and facilitates healing workshops on a contract basis. She is also a member of the governing council for the MSW Indigenous Trauma and Resiliency Program, University of Toronto.

While at Tsow-Tun Le Lum, she worked with a proactive board of directors to develop leading-edge treatment practices, including pioneering work in residential school trauma healing. In addition to providing sound management, she engaged people as individuals through care and compassion. When she retired, the organization had largely become a reflection of her own character and commitment. Over her career, she has participated on many regional and national committees, enriching both her life and work.

Yvonne understands traditional practices and ceremony are the way home for many of our wounded people. She has listened, encouraged, challenged and led. She believes in compassion because compassion works.



# INDIGENOUS WELLNESS

## series

This 4 part series offers education on some modern faces of colonialism we are faced with as Indigenous people. We explore concepts of Indigenous land based healing methodologies and offer land based experiential, breath & embodiment practices to start integrating these ways of being into our life for wellness and balance. In this work, we see states of embodiment and mindfulness practices as an act of resistance to the attempted and ongoing impacts of colonial genocide. Each session is 3 hours long.

**SESSION 1** Impacts of Trauma & Creating Safety in Relationships

**SESSION 2** Centring Indigenous Wisdom

**SESSION 3** Neurodecolonization & Land Based Healing

**SESSION 4** Suicide Prevention from an Indigenous Lens

Contact [avis@nalagaconsulting.com](mailto:avis@nalagaconsulting.com) to book a session  
[www.nalagaconsulting.com](http://www.nalagaconsulting.com)

# RELAPSE PREVENTION

from an **INDIGENOUS PERSPECTIVE**

## **DELIVERY OPTIONS: 6 WEEKS SERIES**

**DELIVERED ONCE PER WEEK FOR 2 HOUR  
SESSIONS OR 1 FULL DAY TRAINING**

## **OPEN TO ANYONE IN RECOVERY**

This 6 week series will offer education about the traumatic events & policies that have contributed to addiction and mental health challenges for Indigenous women, while offering relapse prevention strategies rooted in Indigenous land based healing modalities. We will explore how positive connections to identity, land, culture and community serve as strong foundations for relapse prevention. Trauma informed yoga and mindfulness practices will be offered during each session.

### **GOALS OF THE SERIES:**

- 1.** Learn about Indigenous land based forms of healing as relapse prevention strategies.
- 2.** Develop a positive connection to our Indigenous identity.
- 3.** Deepen our ability to act as an Ally to Sacred Indigenous Teachings.
- 4.** Strengthen our recovery through yoga & mindfulness movement practices.

\*no yoga experience necessary, everyone welcome.

### **FACILITATOR : AVIS O'BRIEN**

Contact [avis@nalagaconsulting.com](mailto:avis@nalagaconsulting.com) to book a session





'Hase Series

# Breath of Life

Series

This 5 Part Series aims to Breathe Life back into our communities by supporting Indigenous folks on their path of cultural and positive identity reclamation: reclaiming the parts of us that were systematically taken during the process of colonization. This work weaves together experiential Ancestral land based, culturally rooted healing practices and trauma informed yoga. We aim to strengthen our ability to utilize our breath, bodies, the land & our culture as tools for healing and empowerment from addictions and mental health struggles.

1. **HEALING POWERS OF CEDAR**
2. **CEDAR WEAVING FOR OUR WELLNESS**
3. **DRUMMING, SINGING & DANCING AS MEDICINE**
4. **TRAUMA INFORMED YOGA PRACTICE**
5. **COLD WATER CLEANSE CEREMONY**

Contact Avis

@avis@nalagaconsulting.com  
for bookings



# Wa Dzi Di (Gina) and Kluquachee (Ken)



## CEDAR MAKING CLASSES

Gina and Ken work with red cedar bark which follows the highly cultural importance of the Red Cedar Tree to BC's First Nations Peoples. This tree is considered the "tree of life". In that, the tree has supplied modes of travel, shelter, clothing, personal items for everyday life and also our cultural regalia (clothing), masks and other sacred items important and linked to the First Nations Peoples belief that all life is a balanced connection of spirit.

Today Gina and Ken are highly sought after and in demand to teach classes and make cedar hats in the traditional art form of CEDAR MAKING.

Additionally, CEDAR "KITS" are available for facilitators to teach students. Gina is also available to organizations who wish for her to train.

From cedar hats, to roses, necklaces, bracelets, baskets and headbands. Ken and Gina hand pull their own cedar and do this in a traditional and sacred method.

Classes are open and available to ALL PEOPLES.

If you prefer to purchase items or custom order direct, you can view more of their work below and [contact them directly.](#)

Contact Gina (Wa Dzi Di)  
[ginaa.hunt@yahoo.ca](mailto:ginaa.hunt@yahoo.ca)

Contact Ken (Kluquachee)  
[kenfcooper\\_59@yahoo.ca](mailto:kenfcooper_59@yahoo.ca)

### Cedar Making "Kits" PRICE LIST:

These Kits are made by Ken and Gina for for organizations, individuals and facilitators who want to teach students to make cedar items. Materials listed below are what will be included in your cedar making KIT.

(prices shown are for materials-only, instruction by Gina tbd based on location and will be determined)

*Roses \$25*

*Bracelets \$40*

*Baskets \$40 (5h x 5w x 7l) (larger by order and negotiated price)*

*Headbands:*

- 5 strand \$40
- 7 strand \$60
- 11 strand \$100

*Necklaces \$50 (made with 4 "Devil's Club" beads included. Extra Devil's Club bead add \$5 each by order)*

*Grad Hats:*

- child \$75
- adult 175

*Hats \$300*

## Cedar Making PRICE LIST

### Private Small Class Instruction by Wa Dzi Di (Gina Hunt):

*Make roses, bracelets, baskets, headbands, necklaces and hats\**

*\*Hat making instructions are for advanced cedar making students\**

*Class Sizes: 4 to 5 persons*

*Per Person \$50 per hour (minimum 3 hours to make)*

*Includes all tools and materials required. Learn from Wa Dzi Di (Gina) and take home a wonderful, hand crafted item to treasure!*

### Cedar Spirit Creations – "Weaved Items" PRICE LIST:

*Roses \$25*

*Bracelets:*

- *5 strand \$50*
- *7 strand \$70*

*Baskets \$70 (5h x 5 w x 7l) (larger by order and negotiated price)*

*Headbands:*

- *5 strand \$50*
- *7 strand \$70*
- *11 strand \$110*

*Necklaces \$100 (made with 4 "Devil's Club" beads included. Extra Devil's Club bead add \$5 each order)*

*Graduation Hats:*

- *child \$75*
- *adult \$200*

*Hats \$500*

*Ken and Gina reside in KWAKWAKA'WAKW' TERRITORY (Campbell River, British Columbia, Canada.) The City of Campbell River is situated on the traditional territories of the Ligwilda'xw people; the We Wai Kai, Wei Wai Kum and Kwiakah First Nations.*



## **TRADITIONAL DANCING WITH PEWI ALFRED**

Pewi is renowned for her dancing and singing abilities amongst the Kwakwaka'wakw Nations. She has been teaching dancing, singing, and language for more than half of her life. Come out and learn some dancing or if you already know, come and practice.

CONTACT:

PEWIALFRED@HOTMAIL.COM



# Mother Earth Whispers

## Nanaimo Office

Tammie Myles MA  
1195 Needham St.  
Nanaimo, BC  
250.751.4256

Email: [motherearthwhispers@gmail.com](mailto:motherearthwhispers@gmail.com)



## Organizational Workshops

Indigenous Cultural Safety  
Rediscovering Spirit  
Reconciliation  
Organizational Wellness Workshop  
Leadership - Improving Communication for high functioning organizations  
Effective Team Building  
Strategic planning for Re-invention in Organizations

Offers many different workshops for Individual to group setting

Leadership Training  
Indigenous Cultural Competency  
Now what? Moving Forward  
A Sacred Journey 5 days to Freedom  
Reclaiming Our Spiritual Connection  
Reclaiming Wellness - Introduction to Healing  
Grief and Loss - Looking Forward  
Grief and Loss - Looking Forward Next Steps  
Youth Empowerment  
Women's or Men's Wellness  
Healing for Healings  
Reclaiming Our Gifts Women or Men  
Rekindling our spiritual connections as couples  
Your Authentic Power  
Pre-Employment / Life Skills Training



## ABOUT IVY AND RED GIRL RISING

My name is Ivy Richardson and I am the founder and facilitator of Red Girl Rising, Team 700 and Co-founder of Matriarch Resistance. I live as a guest on the traditional territory of the Snaw'now'as First Nations. My mom is Charlene Schooner and my dad is Kevin Richardson. I am of Nuxalk, Guscumukw, and European descent.

*The idea for Red Girl Rising started during a conversation with my mom when I asked her "why didn't you raise us in a cultural way?" To which she responded "don't ever tell me I didn't raise you in a cultural way. The values I taught you and the way you carry yourself every single day IS culture."*

## PROGRAMS

My mind was racing thinking about her words. Mom was right (she always is). From that day forward the question wasn't how to find ceremony, it was how to *live* everyday like a ceremony. I now live by these words and do my best to honour the deep cultural teachings my mom shared with me.

Red Girl Rising classes are created in a collaborative effort between Red Girl Rising and the host community, organization, or business. We acknowledge the unique needs in our communities. Red Girl Rising can create a single class or a series of classes, workshops, or private boxing sessions that work for you. Virtual, in-person, and out of town options are available, please do not hesitate to [reach out or book a consultation](#).

### BOXING • FITNESS • YOGA

Boxing classes are centred around accessibility and empowerment and can include but are not limited to: fitness, self-defence, technical-training, team-building, and more!

### BOXING • FITNESS • YOGA

Yoga classes are centred around accessibility and empowerment and can include but are not limited to a combination of: mindful movement, breath-work, Indigenous cultural teachings, ethics, and meditation.

### BOXING • FITNESS • YOGA

Fitness classes are centred around accessibility and empowerment and can include but are not limited to: circuit training, weights/resistance, cardio, and more!



# Marcia Turner

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Marcia and her Associates bring a diversity of knowledge and a wealth of experience and expertise working from a rights-based Indigenous lens to advance Indigenous communities, Indigenous policies, strengthen organizational capacities and privilege Indigenous knowledge systems.

Marcia is authentic, innovative, strategic and solutions-focused in her work with Indigenous and non-Indigenous organizations, government and institutions. Her approach is to foster sustainable systems change, diversity and resilience through building on existing strengths and bridging relationships.

Working collaboratively, Daxgedim Haanak Nation Building (DHNB) specializes in the following services

## **Governance and Leadership Training and Development**

DHNB fosters ancestral principles and practices in the design of governance systems for Indigenous communities as well as in governance and leadership training. Strengthening leadership competencies, governance tools and models are foundational for Traditional governance systems,

Councils, Boards, Committees and Businesses.

## **Strategic Facilitation**

Focused dialogue and critical thinking is required to navigate the complexities of issues and strategies as well as to foster innovative ideas and solutions-focused and constructive sessions. DHNB offers professional strategic facilitation to support your goals and respond to your needs as an organization or company.

## **Knowledge Gathering**

DHNB offers research and evaluation from an Indigenous lens and context, working with you to design methodologies and approaches that are culturally relevant and culturally responsive to meet the needs of your organization, agency or business to achieve your research and evaluation goals.

## **Indigenous Community Engagement**

Political and cultural acumen to respect the diversity of Indigenous people, cultures, languages, territories, as well as governance systems is important for Indigenous community engagement as well as the importance of protocols and relationally. DHNB has considerable experience in building relationships with Indigenous and non-Indigenous leaders, communities and organizations, has an extensive network across BC and Canada as well as expertise in Indigenous community engagement.

# Marcia Turner

## Community Development

Cultural revitalization and cultural resurgence are foundational to Indigenous Community Development. Following the Indigenous principle of “lifting people up”, DHNB builds on the strengths of the organization to create sustainable programs and policies as well as in planning, workshops and training for your organization or community members.

## Strategic Planning

We have many pressing priorities that demand our attention in governance and organizations which requires strategic focus achieved through strategic planning. Marcia has authored a strategic planning training resource, developed and taught Strategic Planning curricula for University of Victoria, and has worked with many Indigenous and non-Indigenous organizations and governments to identify strategic priorities and create comprehensive plans designed to provide strategic focus and guidance in programs, organization, and communities. DHNB will also work with your organization on the implementation of the plans you have developed, review and refresh previous plans or provide strategic planning training.

## Policy and Program Development

Effective policies and sustainable programs are required to meet the needs of your organiza-

tions and the people you serve. DHNB will work collaboratively with your organization to decolonize and Indigenize programs, policies and processes or create new policies or update existing policies. Marcia has worked extensively with First Nations communities and Aboriginal organizations to create new programs and services across a broad range of areas that include Governance, Human Resources, Early Childhood Development, Health, Education, Culture and Language, Community Engagement, and Elder Programs.

### MARCIA TURNER OWNER

Marcia is a sole proprietor, working with a diverse range of public agencies, non-profit organizations, governments and post-secondary institutions in BC, Canada and Internationally. Established in 2034, Marcia draws from over 20 years of experience working with Indigenous people and organizations as well as with non-Indigenous organizations at the community, provincial, and national levels. Marcia works to address equity for Indigenous people and Indigenous knowledge systems, and has extensive experience in bridging Indigenous and non-Indigenous relationships. Marcia's philosophy is based on the strength and resurgence of Indigenous people.



Marcia can be reached at [marcia@daxgedim-haanak.ca](mailto:marcia@daxgedim-haanak.ca)



# Rod McCormick



## Dr. Rod McCormick

**Dr. Rod McCormick is a sought-after Indigenous mental health leader ready to stand up to attempts to treat Indigenous health research as anything but unique.**

Dr. Rod McCormick (Kanienkehaka) is a respected Indigenous educator, clinician, consultant and leading researcher who travels globally to share his insights on Indigenous mental health. The list of his publications is long, as are the lists of graduate students he has supervised and advisory committees on which he has been asked to sit. When measuring his impact, however, one need not look at the places he has been or the titles he has held, but instead to the success of his work as an advocate for the importance of dedicated research on Indigenous health as distinct from mainstream health care. For example, as founder and Co-Chair of the National Aboriginal Health Steering Committee, he helped influence the Canadian Institutes of Health Research to reverse plans to integrate Indigenous health research into the mainstream, and to instead commit to a 10-point plan that will strengthen Indigenous research. His work to secure that kind of commitment is the reason there is space (e.g. funding and infrastructure) for him to lead research projects like the one he's currently undertaking with the Secwepemec First Nation called Tsexmín. The word means looking glass, or mirror, and reflects the project's focus on the best way for the nation to reclaim traditional identify ceremonies in order to positively influence mental health.

# Michelle Mundy



**Michele Mundy** is responsible for cultural safety training, project development and film production. She holds an MA in Conflict Analysis and Management, a BA in Child & Youth Care and a Diploma in Business Administration. She has facilitated Indigenous Cultural Safety training since 2011, maintaining ongoing contracts in both cultural safety training, project development and film production.

Michele previously managed responsibilities for a Treaty Group of six Northern Vancouver Island First Nations, involved in tripartite negotiations. She has worked as a social worker for 15 years, both in First Nations communities and with the Provincial Government of BC in policy development for Aboriginal delegated Child & Family service agencies. She has conducted community action research in First Nation communities, specific to indigenous health, indigenous children in care and injustice.

Michele is of First Nation and Scottish descent. She is of Kwakwaka'wakw ancestry, a member of the 'Namgis First Nation with ties to Kingcome Inlet, Turnour Island, Village Island and Fort Rupert. Michele grew up in her home community of Alert Bay but has lived most of her life in Victoria, BC. She holds strong connections and passion for bringing forward an Indigenous voice and lens in all of her work.

# Traditional Medicine Workshop

*Pain  
remedies*

*Devils  
Club*

*Make  
& Take*

**LEARN ABOUT TRADITIONAL MEDICINE**

With Patricia Hunt

# Wade Charlie

## Contact Name

Wade Charlie

## Phone

250 230 6181

## Email

[Wadecharlie8910@hotmail.com](mailto:Wadecharlie8910@hotmail.com)

## Self-identify as

Gwa'sala - 'Nakwaxda'xw Nations

## Grade Level

K-5, 6-8, 9-12

## School Zone

Westshore, Sooke, Port Renfrew

## Honorarium

Call for Quote

## Payment

Direct Deposit

## Topics

Traditional Techniques for Hunting, Fishing, Harvesting and Building, Rattle Making, Drum Making

## Subjects

Social Studies, Science, Mathematics, Visual Art

## Bookmark this

## Availability

Call to arrange suitable time.

## Additional Details

- Virtual programming only at this time. Contact Tiffany Adams ([tadams@sd62.bc.ca](mailto:tadams@sd62.bc.ca)) to discuss virtual platform options.
- Outdoor Education & Survival Skills; Hunting & Gathering Practices
- Traditional Techniques for Hunting, Fishing, Harvesting and Building
- Rattle Making Workshop
- Drum Making Workshop
- Canoeing
- Other Cultural Art, Craft, and Ceremony Teachings





# Pam Baker

FASHION **NATION**

*Pam is a celebrated guest speaker, workshop facilitator and designer; she blends intelligence, humour and thought-provoking ideas into her collection.*



Many years ago, Pam Baker began a lifelong search to provide First Nations people a stage to showcase their culture. In 1988, Pam established 'Touch of Culture', workshops for Aboriginal women and teens to help them develop increased self-esteem, life skills and cultural awareness. Funding for the workshops was raised through fashion shows that showcased First Nations models, artists and designers. And after two successful years, Pam recognized the need to continue her work on a more formal stage; she registered at the Otis College of Art and Design in Los Angeles and received her degree in fashion design.

Pam returned to Canada in 1998 with the intention of sharing her experiences, technical skills and business acumen with other First Nations people. 'Touch of Culture' was re-born and the new venture incorporated a school of design, a production facility and a design studio. Located on the Capilano Reserve (Indian Reservation) in North Vancouver, 'Touch of Culture' (TOC) is centred on the principle of providing First Nations peoples with the opportunity to explore how modern technology and style can be blended with traditional values and symbols.

Pam is a celebrated guest speaker, workshop facilitator and designer; she blends intelligence, humour and thought-provoking ideas into her collection which includes sportswear, ready-to-wear, wearable art and limited edition one-of-a-kind pieces.

#### CONTACT INFORMATION:

##### T.O.C. LEGENDS

210 Whorlock Rd. W. Vancouver,  
B.C. V7P 1P3

1-866-960-2443 or 604 960-2443

Fax: 604 960-2446

# Ashley Callingbull



## EMAIL CONTACTS

Booking inquiries: *Jarret Leaman*

Acting Agent: *Justine Hunt*

## MAILING ADDRESS

720 King Street West, Suite #123  
Toronto, Ontario, Canada M5V 3S5

## How to Book Ashley Callingbull

If you would like to proceed with booking Ms. Callingbull for an appearance to your event, conference or community, please fill out all the required information below to receive a quote.



## THE AKAWA AGENCY PROCESS



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## Client Details



### Offerings

1. Keynote Address.
2. Motivational Speech.
3. Workshops (improv, acting, facilitation, and pre-developed agendas).
4. Pow-wow's, Parades, Community Fairs, other outdoor events.
5. Appearances and Signings.



### Details

1. Resides in Victoria, British Columbia
2. Requires at least 48 hours of advance notice for a radio/TV appearance.
3. Maintains a travel schedule that currently includes Canada, United States, Asia, South America and Europe.
4. Prefers engagements that include one appearance per day for a maximum of 2 days.
5. Requires travel and accommodation costs covered (including her manager) and an honorarium.



### Topics

1. Missing and murdered Indigenous women.
2. Self-esteem.
3. Surviving Abuse and Low Income.
4. Empowerment, Education, Youth initiatives.
5. Personal journey to reaching success.

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## Engagement Costs

\* in person



The Akawe Agency

|                | Details                                                    | Costs       |
|----------------|------------------------------------------------------------|-------------|
| Appearance Fee | 1 45 minute Motivational Speech, 15 minutes for questions. | \$7,500     |
| Travel Costs   | Travel .65 cents/km (165km)                                | \$120       |
|                | Gas                                                        | \$150       |
| Cost Total     |                                                            | \$7,770     |
| Agency Fee     | 18%                                                        | \$1,398.60  |
| Taxes          | PST 6%<br>GST 5%                                           | \$1,008.55  |
| Grand Total    |                                                            | \$10,177.15 |

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# Suzette Amaya



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## FACILITATED BY SUZETTE AMAYA

### **BUILDING CONFIDENCE & SELF ESTEEM** Ages 10+ (Participants 1-300+)

Participants will be lead through a Journey of understanding the affects of Colonization, including Residential School and the 60s Scoop, and how these historical events have shaped our Indigenous Nation. Walking through the affects of Media and the Stereotypes, young people will gain an understanding of how we can break those negative cycles and stereotypes from looking at the past and focusing on the future!

This interactive workshop talk about the importance of Self-Esteem and Confidence in our lives, to fully reaching our potential in our personal goals, happiness and self love! Through talking about healing processes and steps to Building Esteem to gain Self Confidence, participants will learn practical ways to incorporate exercises that help in every day life.

Filled with group exercises and interactive games participants will work in a safe space voicing their thoughts and opinions of issues Indigenous Peoples face in a general in their generation.

Workshops can be modified to any age group; youth, educators or parents.!

✉ [suzetteamaya@gmail.com](mailto:suzetteamaya@gmail.com)

🌐 <http://www.samayaentertainment.com/>



### **DREAM BIG! - GOAL SETTING** Ages 10+ (Participants 1-300+)

In this workshop participants will be inspired through the life journey of Suzette Amaya on how Goal Setting techniques have helped her remain focused in achieving goals in her personal life, in Business and Education. Through motivational videos and exercises participants will be inspired to think about their own Dreams and Goals!

This workshop will be a brainstorming session, giving each person an opportunity to discover their own talents, skills and dreams. Participants will work on their own goals and given an opportunity to share among their peers. In this workshop participants will walk through the 12 Steps of Goal Setting and be inspired by viewing videos of Indigenous young role models who have achieved their dreams!

### **PROMOTION OF LIFE & SUICIDE PREVENTION** Ages 13+ (Participants 1-300+)

Suicide is an epidemic that has continued to plague Indigenous Communities. In this workshop Suzette Amaya will focus on the Promotion of Life, and look into the history of Indigenous Peoples on topics such as; Colonization, Residential School, the 60s Scoop as well as Systemic Racism. These historical events and cycles of abuse that have effected Indigenous Communities for generations and how it is one of the many effects of Suicide among young people. Talking about suicide, this workshop looks at the many reasons why people self harm and contemplate suicide, including mental health, depression, loneliness, addiction and more.

Looking at the warning signs of Suicide, including steps to helping those going through suicidal thoughts. This workshop helps participants openly talk about ways to help their peers, including helping themselves. Participants will leave this workshop with a Safety Plan as well as resources for online support and crisis-lines.

### **ANTI-BULLYING & CYBER BULLYING** Ages 10+ (Participants 1-300+)

With the rise of Social Media engagement and Bullying in Communities, this workshop talks about the definitions and actions that Bullying encompasses. Through group discussions on actions that bullies and by-standers encounter in this rising problem. Young people will develop a tool box of ways to react and help others dealing with Bullying.

Cyber bullying, including social media platforms like; Facebook, Twitter, Instagram and more!, have become a growing concern to community members in the area of Cyber Bullying and Violence. This workshop will talk about steps to take when instances like this occur online and what to do who to tell and how to heal! This interactive workshop will consist of Role Playing and PowerPoint Presentation

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### **LATERAL VIOLENCE & COMMUNICATION** Ages 10+ (Participants 1-300+)

What is Lateral Violence and the effects it has on Communities and Individuals. In this workshop participants will learn about behaviors and actions that encompass this issues destroying Communities. This workshop will discuss the reasoning behind by people commit Lateral Violence towards others and look into the historical impacts of Colonization of Acculturation and Assimilation, foreign to the respectful and healthy treatment of fellow community members. Discussing openly the effects Lateral Violence has on victims, participants will work together in talking about how to break these cycles of communication. Participants will role play scenarios of healthy and unhealthy ways to communicate, including a Q&A on the effects of Lateral Violence.

With the rise of Social Media engagement Cyber Lateral Violence on social media platforms like; Facebook, Twitter, Instagram and more!, have become a growing concern to community members in the area of Cyber Bullying and Violence. This workshop will talk about steps to take when instances like this occur online and what to do who to tell and how to heal!



## WELLNESS DANCEFLOOR TOUR

# FAMILY FUN & YOUTH WORKSHOPS + DANCE



*Suzette  
Amaya*

Radio Producer/Host  
Reality TV Star  
CEO of SAMAYA Ent.

@suzetteamaya

suzetteamaya.com

*DJ  
STANIML*

Radio Producer/Host  
DJ  
CEO of SAMAYA Ent.

@djstaniml

djstaniml.com



*Suzette  
Amaya*

### WORKSHOP TOPICS

- HERSTORY Finding My Voice & Power
- Building Confidence & Esteem
- Goal Setting - Livin' My Best Life
- Indigenous Entertainment Industry
- Lateral Violence - Harm to Healing
- ReconciliACTION & Decolonization
- Cultural Wellness - Cultural Art
- Music Industry 101 ROCK THE STAGE!
- Healthy Relationships & Boundaries
- Mini Button Blanket or Mini TShirt Pins

- WORKSHOPS
- DANCE
- TALENT SHOWCASE
- KARAOKE
- PHOTOBOOTH
- DANCE CONTESTS
- MERCHANDISE SALE
- GAMES and More!

**FUN - ENGAGING - POWERFUL**

BOOKINGS Email: suzetteamaya@gmail.com

**SCAN  
ME!**





# INDIGENOUS HIPHOP ARTIST

# K.A.S.P.

INSPIRING YOUTH, ADULTS & ELDERS  
TO HEAL, GROW & THRIVE.

## WORKSHOPS OFFERED:



### H.O.P.E.

(Healing, Overcoming,  
Passion Empowerment)



### Love My Life:

Suicide Prevention



Drugs, Alcohol & Addiction



Self-Esteem Building



My Voice - My Rights  
Youth in Care



Hip-Hop Is Medicine  
Music Recording

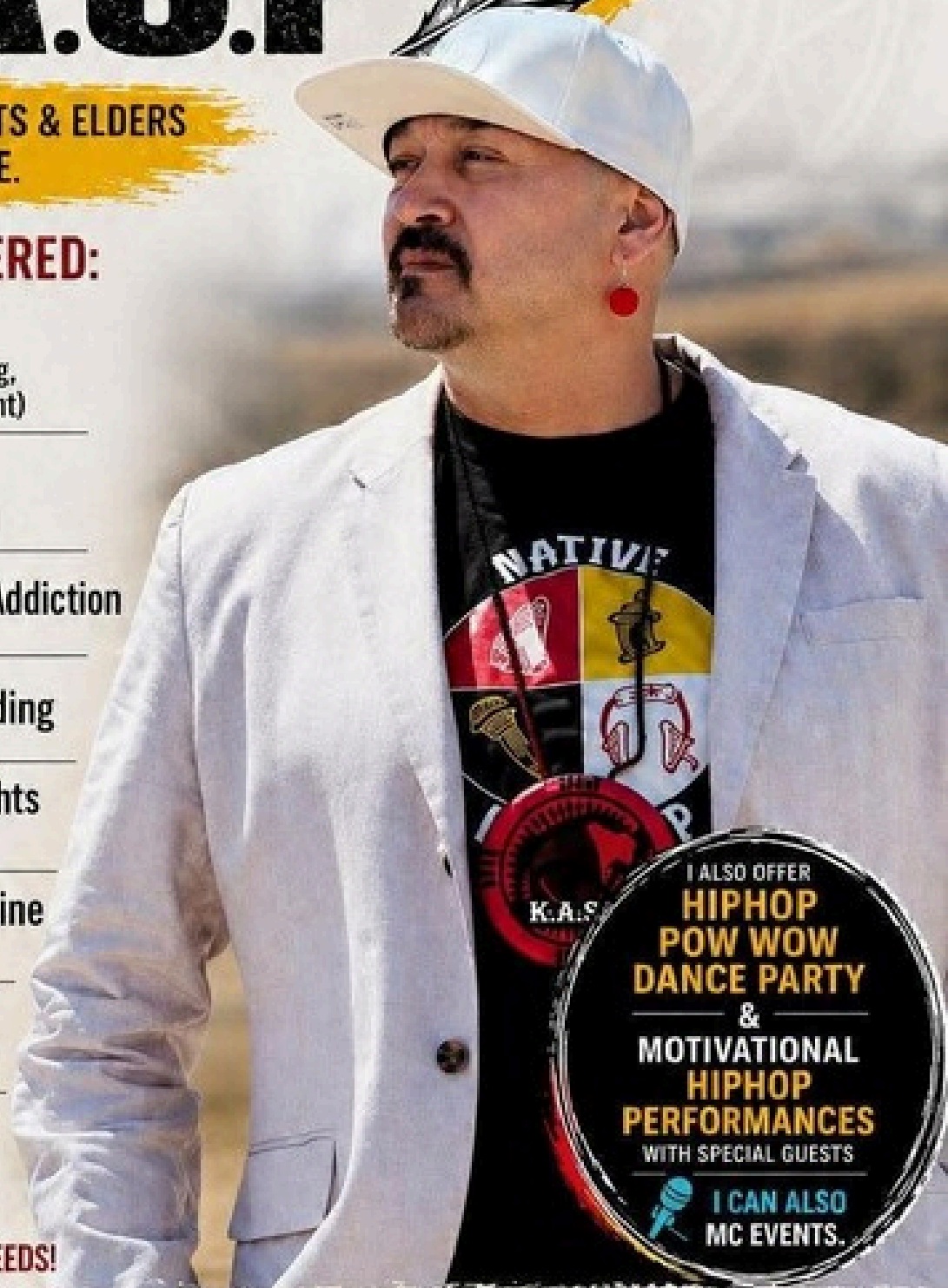


Kwayask Kikway  
Men's Circle



Healing Circles

ALSO WORKSHOPS CAN BE  
DESIGNED TO COMMUNITIES NEEDS!



I ALSO OFFER  
**HIPHOP  
POW WOW  
DANCE PARTY**  
&  
**MOTIVATIONAL  
HIPHOP  
PERFORMANCES**  
WITH SPECIAL GUESTS

 I CAN ALSO  
MC EVENTS.

## FOR BOOKINGS:



Contact Milana Ward



[milana@diversitytalent.ca](mailto:milana@diversitytalent.ca)



I AM  
**17 YEARS**  
OLD  
**SCORED**

CULTURE IS STRENGTH • HEALING IS POSSIBLE • TOGETHER WE RISE.



## ABOUT K.A.S.P.



K.A.S.P. has committed himself to serving aboriginal youth. His inspirational keynotes have now intertwine the storytelling of his life, growing, persevering, and expressing

his life through his music which he also shares with the audience. He has been Motivational Speaking, and facilitating workshops over 20 years and can cater to most topics regarding youth. He has worked with youth organizations, bands, health centres, ministries, MCFD and delegated agencies, jails and prison settings, conferences and family events.

K.A.S.P. Was Featured on APTN, Global TV, MuchMusic, CBC, TED Talks, CBC Radio, CBC Radio North, The Province BC News Paper and more for his Inspiring and Uplifting Motivational Talks and Empowering Workshops!



## AWARDS and NOMINATIONS

- 2020 International Indigenous Arts & Fashion Award winner for "Entertainer Of The Year" -
- 2016 BC Arts Award Winner for "Aboriginal Excellence In the Arts" -
- 2015 Winner for "West Coast Rap Album of the Year" at the Canadian Hip Hop Awards -
- 2014 Nominee Aboriginal Peoples Choice Music Awards "Aboriginal Entertainer Of The Year" -
- 2014 Nominee Aboriginal Peoples Choice Music Awards "Best Rap Hip Hop CD" -
- 2012 Nominee Aboriginal Peoples Choice Music Awards "Male Entertainer Of the Year" -
- 2011 Nominee Aboriginal Peoples Choice Music Awards "Best Hip Hop/Rap Album" -
- 2008 Canadian Aboriginal Music Award Winner for "Best Hip Hop Album"



**Tradition Over Addiction Presents  
Workshops Led by Multi-Award-Winning  
Indigenous HipHop Artist K.A.S.P.**



## **Workshops Offered:**

**Love My Life:  
Suicide Prevention**

**Drugs, Alcohol, & Addiction**

**Self Esteem Building**

**My Voice - My Rights  
Youth in Care**



**H.O.P.E.**

**(Healing, Overcoming, Passion  
Empowerment) Personal  
Development**

**Hip-Hop Is Medicine Music  
Recording**

**Kwayask Kikway  
Mens Circle**

**Healing Circles**



**Workshops can be  
designed  
to communities  
needs!**

**For bookings contact Milana Ward  
[milana@diversitytalent.ca](mailto:milana@diversitytalent.ca)  
[www.traditionoveraddiction.ca](http://www.traditionoveraddiction.ca)**





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For booking & inquiries please email: [higherknowledgemusic@gmail.com](mailto:higherknowledgemusic@gmail.com)

# THEO FLEURY



## Reflections on Healing and Trauma, a One-Day Conversation

The workshop begins with Theo sharing his story of how he overcame his painful past, alcoholism and drug addiction. He shares with the audience his mistakes, triumphs and new learnings. Having now bared his soul and shown his vulnerability, Theo creates a safe space for conversation with the audience on trauma and healing. He will encourage people to tell their stories without shame, without fear. He will talk about how to overcome obstacles and practice mindfulness, and how we all must learn compassion and humility.

Theo is not a psychotherapist, but has incredible life experience, both on and off the ice. He brings a wealth of embodied knowledge to the topics of pursuing excellence and personal growth. Refreshingly, his insightful perceptions look beyond anyone's external behaviours to what lies beneath the surface; he has an uncanny ability to get to the core of things quickly and thoughtfully. To his conversations he brings clarity and honesty, and compassion – partly because he's been there, and also because he knows it's needed.

## Ignite Leadership

The world is always changing. Theo embraces continual self-reinvention and teaches workshop participants that impactful leadership requires the willingness to welcome change into our everyday environments.

Helping other people in need is also a powerful leadership skill that many group settings can benefit from. By introducing the concept of “real conversations” to participants, Theo imparts the tools needed to first recognize signs of trauma in others and to then conduct productive conversations with survivors that can help them along their path toward healing.

**This package is recommended for leadership summits, workplace training sessions, team-building retreats, educational institutions and rehabilitation centres.**



# Theo Fleury

Theo would be happy to share his story from the early years when he first discovered the game of hockey and fell in love with the sport the first moment he stepped on the ice. To the issues he faced as a survivor of abuse and yet succeeding at a elite NHL career and earning an Olympic Gold Medal. And finally, how he overcame his painful past, alcoholism and drug addiction to become an inspirational Victor over life's obstacles. For your event,

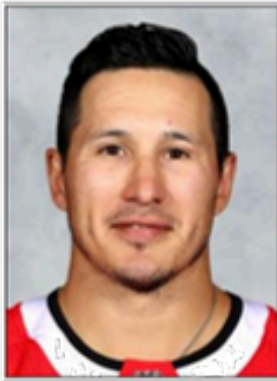
- \* Theo will meet with your event's VIP's (event organizers, company sponsors, community leaders) for pictures and autographs, have a quick press conference if you wish.
- \* If your event includes a banquet-type breakfast, lunch or dinner, Theo would be happy to enjoy the meal with your guests.
- \* Hear Theo's inspiring 60-minute presentation, "The Power of Me Too," followed by a one-hour autograph session.
- \* Post a link on our "Upcoming Events" page to further assist you in promoting your event.
- \* Theo will "Tweet" out to all his social media followers his appearance at your upcoming event.

The speaking fee including all travel expenses (up to Vancouver international airport) is \$11,000 (+GST). We make all the arrangements for air travel, ground transportation, lodging and any incidentals associated with travel expenses. Theo would arrive on your event day with no hassle to you! ***\*Please note, extra fees for time and travel expense will apply for travel required to remote communities.*** We are happy to customize an appearance to suit your event's needs. If you would like Theo to partake in other appearances for your event (ie. extended autograph and picture-taking session, puck drop, networking breakfast, school visit etc.), there would be an additional \$2,500/hour fee. We offer discounts for multiple day bookings.

Your guests will hear an inspiring message, and they will walk away knowing that change is possible and quitting isn't an option. Each time Theo shares his message, he gives it his all... for one single purpose...to help. I look forward to hearing from you again to book one of Canada's leading motivational speakers.

Street address:  
Theo Fleury Enterprises Inc.  
377, 14-900 Village Lane  
Okotoks, AB T1S 1Z6

# JORDIN TOOTOO



Jordin Tootoo was the first Inuk player in the National Hockey League. He has overcome a variety of struggles, including alcoholism. After finishing his career in sports, Tootoo decided to tell his diverse story to the masses. Tootoo authored the book, *All The Way- My Life on Ice*, to illustrate his experiences not only on the ice, but also off the ice. Tootoo

shares stories of his heritage, community, travels, and personal struggles. In his noteworthy speeches, Tootoo sheds light on how to improve one's self, push through adversity, and pursue excellence.

## How to hire Jordin Tootoo for an event

Learn how to hire Jordin Tootoo or research availability and pricing for booking Jordin Tootoo to speak at a corporate event, fundraiser, private party, social media campaign, fair or festival, tradeshow or conference, endorsement project, or hire Jordin Tootoo as a guest speaker, please submit the form to our agency.

Minimum Fee - U.S. Dates  
\$7,500-\$14,999

Virtual Event  
Call for fee

Minimum Fee - Intl. Dates  
Pricing Note

We're looking forward to hearing from you, please leave your name and message below and we'll get back to you shortly. Please read below and send all requests to [info@jordintootoo.com](mailto:info@jordintootoo.com).

PLEASE READ: Failure to follow procedures may result in a delay in your response. We will not reply to emails that disregard the correct process. If you are looking to book for a speaking engagement, we ONLY book a minimum of 8-12 months in advance. Please send your written proposal including: travel dates, price of the offer, organization information and how it relates to mental health. For media inquiries, please understand with a full schedule we are not able to respond to all requests. We're sorry, but the Team Tootoo Store is closed at this time.

Emails related to Team Tootoo, or if you need a mailing address to send gifts or letters, please email [teamtootoofund@jordintootoo.com](mailto:teamtootoofund@jordintootoo.com)

# Indigenous Rights and Reconciliation Speakers

The path to reconciliation begins by acknowledging and understanding our past. Through sharing their personal stories and insights into Indigenous rights, knowledge, and values, these speakers humanize the legacy of colonization while sharing a path forward to a more inclusive, equitable future.

info@speakers.ca

www.speakers.ca



**Susan Aglukark, O.C., LL.B**

**Award-Winning Inuk Singer/Songwriter**

Award-winning Inuk singer-songwriter Susan Aglukark is one of Canada's most unique artists, who blends the Inuktitut and English languages with contemporary pop music arrangements to tell the stories of her



**Perry Bellegarde**

**Former National Chief of the Assembly of First Nations**

Chief Perry Bellegarde has dedicated his life to championing the rights and well-being of First Nations. For 35 years, he has held various First Nations leadership roles, including two terms



**Mike Downie**

**Award-Winning Documentary Filmmaker | Co-Founder, Gord Downie & Chanie Wenjack Fund**

Mike Downie is a celebrated documentary filmmaker and philanthropist. Most recently, he directed and produced *The Tragically Hip: No Dress Rehearsal*, a powerful exploration of the band's legacy and



**Dr. Alika Lafontaine**

**Indigenous Physician | Healthcare Leader and Changemaker**

Named Maclean's top Healthcare Innovator, Dr. Alika Lafontaine has been at the epicentre of healthcare system transformation for almost two decades. He is the first Indigenous physician and the youngest



**Duncan McCue**

**Award-Winning Indigenous Journalist and Author**

An award-winning broadcaster, author, and professor, Duncan McCue is a masterful storyteller and celebrated leader in decolonizing journalism. Throughout his distinguished 25-year career with CBC, he was best known as



**Jennifer Ménard-Shand**

**Indigenous French-Canadian Entrepreneur**

As a First Nations Ojibwe and French-Canadian entrepreneur, Jennifer Ménard-Shand always dreamed of leading a purpose-driven organization. Today, she lives that dream as the founder and CEO of Staff Shop,



**Kendal Netmaker**

**Award-Winning Entrepreneur, Author, and Indigenous Speaker**

An award-winning entrepreneur and author, Kendal Netmaker is a dynamic keynote speaker who draws on his personal journey to deliver powerful lessons on resilience, leadership, and overcoming adversity. A master



**[Tanya Talaga](#)**

**Award-Winning Journalist | Author of *Seven Fallen Feathers* and *The Knowing***

Tanya Talaga is an award-winning Anishinaabe journalist and author. Through her bestselling books, acclaimed documentaries and podcasts, regular columns with the *Globe and Mail*, and powerful keynotes, Talaga aims to



**Jordin Tootoo**

**The First Inuk Player in the NHL | Founder of the Team Tootoo Foundation**

Jordin Tootoo made history as the first Inuk player to be drafted by the NHL. Over his 13-year career, he played for the Nashville Predators, Detroit Red Wings, New Jersey



**Connie Walker**

**Pulitzer Prize and Peabody Award-Winning Indigenous Journalist**

Named one of TIME's 100 most influential people of 2024, Connie Walker has spent over two decades shedding light on often overlooked Indigenous stories. A Pulitzer Prize and Peabody Award-winning



**[Sheila Watt-Cloutier](#)**

**Environmental, Cultural, and Human Rights Advocate**

Nobel Peace Prize nominee Sheila Watt-Cloutier is in the business of transforming public opinion into public policy. Experienced in working with global decision-makers for more than a decade, Watt-Cloutier offers



**The Hon. Jody Wilson-Raybould**

**First Nations Leader | Former MP and Minister of Justice and Attorney General of Canada | Bestselling Author**

The Honourable Jody Wilson-Raybould, PC, OBC, KC, was raised to be a leader. The daughter of a hereditary chief and Indigenous leader, she always knew that she would seek leadership



# JR. LAROSE



In his Warrior presentation JR challenges stereotypical images of masculinity and calls boys and men to rise up to be the warriors they were born to be.

JR facilitates workshops and raises awareness, educating people on what violence against women looks like and what we all can do to stop it. JR is committed to this cause because it is a personal one. As a young boy he witnessed his mother and sister suffer violence at the hands of men in their lives. JR is an ambassador for BC's Ending the Violence Association. Be More Than a Bystander campaign.



1 in 3 females and 1 in 6 males in Canada experience some form of sexual abuse before the age of 18.

The shame and stigma associated with sexual abuse is enabled by silence. After being sexually abused as boy, JR finally found his voice and broke his silence, shedding the shame and shattering the stigma of sexual abuse. In this powerful presentation JR opens the conversation for healing to begin.

JR LaRose is a 2011 Grey Cup champion. A proud member of One Arrow First Nation, he is an ambassador for Aboriginal peoples. He is an accomplished speaker speaking and facilitating over 400 presentations throughout Canada and the United States since 2008. A proud family man JR's path to success has been a long and hard fought journey. Growing up in low income housing in Edmonton's inner city didn't exactly set JR up for success but it did give him the drive to succeed. JR grew up without a father. His father, of Nigerian heritage, was deported back to his native country before JR was born. JR never met his Dad.

## Personal Info

📞 778-899-8743

✉ [jr@jrlarose.com](mailto:jr@jrlarose.com)

## TEAM BUILDING

Do you feel that your work environment isn't positive, nurturing, and productive?

Do you feel like you're the only one at work who works?

This workshop provides an enthusiastic and interactive approach to working as a team. The goal is that each individual will better understand himself or herself by answering questions such as:

What type of learner am I?

What are my strengths and weaknesses?

A better understanding of self will allow a better understanding of others and more productive work environment.

## BREAKING THE CYCLE

Conway K shares his personal family experiences from his childhood with drugs and alcohol. He demonstrates how he has dedicated his life to "breaking the cycle". As a young man Conway has chosen to follow the Creator and find guidance through the Elders, ceremonies and sweat lodges. This workshop will provide direction to "breaking the cycle" of drug and alcohol abuse.

## BULLYING/RELATIONAL AGGRESSION

Learn tools in;

- How to identify bullying/relational aggression.
- How to avoid being a victim to bullying/relational aggression.
- How to help others who are victims of bullying/relational aggression.
- Who are "safe" people to talk to about bullying/relational aggression.

Individuals are provided with different types of scenarios involving bullying/relational aggression. The tools that have been discussed will be applied to these scenarios so that each individual builds confidence in how to handle possible interactions that may be harmful to themselves or others around them.

## CONTACT/BOOKINGS

PO BOX#3388  
MORINVILLE, AB  
CANADA, T8R-1S3

PH: [1.780.266.2323](tel:17802662323)  
E: [conwaykinfo@gmail.com](mailto:conwaykinfo@gmail.com)

# CONWAY KOOTENAY

*REAL DEADLY COMEDY!*

# Services

## COMEDY VARIETY SHOW!

Based on the HIT Online Comedy Video series by Conway K. Conway brings SMUDGE PAN and keeps it DEADLY In an Absolutely Hilarious stage show! with lots of crowd participation, this is a stand up comedy show you havent seen before!! Please visit the CONTACT page to BOOK your show today!!!

## MC

Looking for an MC for your conference, wedding or event? well Conway K is your man!! very energetic, funny, and entertaining. Conway K will be sure to help make your event a huge SUCCESS!! Go to contact page to inquire.

## Showcase your Community! Talent show

This 2 day workshop and event is great for building EXCITEMENT in your community! Day 1 Conway K will work with talent show participants, showing participants valuable tools and tricks that will help them build confidence, self esteem and get them ready for the talent show. Day 2 is the BIG day where all community participants have an oppratunity to SHINE like the stars they are! Go to contact page to inquire.

## Youth Dance

Looking for a youth dance? well look no further!! Lights, Sound System, contests and Prizes will keep your youth very Entertained the whole night! Go to contact page to inquire.

## Workshops

Below is a list of workshops offered, please go to contact page for inquires and bookings.

### NEW WORKSHOP!

#### HEALING THROUGH HUMOUR

An absolutely hilarious workshop with lots of participation also a unique twist! Conway will teach about sketch comedy also participants will be lead through video production, writing and editing there very own sketch comedy video! A great workshop for youth and young adults!

#### MEDICINE WHEEL TEACHINGS

This workshop provides a perspective of a balanced lifestyle. The Medicine wheel helps in guiding people of all ages to live with more Balance; physically, mentally, emotionally, and spiritually. Each of these four components is discussed in detail and goals are created. The goals are personal actions that each individual feels are needed in their lives to create a Balance. Each member of the group has the opportunity to create their own Medicine wheel including their own personal goals.

#### TEAM BUILDING

# CONWAY KOOTENAY

## REAL DEADLY COMEDY!



# Len Pierre

Len's provides consultation, education & training for teams, and public speaking services. See below.



CONSULTING  
SERVICES



EDUCATION &  
TRAINING



PUBLIC SPEAKING

## For Organizations

- Indigenous Curriculum Development
- Indigenous Relations & Leadership
  - Indigenous Cultural Safety for Programs and Policies
- Anti-racism Strategies & Training

## For Government Organizations

- Introduction to Cultural Safety
- Decolonizing Substance Use
  - Indigenous Allyship
- Indigenous Trauma & Resilience Informed Practice
- Two Eyed Seeing & Professional Practice
- Indigenous Wellness Pathways & Spirituality

## For Communities & Organizations

- Guest Lecturing
- Meeting/Gathering Facilitation
  - Master of Ceremonies
- Motivational Speaking: *'Traditional Wellness for Modern Times'*



## CONTACT

Interested in learning more about me, my work or how we can collaborate on an upcoming project? Feel free to reach out anytime, I would be more than happy to chat.

To schedule a free initial consultation meeting please email Ashley, Client Services Manager at [clientservices@lenpierreconsulting.com](mailto:clientservices@lenpierreconsulting.com)



# Creative Journaling: The Promises of Recovery PROGRAM

RECOVERY TOOL | SUPPORTIVE | CREATIVE EXPLORATION | SAFE ENVIRONMENT



This program offers training and curriculum with a trauma-informed approach, developed by Nicolle Nattrass, CAC II Addiction Counsellor, IAJW Journal Council member with International Association for Journal Writing, published author, and one of the top 50 experts in the field of Journaling.

(\*Transformational Journaling for Coaches, Therapists and Clients, Routledge Press 2021.\*)

The Creative Journaling: Promises of Recovery program includes a comprehensive 6-module curriculum, workbook and professional training for Counselors and staff.

The training and modules are essential in providing a safe and structured foundation to support clients in using Journaling as a key treatment tool in their recovery. The focus is on Creative Self-Care, using journaling as a therapeutic outlet and educational tool through the recovery process. The many benefits of journaling include:

- ✓ Maintains Accountability and Honesty
- ✓ Lessens Feelings of Anxiety
- ✓ Provides a Way to Focus on Goals
- ✓ Encourages Emotional Awareness
- ✓ Regulates Emotions and Promotes Inner Peace
- ✓ Brings About a Sense of Accomplishment

Journaling continues to be a recommended modality that is used within a variety of settings and populations. Now, more than ever, it is recognized through research and scientific studies to be powerful, healing and transformative. Creative Journaling has a profound effect on the brain, building resiliency, positive mental health, reducing stress and improving neuroplasticity in the brain that can help cognitive impairments as a result of substance misuse and trauma.

**Trauma-informed Training is essential for maximizing the benefits of Creative Journaling as well as securing safety for clients.**



Facilitated by: Nicolle Nattrass CAC II, Addiction Counselor, facilitator, maternal mental health advocate, consultant and Keynote Speaker

# Creative Journaling for Family Self-Care

## with

### Nicolle Nattrass CAC II

---

Creative Journaling for Family Self-Care offers parents, caregivers, helpers and all of those who care for tender hearts an introduction into how to use and support the exploration of a creative journaling practice. The outcome is to help process stress, anxiety and trauma and build positive wellness for children ages 4 and up.

Family Self-care and taking care of tender hearts is a subject matter that is dear to Nicolle's heart, as a parent and as an Addiction Counselor. Young children need a soft place to land when feelings are too much, and words are not enough.

#### Workshop/ Webinar includes:

- 60- 90 minute presentation
- Interactive PowerPoint visuals
- 15 min Question & Answer period
- PDF booklet of PowerPoint
- Sample PDF chapter of book, *Just the Two of Us* ( a soft place for tender hearts to land)



Do you parent or help a child who has experienced stress, anxiety, worry and trauma? This Webinar offers a trauma informed approach on how to use Creative Journaling with children (ages 4 and up) to encourage positive mental health, emotional literacy and self-esteem.

RECOVERY TOOL | FAMILY SELF-CARE | CREATIVE EXPLORATION | MENTAL & EMOTIONAL WELLNESS



Facilitated by: Nicolle Nattrass CAC II, Addiction Counselor, facilitator, maternal mental health advocate, consultant and Keynote Speaker

During Covid-19, she was compelled to write her first book, *Just the Two of Us* (a soft place for tender hearts to land), a new book on how to use journaling with children to process stress, anxiety and trauma. One of the top 50 experts in the field, Nicolle's courses & programs have been approved by the CACCF and she continues to train others on how to use Creative Journaling to help heal trauma, addiction, family disconnection and to support all areas of recovery.

[NICOLLENATTRASS.COM](http://NICOLLENATTRASS.COM)



# Creative Journaling: Self-Care for the Helping Professional with Nicolle Nattrass CACII

**The Creative Journaling: Self-Care for the Helping Professional Workshop/Webinar is ideal for employees or those in the helping professions who recommend journaling to their clients and/or wish to expand their own knowledge and practise of journaling tools. It takes a comprehensive look-using a trauma-informed lens-at the research, the benefits and the powerful impact of journaling as a healing resource.**

**Journaling continues to be recommended as a strategy and education tool in many helping professions.** We know through current research and scientific studies that writing is a great stabilization tool that reduces stress, encourages resiliency and positive mental health.

**Each workshop/webinar includes:**

- **90-minute presentation**
- **Interactive PowerPoint visuals**
- **15 min Question & Answer period**
- **PDF booklet of PowerPoint**



**The focus of this course is Self-Care through easy to use, accessible journaling techniques and exercises to explore your creativity.**

A great opportunity to unplug and reconnect with yourself. Through the use of writing tools, we will use our journals as a tool to reduce stress, to rediscover focus, direction and set goals to identify, inspire and motivate your life forward.

**TRAUMA INFORMED | SELF-CARE | RECONNECT WITH SELF | REDUCE STRESS**



**Facilitated by: Nicolle Nattrass CAC II, Addiction Counselor, facilitator, maternal mental health advocate, consultant and Keynote Speaker.**

In all of the work Nicolle does, she values creating environments where tenderhearted conversations can be held and where a trauma-informed lens leads. One of the top 50 experts in the field, Nicolle's courses & programs have been approved by the CACCF and she continues to train professionals on how to use Creative Journaling to help heal trauma, addiction, family disconnection and to support all areas of recovery, with a focus on self-care.

**NICOLLENATTRASS.COM**  
**nicollenattrass@gmail.com**



# Creative Journaling for Self-Care Webinar

with  
Nicole Nattrass

The Creative Journaling for Self-Care Webinar is designed from a trauma informed perspective and is a perfect fit for anyone who is new to journaling or an avid journaler who has a desire to renew journaling tools, techniques and fine tune their journal practise.

Self-care is the fuel that nourishes us and moves us forward in our personal and professional lives. All of us have within us, the ability to discover a way to practice enjoyable and simple self-care through journaling.

Each webinar includes:

- 60 minute presentation
- Interactive PowerPoint visuals
- 15 min Question & Answer period
- PDF booklet of PowerPoint



The focus of this Course is renewed & improved Self-Care & exploration of Creativity. Through accessible & easy to use journaling techniques as well as inspiring exercises to expand your creativity.

**TRAUMA INFORMED | SELF-CARE | CREATIVE EXPLORATION | REDUCE STRESS**



**Facilitated by: Nicole Nattrass CAC II, Addiction Counselor, facilitator, maternal mental health advocate, consultant and Keynote Speaker**

Nicole is a member of the Journal Council with the IAJW (International Association for Journal Writing). Her courses have been approved by the CACCF [www.caccf.ca](http://www.caccf.ca) and she has created 4 Journaling programs with a focus on self-care, to help heal trauma, addiction, family disconnection and to support recovery in all areas.

**NICOLLENATTRASS.COM**  
**nicollenattrass@gmail.com**



## **Pulling Together Series: A Guide for Front Line Staff, Student Services, and Advisors**



Grab your paddle and join us in our canoe. In this six-week series, Marlene Erickson and Jewell Gillies will provide an overview of the BCcampus [\*Pulling Together: A Guide for Front-Line Staff, Student Services, and Advisors\*](#) resource, which reflects a holistic way for post-secondary workers to serve Indigenous students.

Many Indigenous students are first-generation learners at post-secondary institutions, and their interactions with front-line staff and service providers inform how they share their experience with their family and community. One negative experience can create harm and mistrust. Positive experiences help Indigenous students feel respected and build trust with staff and faculty. This can lead to future generations wanting to further their post-secondary education. The *Pulling Together* series is an opportunity for you to better understand Indigenous students and figure out how both you and your area or department can work to ensure supportive student experiences. By pulling together, we can facilitate student success and contribute to long-term improvements for Indigenous students and communities.

### **Series Overview**

This series requires a commitment of three hours of asynchronous study and self-reflection, along with one 90-minute synchronous session every Thursday for six weeks. We strongly advise participants to make time to attend every session in the series. Session dates and times are as follows:

- Week 1: March 4 (12–2 p.m. PT)
- Week 2: March 11 (12–2 p.m. PT)
- Week 3: March 18 (12–2 p.m. PT)
- Week 4: March 25 (12–2 p.m. PT)
- Week 5: April 1 (12–2 p.m. PT)
- Week 6: April 8 (12–2 p.m. PT)

We will cap registrations at 50 participants, so please ensure you register early to attend the entire series.

The series will be facilitated using a variety of methods. We will host guest speakers that include an Elder, a student panel, and a keynote. Participants will collaborate with one another in weekly breakout rooms. Each participant will be mailed their own medicine pouch kit and instructed how to assemble it during one of the synchronous sessions. This communal activity is a unique aspect of the series and provides a way for participants to hold space for themselves and their own self-care during the workshop. We will also be joined by graphic recorder Michelle Buchholz, who will capture the essence of each session with a succinct visual image that will be shared with participants. Graphic recording is a modern take on the witnessing ceremony, and we are honored to have Michelle with us to witness this community work.



Themes to guide the conversation will follow the qualities and journeys of four animals important to Indigenous culture in B.C.:

- Chetwood (the Bear) — Intentions and values. How did you get to be here today?
- Kahkah (the Raven) — The determination to paddle. We will look at what you need to do to be successful in your journey.
- Leloo (the Wolf) — The one who gathers the community. This theme speaks to participants' willingness to be on this journey and make changes.
- Sammon (the Salmon) — The wealth you take home from your journey.

By no means will you be an expert on Indigenous history, culture, or reconciliation after participating in this series, but the facilitators reassure us that no one currently is or can be. For one thing, too many different Indigenous groups and diverse representations of Indigenous peoples exist across our province and country. Additionally, Jewell says the work of creating equity for any equity-seeking group is always in progress. In reality, we will never be finished, so this is why we focus on the journey. A saying in traditional paddle communities is: "It's the journey, not the destination." This holds true for all work done in the anti-oppression arena. We look forward to the journey ahead with each of you.

## Facilitators

**Marlene Erickson** grew up in Nak'azdli (also known as Fort St. James). She is the executive director of Aboriginal education at College of New Caledonia, where she has worked for over 25 years in various roles. She has served as director for the Yinka Dene Language Institute and as a director, advisor, and chairperson for the [First Peoples' Cultural Council](#). She is an executive board member of the [First Nations Education Steering Committee](#), a policy and advocacy organization that represents and works on behalf of First Nations communities in B.C. Marlene also chairs the BC Aboriginal Coordinators Council. With her strong interest in oral history, Marlene has been a long-time advocate for language and cultural revitalization.

**Jewell Gillies** is Musgamagw Dzawada'enuxw of the Kwakwaka'wakw Nation (northern Vancouver Island). After completing two years of study toward a criminal justice diploma at University of the Fraser Valley, Jewell spent time as a police officer in Vancouver. However, after six years in law enforcement, Jewell had to accept that the uniform was a barrier to the goals they wanted to achieve, as it represented a disturbing history for the individuals Jewell was trying to connect to and help. Jewell switched gears and began working in the educational system. Now, in their work in the Aboriginal Services Department of Okanagan College, Jewell is recognizing that they are in a better position to effect real change. They are also responsible for creating the [Positive Space Committee](#) for LGBTQ2+ students and staff at Okanagan College.

# MICHELE VAN DER WIELEN

## Indigenous Employment Team

### Why Our Indigenous Employment Program is Important

Island Health's Indigenous Employment Program was created to help us build strong long-term relationships with the First Nations communities and Indigenous organizations on Vancouver Island. [Learn more.](#)



#### MICHELE VAN DER WIELEN - NORTH ISLAND EMPLOYMENT ADVISOR

Michele is Cree, French and English, and is a proud member of the Waterhen Lake Cree Nation in Saskatchewan. Michele has lived and worked in Coast Salish, Nuuchahnulth, and Kwakwaka'wakw territories her whole life. Michele holds a Bachelor of Arts degree, with a major in Sociology and has been active in Indigenous initiatives involving youth, education, and community for over fifteen years. She has also worked with Indigenous peoples in Guatemala and Aotearoa (New Zealand).

Please connect with Michele to book a workshop, request a community visit or to invite her to a career fair within the north island region.

Cell: 250-203-7965

[michele.vanderwielen@islandhealth.ca](mailto:michele.vanderwielen@islandhealth.ca) 

STAY IN SCHOOL - IT'S THE START OF SO MUCH MORE!



**DOLLARS & SENSE**

**AFOA CANADA**

## **AFOA CANADA DOLLARS & SENSE PROGRAM**

***Contact us today and learn about our youth-targeted financial literacy suite of workshops!***

AFOA Canada has developed three financial literacy *Dollars & Sense* modules for Indigenous students:

- 1 The *Secondary School Module* for students in grades 11 and 12;
- 2 The *Middle School Module* for students in grades 7 and 8; and
- 3 The *Elementary School Module* for students in grades 3 and 4.

The **goals** of the *Dollars & Sense Program* are to:

- 1 enhance students' understanding of handling finances and using money wisely;
- 2 provide the knowledge and skills to help students make informed financial decisions;
- 3 increase students understanding of saving and setting financial goals;
- 4 assist students in determining the real costs of products and services; and
- 5 build students awareness of career opportunities in finance.



AFOA Canada thanks and acknowledges TD Bank Group for providing funding for this Program.

There is a lot of interest in this program because it is much needed in our communities. Contact us today to take advantage of this opportunity to invest in helping our Indigenous youth understand what financial literacy is and why it is so important.

***Let's work together to help build a community of professionals!***

CONTACT:

AFOA Canada

Toll-free: 1-866-722-2362

Email: [financialwellness@afoa.ca](mailto:financialwellness@afoa.ca)



**AFOA CANADA**  
*Building a Community of Professionals*





## Indigenous Financial Wellness

AFOA Canada is pleased to announce the new Indigenous Financial Wellness Initiative. **Indigenous Financial Wellness** is the continuous process of balancing income, saving, investing and spending to achieve one's life goals (physical, emotional, mental and spiritual) over the life cycle, and to maintain a state of wellness for individuals, family and community.

### Indigenous Financial Wellness workshops include:

- Training to host a Community Volunteer Income Tax Clinic
- Dollars and Sense Financial Wellness Training for Youth
- Financial Wellness Training for Sixties Scoop Settlement Claimants
- Retirement Planning for all audiences

This month we are focusing on training to host an Income Tax and Benefits Tax Clinic in your community.

Would you or your community or organization be interested in hosting a Free Tax Clinic and learning more about the benefits you may be entitled to? Would you be interested in learning more about becoming a volunteer tax preparer for your community or organization?

If you are interested or have any questions, please don't hesitate to contact the Financial Wellness team at:

Tel: (866) 722-2362

Email: [financialwellness@afoa.ca](mailto:financialwellness@afoa.ca)



# Lisa Hoffman

**DO YOU FEEL UNSURE  
OF HOW TO  
SUPPORT  
YOUR TEEN?**

**JOIN OUR PARENTS TOGETHER PROGRAM**

This program helps parents of teens gain confidence, discover practical tips and resources, and find support from other parents

**LOCATION: ONLINE PARENTING GROUP**

**COST: BY DONATION**

**TO PRE-REGISTER PLEASE CONTACT:**

**Deanna Riedke 250-686-9122**

**Lisa Hoffman 250 217-4929**

**E: [parentingprograms@bgcvc.org](mailto:parentingprograms@bgcvc.org)**



Boys & Girls Club  
of Greater Victoria

# HEADSTRONG



## What is HEADSTRONG?

HEADSTRONG is a youth leadership initiative to champion mental wellness. Focusing on resilience, recovery, and positive social action, its summits and youth-led school clubs are designed to encourage continual change. HEADSTRONG's mission is to equip and inspire young people to Be Brave, Reach Out, and Speak Up about mental health.

**HEADSTRONG** is evidence-based, easy to implement, and well-supported by the MHCC team. It's a perfect choice for schools and communities seeking an effective way to support mental wellness for students without creating additional workload for school staff.

## Why HEADSTRONG?

Young people listen to each other and frequently turn to their friends before approaching an adult for help. Students are inspired when they feel they can have a positive impact on other people's lives, whether that's through social action or helping a friend find appropriate help. HEADSTRONG gives youth the tools, skills, and confidence to

- recognize when and who to ask for help
- understand what stigma is and how to challenge it
- teach others about mental wellness
- know that recovery from mental health problems is expected
- appreciate that mental health is health.

## HEADSTRONG summits

Each HEADSTRONG summit is an experiential learning opportunity involving groups of students from various schools. Summits are designed to challenge stereotypical thinking and inspire youth leadership through activities, real-life recovery stories, discussions, and action planning.

Following a summit, students are encouraged to implement their action plans in their own schools and communities by starting their own HEADSTRONG clubs.

For more information, contact us at [headstrong@mentalhealthcommission.ca](mailto:headstrong@mentalhealthcommission.ca).

## Virtual HEADSTRONG summits

In light of COVID-19 health concerns, we have developed a new virtual format for students, which is accessible both in the classroom and at home. As far as possible, [virtual HEADSTRONG summits](#) bring the same level of energy and interaction as the traditional, in-person experience.

[Watch](#) our overview of virtual HEADSTRONG summits!

Led by Emcees with specific training in virtual communication, the one-week summits are split into three 75-minute modules that align with the HEADSTRONG motto and include a follow-up session two to six weeks after completion:

- Module 1 (Be Brave) – Introduces HEADSTRONG, the mental health continuum, and supporting mental health in your school and community
- Module 2 (Reach out) – Looks at the effects of stigma and how to make positive changes
- Module 3 (Speak Up) – Fosters planning mental health activities and the importance of youth leadership
- Follow-up session – A check-in that lets students share the results of their activities and plans for upcoming events



For more information, contact us at [headstrong@mentalhealthcommission.ca](mailto:headstrong@mentalhealthcommission.ca).





First Nations Health Authority  
Health through wellness

## **“GRIEF AND LOSS WORKSHOP”**

This training is structured as a half day workshop. Participants will have the opportunity to explore the following:

- What is Grief and Loss?
- What is complicated Grief and Loss?
- How does culture support our ability to manage Grief and Loss?

The training will include opportunity for, Individuals to speak about Grief and Loss and what that means to them

- Sharing ideas on how to use culture to support the process of Grief and Loss

After the 2 workshop participants will:

- Have a working definition of Grief and Loss, including complicated Grief and Loss

### **Who Should Attend**

- Individuals with a health or social-related support role in community.
- Individuals from community lived and living experience of loss.

### **Selection Process and Criteria**

1. Commitment to attend for the half day training
2. Capacity and commitment to take this learning home and put it into action.

Your trainers will be:

FNHA MH&W Hub Team Social Worker and another member of the team.



Beryl Parke



First Nations Health Authority  
Health through wellness

## **LATERAL VIOLENCE TO KINDNESS: FOCUS ON STIGMAS RELATED TO LOVED ONES WITH SUBSTANCE USE DISORDERS**

This training is structured as a **six (6) hour** workshop. Participants will have the opportunity to explore the following:

- What is lateral violence? What are the impacts and why does it continue?
- How to move from violence to a Model of Kindness in our personal, work and community
- How to reduce stigmas for loved one with substance use disorders

The training will include opportunity for,

Individuals to speak about what Lateral Violence means to them

Sharing ideas on how to move away from violence to kindness

Viewing video material about "Lateral Violence definitions, history and ideas around interventions to move to kindness".

**\*Cultural supports will also be available\***

**SNACKS AND LUNCH PROVIDED**

After the 6 hours participants will:

- Have a working definition of Lateral Violence, including causes and effects
- Have a plan for moving forward on the journey to Lateral Kindness
- Know how to communicate with loved ones with substance use disorders – reduce stigmas

DELIVERED BY: BERYL PARKE, MSW, CMC

FNHA MH&W Hub Team Social Worker and another member of the team.



Beryl Parke



## Returning to the Circle ~ Grandmothers, Aunties & Caregivers Application Package

**“Returning to the Circle”-Grandmothers, Aunties and Caregivers-July 18-28, 2021**

**COST: FREE**

This ten-day program will explore the traditional Indigenous roles of Women in our families and communities. Programming will address multi-generational trauma stemming from the Residential School Legacy. This program will offer a safe space to begin looking at delayed grief and specific traumas (the roots of addiction) through experiential and cognitive processes using culturally relevant approaches.

***Participants are asked to refrain from any and all drug and alcohol use during programming. Healing will be based on Traditional culture and ceremony-participants' need to have a clear mind and spirit to connect with the Creator and Ancestors.***

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All those participating in, “Returning to the Circle” ~ Grandmothers, Aunties and Caregivers, will be sharing their accommodations with others if one has received the COVID-19 vaccine. Kackaamin has 2 bedroom, 3 bedroom, 4 bedroom, 5 bedroom and wheel chair accessible townhouse units. Each unit has one queen bed, and depending on the other units they have twin beds, with bathrooms and full kitchens.

**Participants will be confirmed once applications are reviewed by our clinical intake committee.**

**CELL PHONE USE DURING PROGRAMMING WILL NOT BE TOLERATED.**

***Please note we are not accepting children or youth for this program due to healing demands of heavy programming, need for self-care of participants and COVID-19.***

**Kackaamin Family Development Centre Program Guidelines**

- Clients must have a minimum 3 weeks of abstinence from any previously misused substance.
- Smoking is allowed in the designated smoking areas
- Clients are responsible for their own travel arrangements to and from the center
- Arrival time on intake day is between 12:00 pm – 5:00 pm

Please connect with Intake Coordinator, Jenni Chase, at 250-723-7789 or [jenni.c@kackaamin.org](mailto:jenni.c@kackaamin.org) for appropriate applications for summer programming, and for any questions or concerns related to programming application requirements.

# Kerri Isham



**Telephone:** (250) 240-0105

**Email:** [support@PowerUpEducation.com](mailto:support@PowerUpEducation.com)

## Ages 2-8

These workshops focus on safety and abuse prevention. We can reduce the incidences of sexual abuse by teaching children to name their private body parts, helping them to identify the differences between safe, unsafe and secret touch, and supporting them to express a variety of emotions.

These foundational skills make the world a safer place for children.

## Ages 8-13

These workshops focus on preparing young people for their changing bodies and relationships. Kids cannot navigate this tumultuous time without the support of knowledgeable, trusted adults. We can help kids to understand difficult concepts, such as consent, the importance of hygiene, and healthy relationships. With these tools, kids can successfully transition to the high school years.

These workshops focus on supporting young people with the transition from youth to adulthood. More than ever before, youth need the support of engaged adults. Must have conversations include consent, sexual assault prevention, healthy relationships, gender and sexual orientation, and STI prevention, to name a few. Understanding these crucial concepts will enable them to engage in deeper connections and conversations with peers and future partners.

## Ages 13+



## All Ages

These workshops focus on a proactive approach to raising and working with a special needs child or youth. People with special needs are most at risk for sexual abuse and exploitation. Parents, caregivers and workers must acknowledge people with special needs as sexual beings. Our approach focuses on prevention, rather than intervention, so that all people can lead healthy, happy sexual lives.

## For Parents of kids of all ages

These workshops focus on safety and abuse prevention. We can reduce the incidences of sexual abuse by teaching children to name their private body parts, helping them to identify the differences between safe, unsafe and secret touch, and supporting them to express a variety of emotions.

These foundational skills make the world a safer place for children.

## For Professionals who work with children of all ages

These workshops assist practitioners to better support and understand the needs of clients and families. As a professional, it is really challenging to remain up-to-date on the latest trends in sexual health education. We offer the opportunity to engage with the most current information and to have collaborative conversations with colleagues. New knowledge and understanding will allow you to better serve your clients and their communities.



## AVAILABLE WORKSHOPS

### Workshop #1: 6 Must Have Conversations with (Pre)Teens

More so than ever before, parents/teachers need to keep up-to-date with current issues in sexual health education. This 2-hour workshop will provide parents, caregivers, counsellors, child and youth care workers and other interested community members a peak into the challenges many youth face today. Specific topics will include consent, sexual harassment, the legal and social implications of sexting, gender violence, sexual fluidity and the long-term impacts of pornography.

### Workshop #2: How to Talk to Children and Youth About Pornography

It is not about if your child/children will view pornography, it is about when. Schools and families must intentionally filter out inappropriate sexual images so that they are not viewed by children. Nearly 50% of children who see pornography by accident say they can't forget that first image. According to a 2018 study in NZ (Youth and Porn) 25% of kids under 12 have accessed pornography. The largest group of viewers of internet pornography is children 12-17. The biggest problem with our kids seeing pornography isn't that it's about sex, but that it's about unrealistic sex. Want to learn more about the long-term impacts of pornography viewing? Want to learn how to talk to your kids? Then this workshop is for you!





## AVAILABLE WORKSHOPS

### **Workshop #3: Creating a Culture of Child Protection**

Calling all early childhood educators, parents of primary aged children, social workers, teachers, grand-parents raising grand-children and ANYONE who works with or cares for children.

In this workshop you will learn about...

1. Why we need to teach sexual health education early
2. What schools should be offering our primary aged children in terms of sexual abuse prevention
3. Common myths of sexual abuse
4. Types of sexual abuse
5. Statistics of sexual abuse
6. Who commits sexual abuse?
7. Incidences of reporting
8. The difference between a pedophile and molester
9. The profile of a predator
10. Stages of grooming a child
11. What transfer of responsibility looks like
12. Patterns of disclosure
13. Why kids don't disclose
14. Normal sexual behaviour for preschool and primary aged kids.
15. Signs and symptoms of child sexual abuse





## AVAILABLE WORKSHOPS

### **Workshop #4: Sexual Health Education for Children with Special Needs**

Calling all early childhood educators, parents/teacher of children in K-Grade 7, social workers, grand-parents raising grand-children and ANYONE who works with or cares for children.

In this workshop you will learn about...

1. What is sexuality?
2. Why teach sexual health education early?
3. Why teach sexual health education to children with special needs?
4. Why children with special needs are at greater risks of sexual abuse
5. Other risk factors
6. What children need to know and when
7. Why we need to be proactive rather than reactive
8. Modifying sexuality topics
9. Delivery methods
10. Resources, books, Apps, etc.



[powerupeducation.com](http://powerupeducation.com)





## AVAILABLE WORKSHOPS

### **Workshop #5: Sexual Health Education for Teens with Special Needs**

In this workshop you will learn about...

1. What is sexuality?
2. The Circles of Sexuality
3. Messaging directed towards youth with special needs
4. Why teach sexual health education to teens with special needs?
5. Risk factors
6. Teaching to chronological age as opposed to cognitive age.
7. What teens need to know and when
8. Modifying sexuality topics
9. Delivery methods
10. Resources, books, Apps, etc.

Any of these workshops can be adapted for adult only or adults with (pre)teens.

**Pro-D for teachers, E.A.'s is also available.** Hands on activities to support the delivery of the Physical and Health Education Curriculum for K to Grade 10 (Grade 11 and 12 available upon request).



[powersupeducation.com](http://powersupeducation.com)



## AVAILABLE WORKSHOPS

### **Workshop #6: Resiliency and Healing**

Calling all early childhood educators, parents of primary aged children, social workers, teachers, foster parents, grand-parents raising grand-children and ANYONE who works with or cares for children.

In this workshop you will learn about...

1. What is trauma?
2. Responses to trauma
3. Personal attachment patterns
4. Long-term trauma response
5. Empathy
6. The power of vulnerability
7. Support/healing
8. Adverse Childhood Experiences

Kerri Isham  
[learn@powerupeducation.com](mailto:learn@powerupeducation.com)

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### SAFE SPACE YOGA

SAFE SPACE YOGA IS TRAUMA SENSITIVE, AND FOCUSES ON EMPOWERMENT THROUGH EDUCATION, CHOICE, AND SAFE CONNECTION TO SELF. SESSIONS MAY BE INDIVIDUAL-FOCUSED, AND GROUP NEEDS CAN BE ACCOMMODATED. THE APPROACH IS GENTLE, SPACIOUS, AND INVITING.



### CORPORATE OFFERINGS

WORKPLACE YOGA AND TRE (TENSION RELEASING EXERCISES) HAS BEEN SHOWN TO REDUCE EMPLOYEE STRESS, IMPROVE PRODUCTIVITY, IMPROVE CO-WORKER AND MANAGEMENT RELATIONSHIPS, AND DECREASE BACK PAIN. WHEN EMPLOYEES ARE ABLE TO INCREASE THEIR INTERNAL RESOURCES OF CALM AND RESILIENCE, THEY ARE BETTER ABLE TO RESPOND TO WORKPLACE STRESS POSITIVELY.

HOLDING WELLNESS PRACTICES ONSITE IS CONVENIENT AND ALLOWS EMPLOYEES TO RETURN TO WORK REFRESHED, REJUVENATED, AND FOCUSED.

STRESS IN THE WORKPLACE AND OVERALL CORPORATE WELLNESS ARE GROWING CONCERNS FOR PROGRESSIVE AND PRODUCTIVE BUSINESSES. ELAN WELLNESS WILL WORK WITH YOUR SCHEDULE AND BRING WELLNESS PRACTICES TO YOUR EMPLOYEES.



### CHRONIC PAIN MANAGEMENT PLANS

PAIN IS COMPLEX, AND IS AFFECTED BY BIOLOGICAL, SOCIAL, AND PSYCHOLOGICAL FACTORS. WE WILL WORK TO MINIMIZE THE EXPERIENCE OF YOUR PAIN AND INCREASE SELF RELIANCE THROUGH NERVOUS SYSTEM HEALTH EDUCATION, GENTLE SOMATIC PRACTICES, BREATH WORK, AND MEDITATION PRACTICES.

IN OUR INITIAL SESSION WE WILL CREATE A SET OF REALISTIC GOALS BASED ON S.M.A.R.T. PRINCIPLES, SO THAT ULTIMATELY YOU WILL LEARN TO MANAGE YOUR PAIN AND LIVE A LIFE YOU LOVE.



### PERSONALIZED WELLNESS PLANS

PERSONAL WELLNESS IMPLIES A STATE OF MULTIDIMENSIONAL HEALTH AND SATISFACTION. A PERSONALIZED WELLNESS PLAN IS HIGHLY INDIVIDUAL AND IS CREATED THROUGH COLLABORATION. WHETHER YOU WANT TO IMPROVE YOUR HEALTH, REDUCE AND MANAGE STRESS, OR SIMPLY GET SUPPORT IN ANY AREA OF YOUR LIFE, A WELLNESS PLAN MAY BE FOR YOU. THIS IS ABOUT TAKING ACTION AND SEEING RESULTS IN AREAS SUCH AS PHYSICAL, MENTAL, SPIRITUAL, AND EMOTIONAL.

# Meg Gorosh



## PRIVATE AND GROUP SESSIONS

PRIVATE AND GROUP SESSIONS CAN BE TAILORED TO YOUR INDIVIDUAL OR GROUP'S NEEDS, WHETHER YOU ARE LOOKING FOR AN ENERGIZING AND UPLIFTING PRACTICE, OR A MORE GROUNDING AND SOOTHING EXPERIENCE. I AM HERE TO SUPPORT YOUR JOURNEY.



## REIKI

REIKI MEANS UNIVERSAL LIFE FORCE ENERGY. IT IS A METHOD OF RADIATING THIS CONCENTRATED ENERGY EITHER WITH LIGHT TOUCH, OR WITH THE PRACTITIONER'S HANDS HOVERING A FEW INCHES ABOVE THE BODY. LIFE ENERGY PLAYS AN IMPORTANT ROLE IN EVERYTHING WE DO. IT ENLIVENS AND INVIGORATES THE EMOTIONS, MIND, AND SPIRIT, WORKING TO BRING ALL ASPECTS OF BEING INTO BALANCE. PEOPLE USE REIKI TO DECREASE PAIN, EASE MUSCLE TENSION, SPEED HEALING, AND IMPROVE SLEEP, AS WELL AS FOR DEEP RELAXATION.

ELAN WELLNESS OPERATES ON THE UNCEDED TERRITORIES OF THE COAST SALISH PEOPLES, SPECIFICALLY THE SNUNEYMUXW FIRST NATION, WHOSE HISTORICAL RELATIONSHIP OF STEWARDING AND PROTECTING THIS LAND CONTINUES TO THIS DAY. I ACKNOWLEDGE MY LIFE AS A SETTLER AND STAND IN SOLIDARITY WITH ALL INDIGENOUS PEOPLES EVERYWHERE, AND AM COMMITTED TO ANTI-OPPRESSION, DECOLONIZATION, AND THE LIBERATION OF ALL BEINGS.

I am a white settler woman, and I practice through a lens of cultural humility, anti oppression and anti colonialism.

I am a TRE provider (tension and trauma releasing exercises), and am a third year somatic experiencing student, as well as an anti oppressive social worker. I offer workshops and sessions in TRE with a focus on creating "safe enough" approaches to experiencing one's body.



1631 BOWEN RD.  
NANAIMO, BC V9S 1G7



(250) 619-4087



MEG@ELAN-WELLNESS.COM



## CASE STUDY

# Island Health Relational Practice for Cultural Safety— It Begins with You



## OVERVIEW

Island Health developed a facilitated, in-person six-hour workshop to deepen health-care staff's ability to create more culturally safe health-care settings. The ultimate goal is to improve health outcomes for First Nations and Aboriginal people.

## HOW DID THIS INITIATIVE COME ABOUT?

Cultural safety training for health-care staff has been identified and supported as a priority by Island Health. This in-person workshop was developed to follow the online "For the Next Seven Generations—For Our Children" workshop.

## OUTCOMES

The goal of the six-hour "Relational Practice for Cultural Safety—It Begins with You" workshop is to explore issues and introduce learning to raise health-care providers' awareness of deeply held attitudes and preconceptions about First Nations and Aboriginal people. The workshop also enhances their knowledge of the historical and social processes impacting both Aboriginal and non-Aboriginal people.

Facilitators hope to enhance the relational skills that contribute to creating culturally safe environments and interactions between health-care providers and clients, thereby improving service delivery in culturally safe ways that increase First Nations and Aboriginal clients' access to health-care services and reduce barriers that might prevent that access.

### ELEMENTS OF SUCCESS

Before attending this in-person workshop, participants are expected to have completed prior learning. The workshop is led by Elders, and workshop facilitators take care to set the tone for the day by incorporating a circle process, which includes group process guidelines, and by encouraging participants to practice self-care throughout the day. The workshop draws on a wide range of sharing and listening exercises and incorporates various modalities and exercises for learning.

### ADVICE FOR OTHERS

- Work with Elders and host sessions within First Nations communities: this is an important component of inclusive and locally informed programming.
- Have a support plan for coping with emotional triggers to the sometimes uncomfortable and unsettling content.
- It is helpful to require participants to have completed online or other pre-learning about colonial history.



**For more information on this initiative, please contact:**

Yvette Ringham-Cowan:  
[Yvette.Ringhamcowan@viha.ca](mailto:Yvette.Ringhamcowan@viha.ca)

Harley Eagle:  
[Harley.Eagle@viha.ca](mailto:Harley.Eagle@viha.ca)



*#itstartswithme*

For more information on Cultural Safety and Humility in Health Services Delivery for Aboriginal Peoples in BC please visit us online: [www.fnha.ca/culturalhumility](http://www.fnha.ca/culturalhumility)



# Responding to Anti-Indigenous Racism in the Health Care System

Yvette Ringham Cowan

Integration Lead, San'yas Indigenous Cultural Safety Training  
Indigenous Health Provincial Health Services Authority

Laurie Harding

Integration Lead, San'yas Indigenous Cultural Safety Training  
Indigenous Health Provincial Health Services Authority



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Yvette Ringham-Cowan:  
[Yvette.Ringhamcowan@viha.ca](mailto:Yvette.Ringhamcowan@viha.ca)

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## Island Health's Cultural Safety Online Course Public Access Now Available

The online Cultural Safety Training, "For the Next Seven Generations – for the Children", developed by Island Health's Aboriginal Health Program is now available for the public.

The course is a 3-4 hour, self-paced, non-facilitated course and is intended to improve health outcomes for present and future generations of Aboriginal peoples living on Vancouver Island. The module provides an opportunity for healthcare providers to strengthen their cultural awareness and to enhance their ability to establish culturally safe, respectful engagements and environments.

*Important: There may be aspects of this on-line training that bring up uncomfortable feelings about Canada's collective history and the current social realities facing many Aboriginal Peoples. We encourage all learners, if needed, to arrange appropriate support before commencing this module.*

1. To access the Public Course follow these steps: Access the BC Provincial Health Services Authority Learning Hub by clicking on this link- <https://learninghub.phsa.ca/>
2. Sign in or Sign Up for an Account



- Learners will need to complete the profile fields outlined to create their account
  - An email will be sent to the email address they used to create their account – Learner follows the steps in the email to activate their account.
  - When asked to select role in the organization – the external learner will select **General Public** and click **CONTINUE**.
3. Click **FIND A COURSE**
  4. Enter **Course title or keyword** such as **Cultural Safety** in the Course Title field
  5. Click the **SEARCH COURSE** button
  6. Click on the **Aboriginal Health: For the Next Seven Generations for the Children** course link
  7. Click on the **Register** button to start the module
  8. A certificate of completion is available through the participant's profile under *My Learning History*.



# LEEANNE MCINTEE



Leanne has the ability and programming to  
facilitate these programs:

**Suicide**

**Understanding grief and loss (healing)**

**Healing from trauma**

**Relationship dynamics**

**Substance use and trauma**

**Leanne McIntee BSW**

Kwakiutl District Council Health Office

1400 A Drake Road

Campbell River, BC V9W 7K6

*Phone: 250.286.9766*

*Cell 250-203-9713*

*Fax: 250.286.9713*

# JOE BUFFALO



Joe Buffalo is an Indigenous skateboarding legend. He's also a survivor of Canada's notorious Indian Residential School system. Following a traumatic childhood and decades of addiction, Joe must face his inner demons to realize his dream of turning pro.

A short hybrid documentary executive produced by Tony Hawk and distributed by [The New Yorker](#). Featured in [Deadline Hollywood](#), [Short of the Week](#), and [The Globe and Mail](#).

Watch the full 16-minute film [here](#).

# SALAL

View All of Salal's Indigenous Support Programs



Counselling



MMIWG2S+ Counselling



Support Circles



Elder Support



Ceremony & Events

SALAL SEXUAL VIOLENCE SUPPORT CENTRE

## Supporting Survivors, Shifting Society

Salal was founded in Vancouver, British Columbia, Canada in 1982 and strives to create a future free from sexualized violence.

We are a feminist, anti-oppressive, decolonizing sexual violence support centre operating on unceded Coast Salish Territories. We provide support services to survivors of sexualized violence who have shared experiences of gender marginalization: cis and trans women, Two-Spirit, trans and/or non-binary people. We advocate for social and systemic change through education, outreach and activism.

### Mailing address

Salal Sexual Violence Support Centre  
2405 Pine Street  
P.O. Box 46851  
Vancouver, BC  
V6J 5M4, Canada

### Office (Mon–Fri, 9–5)

604-255-6228

*Note: Our physical location is confidential.*

### Workshop and presentation inquiries

[outreach@salalsvsc.ca](mailto:outreach@salalsvsc.ca)



# IndigenEYEZ

## About Workshop Requests

### Pricing

Please [contact us](#) for custom workshops and pricing.

### Limited Availability

We are proud to draw from a diverse range of Indigenous facilitators trained in our methodologies. Our incredible network of facilitators bring different strengths and backgrounds—and we are continually growing this network. We always do our best to accommodate your preferred dates, however, our capacity is limited and

IndigenEYEZ envisions a world where Indigenous peoples live an intergenerational legacy of well-being. We are an Indigenous-led initiative and hold the truth that Indigenous wisdom is vital to our collective path forward as human beings on this planet. Guided by principles of interconnectedness and shared responsibility, we use proven practices in community building and creative facilitation to deliver workshops that help cultivate healthier relationships as individuals and as communities. Through IndigenEYEZ, and our social enterprise kinSHIFT, our work hopes to expand the network of changemakers committed to decolonizing and indigenizing their communities.

The logo for IndigenEYEZ, with 'Indigen' in a light brown font and 'EYEZ' in a darker brown font.

[inspire@indigeneyez.com](mailto:inspire@indigeneyez.com)



# Wild About Plants



Wild About Plants is an Indigenous-owned business committed to revitalizing traditional medicine within Indigenous communities.

Our mission is to work together with medicine and knowledge keepers to collectively share our gifts with all generations of learners to empower our communities to harvest, grow and make their own medicines.

Our primary focus is on workshops and education however specialty orders of sustainably harvested, or home-grown products are available upon request (with priority given to Indigenous communities).

*“WildAbout Plants” headquarters is located on the beautiful lands of Quw’utsun territory along the Xulqw’selu or “Koksilah” River. We are grateful to share our teachings in this magical space.*

## Contact

Thank you for visiting Wild About Plants and we look forward to connecting with you!

Facebook [@wildaboutplants](#)

Instagram [@wildaboutplants](#)

Email [Info@wildaboutplants.ca](mailto:Info@wildaboutplants.ca)

Phone 250 858-6383



**Wild About Plants**



## Bookings Now Open!

In-person or virtual presentations and workshops offered

### Workshop Rates

*Please note that all workshops are meant to be accessible and affordable for community, therefore prices can be negotiated per organization. Cost of supplies for workshops are not as flexible and subject to availability of the sustainably harvested or home grown medicines used for education.*

#### Workshop Rates for community, organizations or events:

|                        |                  |
|------------------------|------------------|
| Full Day Workshop      | \$ 1,000 - 1,400 |
| Half Day Workshop      | \$ 500 - 750     |
| Table Hosting ½ Day    | \$ 300 - 500     |
| Table Hosting Full Day | \$ 500 - 750     |

#### Seasonal Workshop at the Sanctuary: (these will be announced through email & social media)

|                           |             |
|---------------------------|-------------|
| Individual 1 Day Workshop | \$175 - 200 |
| Individual 2 Day Workshop | \$350       |

#### Presentations (virtual or in person)

Presentations range from \$300 - \$1,000 depending on request and preparation time.

All workshop rates include pre-workshop preparation and hands on instruction/learning time during the workshop.

*Workshop Prices may vary depending on supplies and number of instructors.*



## Wild About Plants

# Lyla Herman

## Cedar Wellness and Consulting



Lyla Harman, Peye'tunaat, from Quw'utsun Tribes is the owner/operator of the Cedar Wellness Centre. Lyla values the connection and healing that occurs while working with other Indigenous women. She has her RSW/MSW and is a First Nations Health Authority Mental Health Provider. Her passion is to support Coast Salish communities healing from trauma using the Satir Transformational Systemic Therapy as a trauma-informed approach. In January 2018, Lyla opened Cedar Wellness Counselling and Consulting, a private practice based on growth, wisdom, and new possibilities. She challenges herself to continue her own healing so she can share this with those she works with. Lyla lives and works in Duncan, BC and enjoys spending time in nature with her family. She continues to decolonize herself by learning her traditional Hul'q'umi'num' language, songs, and teachings from the



### *Contact Details*

- Email: [lyla.harman@cedarwellness.ca](mailto:lyla.harman@cedarwellness.ca)
- Phone: (250) 748-1592
- Address: 122 Station St. Duncan, BC

# Anita Charleston- Touchie



I am Nuu-chah-nulth from the west coast of Vancouver Island, BC, Canada. My Nuu-chah-nulth name is Speaks with a Sea Serpent's tongue (H̓iinuq̓úkw̓a). I have been helping individuals, families and communities heal trauma and recover from addiction for the past 20+ years. My goal is to help heal trauma in a way that honours and reflects Indigenous worldview, values & beliefs. The services that I offer reflect balance between Indigenous and Western practice respectively. I have trained with well respected elders & healers. I have interned with Jane Middleton-Moz assisting with community interventions and intergenerational family healing. I completed my Masters in Counselling Psychology from the University of Victoria. I am a Somatic Experienc-

[anita@tiichmiswellness.ca](mailto:anita@tiichmiswellness.ca)



# JOE GREENLAND



There are times in life for all of us when we could use a little help. Whether we are dealing with trauma or an illness, injury or uncertainty, we often need someone or something to assist us to build connection and bring our dreams into creation.

Fox Dreamer is that connection, bridging the space that can sometimes form between us and the natural flow of energy. Steeped in traditional Native Spirituality, Fox Dreamer is attuned to the messages available to you by channeling the power of your Spirit Guides. Once revealed, that power provides opportunity for the Universe and the Soul to begin the healing process. Clarity, presence and understanding are the gifts that are ready for us to receive, and Fox Dreamer is the conduit that can bring you there.

# Sherry-Lynn Wadhams

Welcome to Hayalikila, I am Tlakwagila'ogwa, a proud member of the Musgamagw Dzawada'enuxw First Nations. I have been providing traditional and western healthcare to our remote nations for over a decade. Throughout this time, I experienced vicarious trauma with many patients and my own grief and loss for family and friends. The most painful loss of all was parents who were my heart and soul. My loving mom and dad were Indian hospital, residential and Indian day school survivors, who passed away very close together, just ten months apart. I am told that their close passing was meant to be for them to remain together. It took a lot to get out of that dark place, the grief was over-



whelming as I did palliative care for both of my parents and many others. With that, I started on my journey of healing. This journey not only led to helping me, but inevitably others as well. I wish to share with you all the healing modalities that have gotten me through the darkest time of my life.

Gilakas'la!

Trauma



Grief and Loss



Healing



(250)974-3815

# San'yas

## SAN'YAS ANTI-RACISM INDIGENOUS CULTURAL SAFETY TRAINING PROGRAM

### Overview

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In our Core Training courses, participants are introduced to key aspects of cultural safety and addressing anti-Indigenous racism. All of our courses are self-paced and facilitated. Course topics include:

- Colonization in Canada
- Racism, discrimination, stereotyping, and their impacts on Indigenous people
- Taking action to strengthen Indigenous Cultural Safety in relationships, practices, and services

### Key Course Goals

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The curriculum and learning activities have been designed to help participants:

- Strengthen their knowledge, awareness, and skills for working with and providing service to Indigenous people and communities
- Work more safely and effectively with Indigenous people
- Begin considering their role in correcting, rebuilding and transforming systems to uproot Indigenous-specific racism

Four of these courses are sector-specific and have been designed for people who work in societal systems. These include health care, mental health, justice, and child welfare (i.e., Core Health, Core Mental Health, Core Justice, and Core Child Welfare). The Core Foundations Course is suitable for people in any workplace.

[:ics@sanyas.ca](mailto:ics@sanyas.ca).



SAN'YAS ANTI-RACISM  
INDIGENOUS CULTURAL  
SAFETY TRAINING  
PROGRAM

# Brittley James



Yonugwa'am M̄anm̄anti'yega. Hello my English name is Brittley James, I am Kwakw̄ak̄a'wakw from the Musgamagw Dzawada'enuxw, Mam̄alilik̄ala, 'Namgis and Ligw̄ida'xw Nations. I have my bachelor's degree of Indigenous Social Work (BISW) from the First Nations University of Canada. I have been working in the field for 10 years with Indigenous communities and Nations utilizing culture and Indigenous values into all work I do. I have different skills to offer communities such as cultural support, which includes brushings, spirit baths and home cleanses. I also offer adult workshop facilitation, the workshops I offer are Indigenous Grief & Loss, Vicarious Trauma, Suicide Prevention, Healing Circles, Trauma Informed-Practice, Self-care & Empowerment, and Traditional Medicines. All of my workshops will teaching healthy coping & stress management as well as grounding techniques and a final day of a closing circle to ensure all participants are feeling at their best and closed off without feeling like emotional wounds are open and each participant will be supported to create a self-care plan for their own wellness before returning home. I strongly believe in sharing our gifts and teachings and that through sharing and practicing culture in all we do, that we can uplift ourselves and one another.

We are stronger together.

Gilakas'la

## Contact Info:

Email: [jbrittley89@gmail.com](mailto:jbrittley89@gmail.com)

Phone: (250)830-4449 Open to text or calls



# Karen George



Kwushimiye Karen George is an active member of the Cowichan Tribes on Vancouver Island, deeply rooted in Coast Salish teachings and traditions. Understanding the historical trauma faced by the Indigenous community, Karen takes a compassionate approach to her work.

She utilizes a variety of healing modalities, including art therapy, somatics, and energy healing, and has trained extensively with Dr. Jane Simington and Taking Flight International Corporation. Her focus areas include trauma recovery, grief and loss, and supporting communities impacted by issues like murdered and missing women.

Karen's work reflects the resilience of Indigenous traditions and combines traditional wisdom with contemporary therapeutic practices to foster healing and growth.

**Contact information:**

**[karenrgeorge07@gmail.com](mailto:karenrgeorge07@gmail.com)**

# Clayton George



As a culturally active Penelakut/Cowichan Tribes member, Sieyulumul'thw Clayton George knows the Coast Salish teachings, culture and traditional practices. He understands the healing stages with First Nations families involving historical trauma, loss or disruption of the culture, language and spirituality. Clayton has completed the Child and Youth program.

He has taken several trauma trainings, including the trainings with Dr Jane Simington Taking Flight International Corporation;

Trauma Recovery, Grief and Loss, and Suicide Intervention, Murdered and Missing Women, and Transformational Coaching.

**Contact information:**

**karenrgeorge07@gmail.com**

# Carla Duffy



Gilakas'la, my name is Carla Duffey, I am a proud member of the Mamalilikulla First Nations of Village Island, although I was born, raised and still reside on the traditional lands of the We Wai Kai Nation, Quadra Island, BC. I am in my second year of Graphic Recorder, and I am also the eyes behind the lens of Lime Soda Photography, a photography business I have had for the last 14 years. I use the wonderful scenery of the Discovery Islands as my backdrop for many of the images I create, whether it's a wildlife portrait, a family group or a Social Justice awareness project. I attended Malaspina University- College (now known as Vancouver Island University) for a Fine Arts Diploma out of high school in 1998.

I went into art school with a love for drawing and painting but from the moment I saw a first image appear on a blank sheet of photo paper in the dark room I was hooked on photography.

In 2006 I became a mom and my love for family photo albums and scrapbooking grew because I wanted to create better images for my scrapbook pages. When my second son was born in 2010, I started to do more formal photography portraits for friends and family, and I even reached out to strangers. With support from my family and community, I was able to grow my love of photography into a business called Lime Soda Photography. Since 2011 I have been creating images under the name Lime Soda Photography. Living on a coastal island it's almost impossible to not encounter wildlife and I have been fortunate to photograph wolves, bears, whales and even a cougar. With a fun approach to all sessions, I love to create fun colorful images for my clients whether it's a family session, interior of a new building or your dog's birthday, I just can't wait to see what will be in front of my lens next. In 2022 I first hear the title "GRAPHIC RECORDING". I answered a call out to become a graphic recorder before I knew what it even was. I attended virtually and completed a Graphic Recording course with Sam Bradd of "Drawing Change" over the winter of 2022-2023. Since completion I have gone on to do paper and pen recording jobs for ECCC, CIER, We Wai Kai Nation, BCAAFC, Conayt Friendship Society and North Island College. Like my photography, my love of color is shown through my graphic recordings with many participants saying they just love all the color in my drawings. I have been so lucky to sit in some amazing circles of people and learn so many new things through graphic recording. I am just beginning this new journey and am excited about the new possibilities and experiences. It has taught me that at any age, you never know what life making changes are the corner.

# Kim Lemming

Beading & Sound is a multi-generational Indigenous wellness workshop that weaves together beading as a cultural, creative practice with gentle crystal singing bowl soundscapes to support wholistic well-being. Grounded in Indigenous ways of knowing, this workshop creates a calm, inclusive space where youth, adults, and Elders can gather, create, rest, and reconnect—together.

Beading offers a hands-on way to slow down, share stories, and express identity, while sound provides non-verbal support for grounding, focus, and nervous system regulation. Together, these practices nurture balance across the mental, emotional, physical, spiritual, and cultural dimensions of wellness.

**Kim Leming is Cree from Lac La Ronge, Saskatchewan, and has lived most of her life in British Columbia. She is a graduate of the Nicola Valley Institute of Technology, holding a diploma in Fish & Wildlife, Grassland, Range, and Recreation Management, along with post business certification in Natural Resources and Non-Profit Management. With over 50 years of experience working alongside Indigenous communities and organizations, Kim has supported sport, recreation, and wellness initiatives across BC through culturally grounded, trauma-informed approaches. She has served as Team BC support staff for the 2014 and 2017 North American Indigenous Games, then in 2023 as Assistant Chef de Mission, as well among the first Indigenous female coaches to represent Team BC at the 2015 Canada Winter Games in the sport of snowboarding.**

**Grounded in land-based practice, creativity, and relationship-building, Kim brings a calm, respectful, and inclusive facilitation style that honors intergenerational knowledge and Indigenous ways of knowing. Outside of her work, she finds balance through trail running, hiking, biking, and winter activities such as snowshoeing, cross-country skiing, and snowboarding on local mountains**



**Kristi Walker**

## **Kristi Walker & Chris Pallan**

Kristi Walker is a trauma-informed holistic wellness practitioner with over 28 years of experience supporting individuals and communities in health, healing, and personal transformation. For the past 18 years, she has worked closely with Indigenous communities, offering culturally respectful healing events, retreats, and wellness workshops rooted in connection, empowerment, and whole-body well-being. Her approach weaves together a diverse range of modalities, including aromatherapy, herbal medicine, nutrition, yoga, massage, and lifestyle coaching. Kristi is a certified aromatherapist, herbalist, nutritionist, yoga instructor, massage practitioner, and master gardener bringing a deeply integrative and intuitive approach to her work. She has completed extensive training in mental and emotional wellness, trauma and grief support, addiction awareness, and suicide prevention. Her work is grounded in creating safe, compassionate spaces that support nervous system healing, resilience, and reconnection to self. Kristi is passionate about sharing practical, accessible tools that inspire lasting wellness, helping individuals and communities return to balance, strength, and vitality in a meaningful and sustainable way.

### **Chris Pallan**

Chris Pallan is a member of the Witset First Nation and a retired RCMP officer with over 23 years of service. His work focuses on community safety, prevention, and culturally grounded programming.

### **Wellness Offerings Facilitated Wellness Days & Community Events**

Massage (table & chair) • Reflexology & Reiki • Facials, skincare, manicures & pedicures • Hair care services • Card readings • Cultural cleansing • Grief & loss support workshops (somatic-based) Wellness Retreats • Land-based healing retreats • Rest, reconnection, and self-care • Trauma-informed, holistic programming Yoga & Movement • Trauma-informed yoga • Gentle movement & breathwork • Nervous system regulation Land-Based & Experiential Learning • Guided forest walks • Foraging & wildcrafting • Seasonal plant medicine connection

### **Advocacy & Empowerment**

• Indigenous legal advocacy • Know your rights education • Medical advocacy & systems navigation End-of-Life Support • Death doula services • Support for individuals and families

### **Compassionate transition care Workshops & Learning Experiences**

Nutrition & Nourishment • Smoothie 101 • Bone broth preparation • Sprouting & microgreens • Fermentation (kombucha, kimchi, kefir) • Healthy kids nutrition • Protein energy balls • Nutrition fundamentals Food Security & Sovereignty Programming • Gardening & seed starting • Foraging & traditional harvesting • Canning & preservation • Dehydration & storage • Community food systems

### **Self-Care & Body Care**

• Self-Care 101 • Aromatherapy • Natural skincare • DIY facials • Body care products • Vision boards Herbal Medicine & Land-Based Healing • Medicinal plant walks • Herbal salves & oils • Tea blending • Wild harvesting Healthy Relationships & Personal Growth • Non-violent communication • Love languages • Emotional wellness 13 Moon Land-Based Healing Mentorship A seasonal journey through harvesting, preserving, and learning about local edible and medicinal plants, rooted in land-based knowledge and holistic wellness.

### **Community Safety & Life Skills Programming In partnership with Chris Pallan:**

• Life skills training • Suicide awareness & prevention • Community safety workshops • Guardian training programs

# DRIFTWOOD

## *An Approach to Suicide Care*

Understanding suicidality from a culturally driven and trauma informed way that helps participants get comfortable with an uncomfortable topic. Participants will walk away with a fresh understanding and practical skills!



Our workshop is targeted towards a broader professional community in the human services field and is easily customizable.

### Possible discussions:

- Tackling professional anxiety in responding to crisis/suicide
- Practical techniques and strategies to manage suicide risk in a culturally and trauma informed way
- Using imagery and to help understand and re-frame crisis and suicidality
- Shifting away from fear and towards connection/community action- moving beyond the ticky box
- Cultural understanding about death and responding as a community/pro social responses
- Helping professionals build comfortable, accessible and easy care paths for client

## Framework

This workshop will provide a much-needed breath of fresh air to a traditionally heavy topic. Balancing the gravity of suicide intervention with a fun and culturally driven energy is our way to prevent clinician burnout keeping participants engaged and re-frame concepts/ feelings around suicide and the trauma that surrounds it.

### Our Training Vision

Our suicide care planning and intervention training redefines crisis education. It offers practical guidance around general assessment, care planning and intervention. We move beyond clinical checklists and into a trauma-informed, relational driven framework.

As clinical counsellors, we recognize that effective intervention requires more than just risk assessment; it requires authentic connection and a deep understanding of what the client holds. We've designed this program to be highly interactive, fun and intentionally engaging, stripping away the "stuffy" atmosphere of traditional seminars in favor of a vibrant, collaborative learning environment. By integrating culturally driven perspectives and a touch of professional levity we empower professionals to navigate difficult, triggering situations with confidence, empathy, and a renewed sense of purpose.

## Us:



Nicole is a member of Cote First Nations and has a counselling practice supporting Indigenous community members. She also works on the North Island supporting residential school survivors. She has been working in the mental health field in various capacities for the past ten years including providing clinical supervision. Nicole works with a wide range of ages from childhood to adulthood with a focus on a variety of challenges that people face. Understanding and responding to suicide risk is a particularly important aspect of her work and she aims to help families and individuals approach this topic in way that is meaningful and compassionate.

#### Get in touch:

**Nicole@cedarsagewellness.com**  
**778-765-2605**



Colin is a Registered Clinical Counsellor (CCC) who has been working on the North Island, in Kwakwaka'wakw territories, for nearly 15 years. His experience has given him a strong understanding of how to navigate complex systems in support of individual and family care and well-being. Colin takes a "quilted" approach, drawing on a range of tools from both Western and Indigenous ways of knowing. He often incorporates humour, mindfulness, family networks, and cultural and spiritual resources into his work. Colin is a caring professional with a strong foundation in advocacy, treatment planning, complex developmental trauma, and suicide assessment.

#### Get in touch:

**colinbrouwer@slugcounselling.com**  
**250-902-0084**



# Charles Willie

## Building Bridges: Personal Growth & Cultural Connection

A Workshop Presented by Copper Maker

### Taking Cultural Safety Deeper

This workshop offers more than just a lesson on "what not to say." It takes the concept of **Cultural Safety** and deepens it into true **Cultural Competency**. We believe that creating a safe community isn't about following a set of rules—it is about who you are as a person. Real safety happens when we do the inner work to become grounded, kind, and open.

### The Heart of the Workshop

The core message is simple: **You cannot give to others what you do not have inside yourself.**

To build strong, honest relationships between Indigenous and non-Indigenous people, we must start with ourselves. By building up our own self-worth and values, we naturally become better friends, neighbours, and community members.

### The Four Steps (Kwakwaka'wakw Values)

We explore four traditional values that act as a guide for how to treat ourselves and others:

#### 1. Reverence (Respect)

- a. *For Yourself:* Learning to see your own value and treating yourself with dignity.
- b. *For Others:* Treating every person and their story as sacred and important, replacing judgment with deep respect.

#### 2. Gratitude

- a. *For Yourself:* Using thankfulness to heal your own mindset.
- b. *For Others:* approaching new relationships with a thankful heart. When we appreciate each other, we build trust faster.

#### 3. Uplifting

- a. *For Yourself:* Stopping negative self-talk.
- b. *For Others:* Being a person who lifts others up. Instead of trying to "save" people, we focus on supporting and cheering them on.

#### 4. Helping

- a. *For Yourself:* Knowing what you have to offer.
- b. *For Others:* Helping where it is actually needed, rather than where we *think* it is needed.

### What You Will Take Away

- **Deeper Connection:** How to move past awkward "transactions" and build real friendships.
- **Building Trust:** Simple ways to make others feel safe and valued in your presence.
- **Everyday Action:** Practical tools you can use tomorrow to make your community a stronger, more united place.

# Mini Mukluk Workshop with Creations & Teachings by Cultural Hands Peter Smith & Effrey Webber



JOIN US FOR A FUN, HANDS-ON WORKSHOP MAKING  
UNIQUE MINI MUKLUKS!

Participants will receive all materials needed and learn essential techniques during this engaging four-hour session. Join this creative session and take home a beautiful handmade mini mukluk — a unique piece of art.

Sign up today at [jenacdestin@hotmail.com](mailto:jenacdestin@hotmail.com)

Other workshop availability includes:

- Cedar bark harvest
- Balsam bark harvest
- Devils club harvest
- Drum bag making workshop
- Drum stick making workshop





# GOING M.I.L.E.S. CONFERENCEKIT



**Motivate. Inspire. Lead. Empower. Succeed.**



## ABOUT US

Going M.I.L.E.S can assist you in meeting your mandate to create a healthy environment for youth, develop skills in making positive life choices and assuring a solid future for our communities.

With experienced professional facilitators, Going M.I.L.E.S is a program developed to ensure our communities have an opportunity to reach their full potential through our stories and artistic talents.



## WHAT WE DO

The Going M.I.L.E.S team will come to your community, no matter how isolated or remote, and **M**otivate, **I**nspire, **L**ead, **E**mpower, and transform our youth to **S**ucceed.

Going M.I.L.E.S brings laughter and learning to complement front line workers in the community, assisting your youth to develop positive attitudes and self-esteem in their personal growth and inner development.

Our engaging conference includes interactive workshops, keynote speeches, barrier breaking exercises, musical hip-hop performances, video dance party, mentalist act, and an all-ages friendly comedy hypnosis show for the whole community!

# THE GOING M.I.L.E.S TEAM



## DAKOTA HOUSE

### Founder/Award-Winning Actor/Author/Facilitator

Dakota House is a proud father and is registered with the Tall Cree First Nation in northern Alberta. He has a successful career in numerous movies and television productions. Best known for his role as TeeVee Tenia on the CBC Series “North of 60”, Dakota has starred in numerous feature films and made numerous guest star appearances in TV shows such as Heartland, X-Files, and Dreamkeeper.

Dakota has over 20 years of sobriety and prides himself on being a strong role model for youth. For over two decades, Dakota has devoted much of his time to educating youth on motivation, self-esteem and making positive choices. He also has a Martial Arts background with a blackbelt in Hopkido.

Dakota has travelled extensively across North America, bringing hope and inspiration to youth through his Going Miles presentations, youth conferences and other special events. He was honoured recently in the province of Alberta with a Queen’s Platinum Jubilee Medal in 2022 for service to his community.

## SCOTT WARD

### ComedyHypnotist/Certified Teacher/Author

Scott is a member of the Sandy Bay Ojibway First Nation in Manitoba. A natural with the audience, Scott provides a high quality, hilarious live hypnosis show that will keep you wanting more.

Hypnotizing for over two decades, Scott has entertained thousands of people at events large and small—from the Las Vegas Strip to The Seminole Hard Rock to headlining at the River Cree Casino in Edmonton.

Scott studied at the University of Alberta and holds a Bachelor of Education degree in Drama and Intercultural Education. Along with being a certified teacher, Scott is also a certified hypnotherapist and has co-authored a business book titled “Energize Your Entrepreneurial Spirit” with his brother.

Scott is heavily immersed in working with and empowering communities. He was a past recipient of an Alberta Aboriginal Youth Role Model Award, an Alberta Business Award of Distinction, as well as a 2015 recipient of the Native American 40 under 40 award in the USA.







## POOKY G

Hip Hop MC/Actor/Facilitator

POOKY G aka Roni Gauthier, is registered with the Tallcree First Nation in Alberta. She is also an Indigenous hip hop artist, model, actor, and radio host.

Raised in the inner city of Edmonton, Alberta, Pooky G has used music as an outlet to escape her harsh everyday reality. She has channeled her gifts and talents to become POOKY G "The Queen of the North".

She has recently released a long overdue EP titled "SO FAR, SO HOOD" and has opened up for well known Rappers including Travis Scott and D12. Pooky G and her EP Album "So Far So Hood" can be found on many streaming platforms.

As a trained Aboriginal Family & Youth Support Worker, Pooky is committed to helping and supporting youth through her music and delivering empowerment workshops across all communities.

## DREDON HOUSE

Entrepreneur | Actor | Facilitator

Dredon House, a member of Little Red River Cree Nation in Alberta, spreads his message of individuality through his global clothing brand **OddBall Apparel**. Teaching himself to sew at 14, he launched the brand at 16, and today it connects people worldwide to embrace authenticity.

Beyond fashion, Dredon is a writer, educator, producer, mixed-media artist, and facilitator. Known for his personable and outgoing nature, he inspires people of all ages to recognize their unique talents and pursue their dreams.



## JOHN LANGAN

Author | Motivational Speaker

John is an award winning author and speaks professionally to thousands of people nationwide on a story of resilience, intergenerational residential school trauma, and the ability to overcome obstacles in life through perseverance and determination.

He is a soldier, police officer, traditional knowledge/language keeper, and most importantly a husband and father. John is driven to share the beauty of indigenous culture and ceremony. His story will motivate and build resilient leaders and organizations.





# WORKSHOPS

**Making Connections & Ice Breakers:** Trust Exercise / Positive Affirmations / Balloon Exercise / Confidence Building Games



**Self Expression & Leadership:** Utilizing interactive demonstrations and exercises (Power of Voice and Unity circle), participants will be some time to talk about themselves and tap into their own voices. Encourage the community to see and experience what it is like to be leaders among their co-workers and peers.

**Team Building & Youth Empowerment:** Learning can be fun and there is no better way to build unity than through group interactive exercises infused with drama games!

**N.E.R.E (Negative Energy Release Exercise):** This workshop focusses on positive energy intake using both breath and voice, by understanding and using tools associated with breathing technique, we are able to utilize and control our dealings with anxiety and emotions.

**Life is Sacred – Suicide Prevention:** The team discusses teachings that have been passed on to them from their Elders. Round table discussion with the youth to examine factors relating to suicide and learn coping tools needed to deal with stressful situations.

**Cyber-Bullying & Gossip:** Utilize interactive exercises to illustrate how gossip and bullying starts. Focus on verbal and non-verbal communication styles to illustrate how it affects us directly and indirectly using Power of Voice Exercise.

**Drugs & Alcohol:** Focus on issues relating and leading to alcohol and substance abuse among the youth.

**Gang Workshop:** Discuss various facets of gang-related activities and factors contributing to this. Utilize desensitization exercise to assist participants in thinking and assessing situations around them before jumping in with both feet.

**Healing with Hypnosis:** Participants develop and experience self-hypnosis and learn to use those techniques at home, school or work.

**Healthy Relationships:** Participants will learn to identify red flags in personal relationships and learn to devise a safety plan when someone isn't treating you right.

**Parenting:** Examining learned behaviours and impact of intergenerational teachings. Focus on positive ways to make headways with our children. Practice home exercises in regards to interactions between parents and youth.

**Business & Career Development Panel:** By utilizing our natural talent and abilities, we can create the work we enjoy. Participants will develop an action plan using aspects from the medicine wheel.

**Financial Literacy & Stock Market:** Introduction to thinking about their financial future and learning about credit building and basics of the stock market.

**Television & Film:** Participants learn fundamental HD video camera skills and create an original video. Video will be produced and edited by Going Miles and the finished product will be uploaded to YouTube for public viewing.

**Magic Workshop:** The facilitators will be sharing a few magic tricks that participants can walk away with to build confidence and to express themselves through the magical arts.

**Introduction to Modeling:** Learn the fundamentals of modeling including runway walking, posing, pitfalls of the industry, proper model etiquette, and more!

**Design 101:** Participants will acquire knowledge and skills on the textile art and fashion industry. This workshop offers insight to anyone looking to start or expand their skillset in this area. The topics cover will focus on different types of design, colour theory, proportions and measurements, spacing and shapes, digital workspaces, how to start designing and bring your vision to life.

**“Overcoming Obstacles and Barriers – My Life in the Film Industry”** - The Dakota House Story

**“My Name, My Story”** - The Pooky G Story

**“How I Started My Own Clothing Business”** - Dredon House



# About April & Michael Harry

## Our Approach

we are a husband and wife team with a shared commitment to culturally rooted work on the land. We are both Certified Restorative Justice Facilitators and health coaches.

We believe in the power of coming together in a circle.  
We love working with plants and songs.  
We welcome everyone - especially youth and Elders.  
We know that people receive the most from hands on experiential learning.  
We share the commitment to recovery.  
We chose connection, circles and collaboration.

What can we create together?

April & Michael Harry Facilitators & Coaches

+M

## Services

### Community Engagement

We recommend beginning with community engagement, the process of building connections and collaboration. We encourage full participation and communication that helps to create a positive and strong relationships within the community from the beginning. We can record, document, photograph and create a report for your project guidance.

### Land Rooted Learning

Land rooted learning fosters a deep connection between people and place, encouraging a hands-on approach to education and growth. By embracing cultural openness, we can appreciate diverse perspectives and traditional knowledge. This approach not only promotes sustainability but also nurtures respect for cultures and practices. Together, we can cultivate a learning experience that is both inclusive and grounded in the wisdom of the land. We believe any topic, in any place is enhanced by connecting with the natural world.

### Health Support

Our health workshops focus on connection and fostering a sense of belonging. We facilitate interactive activities and discussions to strengthen the circle of community and promote working together as one.

#### Possible topics include:

- Grief and Love
- Self Care
- Mindset & Coaching
- Strong Families
- Work & School readiness
- Life Skills
- Men's & Women's groups
- Healthy Relationships
- Recovery & Slightly Sober

### Coaching

provide ongoing support to ensure that the restorative processes and cultural initiatives are sustained. Our team is committed to maintaining the momentum and impact of our work within the communities and organizations we engage in. Sessions can be booked individually or for groups to bring about impactful transformations in the relationships, dynamics, and overall well-being of the communities and organizations we work with. We are dedicated to empowering positive change and growth.

### Restorative Justice Facilitation

Our restorative justice facilitation service is dedicated to fostering transformation within individuals, families, communities and organizations. We provide a structured process for preparing for the work, addressing harm, transforming conflicts, and promoting understanding and equity. We offer group circles and mediation for intimate groups to large scale events.

### Custom Community Work

Every project is approached with a tailored strategy, starting with community engagement to hear the unique needs, dynamics, and culture of the community or organization. We ensure that our approach is sensitive, effective, and interconnected.

We are thankful to the communities and groups who have invited us to participate in their projects and offerings, and we welcome conversations around how we can help.

<https://www.moonlight-coaching.com>  
[aprilkuramoto@gmail.com](mailto:aprilkuramoto@gmail.com)



# Gloria Hunt

EDUCATOR | KWA<sub>K</sub>WALA TEACHER  
WEAVER | YOGA INSTRUCTOR

Gloria, Dẕamḏas̱iḻa'ogwa, comes from the Kwakw̱aḵ'wakw. She comes from the Kwagu'ł, Ławitsis, Ma'amṯagila, 'Naḵwaxda'x̱w, and Ligw̱ḻda'x̱w tribes.

Gloria is an educator and Kwakw̱ala language teacher and currently works in the field of language and culture revitalization and education as the Language Program Supervisor with the Nawalakw Healing Society.

Gloria has been fortunate to grow up in Alert Bay, BC., surrounded by her culture and language throughout her upbringing.

Gloria graduated with a Bachelor of Education from Vancouver Island University in 2021.

Gloria also complete the Trauma-Informed Yoga training with the FNWYI in 2021. She is now developing and delivering yoga curriculum immersed in Baḵw̱mḵala.

She delivers yoga workshops to youth and elders in Hada-Bond Sound and has also been hired to facilitate yoga workshops in schools as well.

She began weaving cedar bark at the very young age of 9 and has continued to learn and pass down as much as she can. She also started learning Chilkat and Ravenstail weaving in 2016.

Gloria has been passing on her knowledge of weaving to people of all ages, from 4 years old to 80+ years old. She facilitates weaving workshops at elementary schools, high schools, universities, community events, and to her own family members while preparing for potlatches and feasts.

Gloria is now passing on this knowledge to the youth and elders that go to the language and culture camps that she teaches at out in the remote area of Hada, Bond Sound.

Gloria incorporates Baḵw̱mḵala throughout all of her work in education, weaving and yoga.



# HOW MONEY WORKS



A Common Sense Guide to Financial Success

## Sandy Glendale

Promoting financial education to make informed decisions on finances & education on finances.

Teach the rules of money, how to get out of debt, how to save for non-working years. "Educational approach"

contact #250 588 2811 (cell)

office (250) 732-6660

email: [menleedas@yahoo.ca](mailto:menleedas@yahoo.ca)



# Jamie Knox – Kwakiutl Nation, Holistic Health & Wellness Educator

## Nourishing Mind & Body



**Military Healthcare Experience** 30 years, serving in three occupations.

Paramedic – JIBC. Working in the Med Tech occupation from the rank of Private to Sergeant.

Bachelor of Science in Physician Assistant (PA) 2011- I practised as a PA for six years under the supervision of a physician providing comprehensive healthcare to service members as a Warrant Officer.

Trade advisor, (equivalent to a union leader). As a Master Warrant Officer, I was responsible for overseeing Policy & Procedures for the Med Tech occupation. I retired December 2022.

### Current qualifications:

Holistic Nutrition Certificate- Pacific Rim College 2024

Trauma Responsive Mind-Body Wellness & Social Emotional Learning – Level 1-3 only 2025 through Rituals for Recovery Toronto

Precision Nutrition (US) Level 1 Certification 2026

Perimenopause/Menopause Certification – Fit Chicks Academy, Toronto 2025

Menopause Coaching Specialist - Good Girls Strong (US school) 2026

### Workshop and Presentation Availability

Topics including Peri/Menopause, Holistic Nutrition, and Vision-board creation. My schedule is flexible, allowing me to accommodate various formats such as lunch & learn sessions, evening, weekends, or weekday events, as well as half-day or full-day workshops to best suit your group's needs.

Please note - I do not provide catering services. I do bring in a crockpot filled with a plant-based soup/stew for participants to sample during the session.

By the fall I will be a qualified yoga instructor with a focus on chair/adaptive yoga as well as meditation.

Contact info - [Knox.jh@icloud.com](mailto:Knox.jh@icloud.com), 778-679-8579



*Dreamcatcher*

Holistic Health Services Inc.

# COMMUNITY PROGRAMS

Leave no stone unturned, no person behind,  
and no community without.

## TRAINING

- ✓ Canadian Firearms Program (PAL/RPAL)
- ✓ Hunting Education Program
- ✓ Bear Awareness Training
- ✓ Mental Health Responder Certification

## SERVICES

- ✓ Mental Health Responders/ Land-Based Healing
- ✓ Pain and Injury Response/ Athletic Therapy
- ✓ Wildlife Management / Predator Abatement
- ✓ Environmental and Ecological Restoration
- ✓ Fitness, Martial Arts, and Self Defence Classes



250-609-0833



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# **PUGUMA CONSULTING**

## **LTD.mrapuglas@gmail.com Phone:250-895-1182**

*Indigenous-Led Consulting • Cultural Arts • Professional Services*

**About:** Andrew Puglas Jr., Senior Consultant and Owner of Puguma Consulting Ltd., brings over **20 years of experience** delivering culturally grounded, professional consulting services. Born and raised in Campbell River, BC, Andrew has dedicated his career to supporting Indigenous communities, organizations, and businesses across multiple sectors. Former Aboriginal Tourism Instructor for Capilano University, former Cultural Instructor for the Shishalh First Nation, and former Regional Aboriginal Advisor for Cermaq Canada — Andrew combines academic expertise, cultural knowledge, and hands-on industry experience to deliver meaningful results.

### **Services Offered**

#### **Policy Development & Administration**

- Health policy development and strategic planning
- Band office administration and governance support
- Proposal writing and grant application support
- Business project coordination and management

#### **Cultural Programs & Cross-Cultural Awareness**

- Cross-cultural awareness training and workshops
- Cultural event planning and coordination
- Community engagement and cultural protocol guidance

#### **Traditional Arts & Cultural Instruction**

- Drum making workshops
- Blanket making instruction
- Tunic making workshops
- Song composing and cultural music instruction
- Art instruction and creative development

#### **Catering Services**

- Red Seal Certified catering for events, gatherings, and celebrations