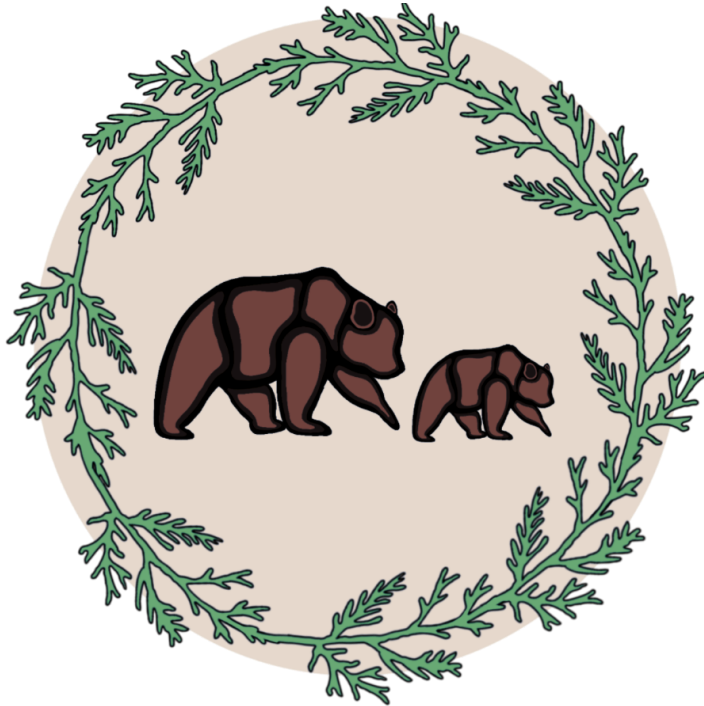


# TOGETHER FOR TOMORROW: LEARNING AND HEALING FOR WORKFORCE DEVELOPMENT GATHERING

TUESDAY, MARCH 9 AND WEDNESDAY, MARCH 10, 2021

Gathering is Eastern Standard Time (EST)



## AUDIENCE:

The gathering is for Ontario-based Indigenous helpers/workers who provide direct services to First Nations, Inuit and/or Métis clients/patients through Indigenous healthcare, wellness services and organizations.

## ATTENDEE OUTCOMES:

- Demonstrate more confidence in their knowledge of the subject matter presented
- Demonstrate new and/or enriched skills for professional practice and service delivery
- Identify strategies and supports for self-care and personal wellness
- Cultivate a network of support by connecting with other helpers and workers

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### WHO TO CONTACT:

**General, technical and platform questions:**

[ronan@fifthelementgroup.com](mailto:ronan@fifthelementgroup.com)

[tanya@fifthelementgroup.com](mailto:tanya@fifthelementgroup.com)

***Note:** Fifth Element Group is an event management company working with Shkaabe Makwa for the 2021 virtual gathering.*

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*A special thank you to **Kayla Todd** for the gathering art and illustrations.*

Check out **Bearskin Designs**  
<https://bearskindesigns.com/>

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**camh**

Shkaabe Makwa

AGENDA: TUESDAY, MARCH 9, 2021

# TOGETHER FOR TOMORROW: LEARNING AND HEALING FOR WORKFORCE DEVELOPMENT GATHERING

9:15 AM

**Welcome**

Shayla Stonechild, M.C.

**Opening Prayer**

Elder Josh Eshkawkogan

**Opening Drum**

Grandmother Kim Wheatley

**Opening Remarks**

Dr. Renee Linklater, Shkaabe Makwa  
Laura Gagnon, Shkaabe Makwa

10:00 AM

**Keynote (70 mins):**

**Two-Eyed Seeing for Emotional Wellbeing**  
with Dr. Lewis Mehl-Madrona

11:20 AM

**Workshop Presentations (50 mins):**

**Rewire for Resilience**

with Shayla Stonechild

**The History of Indigenous Peoples Through Food**

with The Wholesome Conscious + Catering

**Decolonizing Substance Use & Indigenous Harm Reduction Practices**

with Len Pierre

**Fostering a Meaningful Workplace While Preventing Burnout**

with Jennisha Wilson

12:10 PM

**Lunch (40 mins):**

**Yoga** with Shayla Stonechild

**Mason Jar Salad** with The Wholesome Conscious + Catering

**Storytelling** with Meeka Kakudluk

12:50 PM

**Workshop Presentations (50 mins):**

**Métis Mental Health: Culturally specific care and resources**

with Tera Beaulieu

**We Matter - #StrongerTogether**

with We Matter (Danika Vessel)

**We are Star People: Strength through Storytelling**

with Dr. Dolores Bigfoot

**Celebrating our Four Sacred Powers in a Time of Grief & Loss**

with Vivian Recollet

1:50 PM

**Keynote (70 mins):**

**Trickster at Play in the Garden of Healing:**

**Exploring Truths About Recovery & the Red Road**

with Dr. Raven Sinclair

3:00 PM

**Closing Remarks**

Shayla Stonechild, M.C.

**Closing Drum**

Grandmother Kim Wheatley

**Closing Prayer**

Elder Josh Eshkawkogan

## TOGETHER FOR TOMORROW: LEARNING AND HEALING FOR WORKFORCE DEVELOPMENT GATHERING

9:15 AM

**Welcome** Shayla Stonechild, M.C.  
**Opening Prayer** Elder Josh Eshkawkogan  
**Opening Drum** Grandmother Kim Wheatley  
**Opening Remarks** Shayla Stonechild, M.C.

9:45 AM

**Keynote (70 mins): Building Hope Through the Lessons of Our Ancestors**  
with Dr. Brenda Restoule

11:05 AM

**Workshop Presentations (50 mins):**  
**Nenaboozhoo and the Wolf**  
with Isaac Murdoch  
**Understanding Awaadiziwin and its Role in Achieving Bimaadiziwin**  
with Creators Garden (Joe Pitawanakwat)  
**Expressive Writing For Healing and Wellness**  
with Suzanne Methot  
**The Braid of Communication**  
with Gloria Oshkabewisens-McGregor

11:55 AM

**Lunch (40 mins):**  
**Yoga** with Shayla Stonechild  
**Mason Jar Soup** with The Wholesome Conscious + Catering  
**Storytelling** with Grandmother Kim Wheatley

12:35 PM

**Keynote (70 mins): "Our Spirit is like a fire": Cultural Resurgence and Spirituality in Indigenous Mental Health and Suicide Prevention Practices**  
with Dr. Jeffrey Ansloos

1:55 PM

**Keynote (70 mins): A Year in Review: a Nehiyô maskihkiwiyiniw's Experience with the COVID-19 Pandemic**  
Dr. James Makokis

3:05 PM

**Closing Remarks** Shayla Stonechild, M.C.  
Laura Gagnon, Shkaabe Makwa  
**Closing Drum** Grandmother Kim Wheatley  
**Closing Prayer** Elder Josh Eshkawkogan