



## Workshops at a Glance

Gathering Our Voices 2020

Ordered by Category

### Arts

#### **Hip Hop Business and Art with The Northwest Kid**

If hip hop is your passion and you want to take the next steps in pursuing your dreams, come learn about the realities of the music business, and the pros and cons of being an independent vs. signed artist. We'll also talk about the importance of royalties, where they come from, how they work, and the avenues available to generate royalty money. Learn the fundamentals of rhythm, lyric, writing, and song structure; plus how it all ties into poetry, self-empowerment, and spirited social change.

#### **Diversity Makes Beautiful Music**

If DJ O Show can DJ, so can you! Learn hands on how to use the latest industry standard DJ equipment! Listen and relate to DJ O Show's story on becoming one of Vancouver's most sought after Indigenous DJs!

#### **Storytelling Through Photography**

A picture says 10,000 words. Storytelling through photography can give people a different perspective on the moral and/or meaning of a story. Initiating meaningful reactions from a simple everyday photograph can be difficult. This workshop will give you new insight and inspiration to capture those 'cool' shots we all love to see!

#### **Visualizing Decolonization in A Settler-State**

Engage in thoughtful discussions about the state of colonialism in Canada and visualize what decolonization looks like to you, using a variety of visual art mediums to express your ideas. You do not need to have experience with art or be an artist to participate. All art created is encouraged to be taken home!

#### **Cultural Reclamation through Graffiti**

Through this arts-based workshop, we'll look at the history of Indigenous people through public art, street art and murals.

#### **#WellnessActItOut! Forum Theatre Workshop**

Forum Theatre is a radical and interactive way to discuss difficult and important issues in our communities. You can join the conversation by entering the play itself! This workshop is an introduction to Forum Theatre using acting games, image making, and storytelling through an exploration of wellness. Come be a part of this interactive conversation! (No acting or theatre experience necessary)



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### **How to Podcast: A Workshop by PHSA Indigenous Wellness**

Want to grow your following? Have you ever wanted to know how to record and broadcast your own YouTube vlog or podcast? We can show you how to record your audio and/or video, which free apps and programs to use to get it online, and how to get your show onto Spotify, Google Play, iTunes and more! Come learn the ins and outs of building your own podcast to showcase your art or your music, and how to automate most of the process so that you can press play and walk away.

### **Intro to Screenprinting**

Screenprinting is a fun way of making t-shirts, posters, limited edition prints and more. Learn the fundamentals as you print patches, shirts, and paper prints. Discover how you can use this process to start making art-based items at home, school or in your community.

### **Weaving Indigenous Identity**

In this workshop, participants will discuss historical and contemporary Indigenous perspectives on the intersection of culture and identity. Together we will explore different weaving techniques used across Turtle Island, working together to weave our unique identities into an integrative art piece.

### **Medicines Within Our Arts**

Would you like to learn more about how cultural practices, including creative arts and storytelling, are connected with traditional medicine and Indigenous health? Take part in a unique experience that combines creative self-expression with an exploration and expansion of the definition of medicine! As each participant brings their own culture, knowledge and experiences to the workshop, you will be encouraged to share this knowledge through expression that uniquely reflects you, your identity, and what medicine is to you!

### **Sewing as an Agent and Tool for Change**

Come together in a safe setting to explore issues important to you. We'll explore social justice issues in the form of a textile art mural – using scale to amplify your Indigenous voices! In this fun and collaborative sewing workshop participants will create an individual art piece that will be sewn together and gifted to an individual or organisation reflecting the value and spirit of this collective effort.



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### **Annual GOV Talent Show!**

Calling all talent show performers! You'll be given time to practice your act and become familiar with the stage and equipment. Feeling a bit nervous? We'll also go through some tips for handling nerves! This workshop is all about working together to set everybody up for an incredible night! NOTE: Attending this workshop confirms your slot at the GOV Talent Show, taking place on the evening of March 17th.

### **Indigenous Media Makers: GOV MUSIC VIDEO**

Five GOV delegates with an interest in filmmaking will direct and produce the first-ever GOV Music Video! You'll work with Orenda Films, an award-winning Indigenous film production company, to learn the basics of filmmaking, guide your peers through their music video performance, and capture the heart of the event. The GOV Music Video will premier at the closing ceremony! This unique workshop is two full days, no film experience is required – all you need is a passion to learn. REQUIREMENT: To attend this workshop, you *\*must\** sign up for both sessions, on the 17th and 18th.

### **GOV MUSIC VIDEO – FEAT. YOU**

Presenting the first-ever GOV Music Video – starring you! A team of five delegates will direct and produce the video alongside Orenda Films, an award-winning Indigenous film production company. They'll guide you through your music video performance, all you need to be prepared for is a good laugh and a lot of fun! The GOV Music Video will premier at the closing ceremony.

### **Healing Through Songwriting with Dani and Lizzy**

Hip hop is used universally as a way to connect with others. Join Dani and Lizzy in writing and performing a song together! You'll learn how lyrics can become an effective way to share your message and express yourself.

### **Self-Expression Through Graffiti with Dani and Lizzy**

Learn how to use graffiti art in a legal and positive way, such as making canvases, art, clothing or murals. We'll explore the history of graffiti, self-expression, and learn a graffiti alphabet. Participants will complete colourful and inspiring art pieces!



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### Career & Education

#### **The 3C Challenge**

Curious about what it takes to start your own business? Ever thought that you might have the next big idea? Come discover your inner entrepreneurial spirit and learn about The 3C Challenge! We will focus on learning how to problem solve, work as a team, and communicate, all through interactive games and fun! Also, alumni will be there to talk about their businesses and their experience in the program.

#### **Post-Secondary Planning with EducationPlannerBC**

Feeling pressured to pursue post-secondary education but have no idea where to start? Overwhelmed by deadlines and details from different schools, or confused by application procedures and terminology used in post-secondary? We've got your back! Planning for post-secondary education and applying to BC public universities and colleges has gotten easier thanks to the BC government funded website [EducationPlannerBC.ca](http://EducationPlannerBC.ca)!

#### **Show Me The Money!**

Learn how to access grants and loans to be your own boss!! We will discuss various topics ranging from credit reporting, business planning, how to access financing and what grants are available.

#### **What it Takes Owning a Successful Indigenous Tourism Business**

Interested in tourism? We will share our journey to owning an award-winning Indigenous tourism business. Including the challenges that we faced and how we overcame those struggles to create a business that has won regional, provincial, and national awards. We are looking forward to sharing knowledge and insight that may help you on your own journeys.

#### **Be a Fire Fighter**

Challenge yourself to learn firefighter skills, fire prevention and the team work it takes to be a part of the fire service. Learn about the reality of fire, firefighter training and how to keep your home and community safe. In turnout gear you will advance charged hose lines, hook up hydrants and participate in rescue scenarios at the Kamloops Fire Training Centre.



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### **A Life in Heritage: Archaeology in Secwepemculewc**

This three-part workshop will introduce the incredible archaeological legacy left by over 500 generations of Secwépemc ancestors, and explore how these Indigenous lands have been shaped by stewardship based in intimate knowledge of the natural world. A field trip to local sites will offer an opportunity to experience the heritage around us, and the challenges facing it.

### **Easy Foundations to get your Small Business Started**

Mainstream career path not on your list? Been thinking about working for yourself? Have you thought about becoming an entrepreneur? Do you have an idea to start your own small business? This workshop will help you build the foundation to start! You will be provided with the essential tools to start making your own company. Let's get your ideas on paper so that you can make the next steps to starting your own business! Be your own boss!

### **Marketing Intensive for your Friendship Centre or Community Organisations**

This workshop is tailored for fresh thinkers that are representing non-profits, arts groups, individual artists, and small businesses that have an established social media presence, but could use a boost to increase their engagement. Learn to make your social media routine more effective and efficient, to broaden your reach, and to engage more deeply with your existing audience. The day will be split into four separate presentations, with a break for lunch and a wrap-up question period.

### **Money Skills - Journey to Empowerment**

This hands-on workshop is a first step on your journey to create new personal habits and make permanent lifestyle changes. While these skills are important, the overall goal of this curriculum is to help you create a positive relationship with money and to empower you to make wise and effective financial choices.

### **Bingo Your Way Into Adulthood**

An interactive workshop that allows youth to think about transitioning to life after high school using a strength and community-grounded approach.



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### Culture

#### **Ribbon Skirt/Ribbon Shirt Workshop**

Learn how to make a ribbon skirt or ribbon shirts to use for Aboriginal Grad, Aboriginal Day, Ceremony or drumming at community events. REQUIREMENT: To attend this workshop, you *\*must\** sign up for both sessions, on the 17th and 18th.

#### **Cedar Weaving Headband**

Join Sandy and Lucy to learn how to weave your own red and yellow cedar headband to take home! We will go through the process of harvesting, preparing and storing cedar bark as a material for weaving, including traditional protocol and responsibilities. Learn the technique to make a complete, custom fit headband for yourself or a friend.

#### **Decolonize 101**

This workshop is to talk about how racism and bias affects the everyday lives of Indigenous people. Participants will learn how to address issues like micro-aggression and how to come together to support each other in celebrating their unique gifts.

#### **The Circle and the Box**

This workshop addresses cultural sensitivity, the history of colonization, and supporting critical work to advance anti-oppressive, inclusive practices. It will take time to explore the effects of Residential Schools and Canada's Policy of Assimilation and how we can work together to create meaningful change.

#### **Pulling Together**

While learning a traditional paddling song, participants will create silkscreened t-shirts and a pendant with their own customized woven necklace. The session will be led by Kaska/Tlingit artist, Dean Heron.

#### **Four Direction Medallion Necklace**

Create a medallion necklace, and learn teachings about the medicine wheel and four directions. We'll discuss each area and where we fit into the four directions, including: colour meanings, crystals meaning, and protection.

#### **Pine Needle Basket Making**

Doris Bramford introduces techniques, stitches and designs of beautiful pine needle baskets. Learn how to pick pine needles and offer prayer to the trees.



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### **Secwepemc Museum and Heritage Park**

This workshop includes a tour of four galleries of the Secwepemc Museum, and theatre room. The Heritage Park includes an ethnobotanical Indigenous plants garden with five winter homes in different eras and a 2000 years-old archaeological site!

### **Drum Making with Norman**

Make your own drum! As you make your drums, you'll learn about the art of drum making and how this knowledge has been passed down. Norman will guide you through the drum making process and help you tune your drum.

### **Tea and Colonialism: How Imperialism Tipped the Teacup**

Where did tea originate and how can we use the drink medicinally? Travel through time as we explore the history of tea and its relation to colonization and imperialism. Learn how different types of tea can be used medicinally in the treatment of not only physical, but mental ailments such as stress and anxiety in your daily life. Discuss the sacred medicines of Indigenous communities across Canada and create your very own tea mixture using these medicines along with the medicines of Indigenous communities from across the globe.

### **Smudge and Hand Drumming**

Learn about the four different medicines used for smudging and the hand drum. Together, we will sing songs and experience the healing power of the drum.

### **My Drum is My Relation**

Come join us as we share a sacred space and find more about who you are through the power of song, drum, and dance. A healthy, fun, ancient way to express your emotions, and help you use the power of your voice to influence any circle you participate in. We welcome all levels of singers, drummers & dancers to join us!

### **Elders Don't Bite**

Join the BCAAFC Elders Council, local elders, and youth leaders in a workshop that promotes dialogue between youth and Elders. Engage in open and honest discussions about what healthy leadership is. Listen to the Elders share their experiences as survivors of the residential school system and their insight on other topics you may not have the opportunity to discuss in your home community.

### **Pine Needle Turtles**

Minnie Kenoras teaches the traditional practice of creating pine needle turtles and shares stories behind the practice.



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### **Making the Most of Language Experiences**

Have you ever heard someone speaking your language and thought, 'Man, I wish I had recorded that!?' Do you have language recordings that you want to improve or make use of, but aren't sure how? Are you looking for ways to use or distribute your language recordings for learning or entertainment? The FirstVoices team from First Peoples' Cultural Council wants to help you make the most of these opportunities by giving you simple tips for recording, editing, managing, and distributing your audio files.



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### Environment

#### **Seed Saving & Stewardship in a Time of Change**

Join in for a collaborative discussion and hands-on seed saving demonstration with Seed & Land Steward, Tiffany Traverse. Learn about various ways to grow, save, and store seeds, and places to access learning resources and regionally-adapted seeds, for the future of our collective food security. She'll also be sharing some of her most treasured Seed Stories from seeds that have found their way to her for nurturing.

#### **Indigenous Youth Taking Action on Invasive Species in BC!**

Take action on invasive species in your community! Invasive species are a serious threat to BC's economy and environment, and have specific impacts on Indigenous communities, wildlife, traditional foods and cultural practices. Invasive species can outcompete food plants such as berries, affect water quality and salmon populations, and impact wildlife habitat. Spread the word, not the weeds!

#### **Unwrapped: A New Plastic Paradigm**

Exploring our global plastic problem, how estrogenic plastics are affecting our bodies and Earth, with a journey of simple steps we can each take in our daily lives to create change.

#### **Basket Weaving with Salvaged Materials**

Learn the art of coil weaving and create a small basket using colorful repurposed materials like ethernet cord, yarn, and rope! Ashley Howe of SUPPLY Victoria will introduce creative reuse principles as students breathe new life into old materials, diverting them from the landfill. Co-facilitator Nagala, a painter, carver and weaver that largely works with cedar, will connect the historical significance of basket weaving that has been part of the culture of the peoples of the Northwest Coast for thousands of years.

#### **Call to Duty: Modern Wildfire!**

Learn about the reality of modern wildfires in BC. Wildfire experts will share super hero knowledge and tools that can give your home a fighting chance in the face of wildfire. You will set up fire pumps, hoses and sprinklers that can protect houses and buildings from an advancing fire. You'll learn about the training and skills it takes to work in forestry and firefighting. This is an active, outdoor workshop.



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### **Printmaking with Styrofoam Trays**

What can you (re)make using things you'd normally throw away? Our homes are filled with endless possibilities for creative reuse! In this workshop, you will use leftover styrofoam meat & veggie trays to create your own DIY relief prints, posters, flyers, and artwork! Learn block printing techniques using salvaged materials and create a portfolio of work to take home.

### **Healthy Lands = Healthy Peoples**

Come join us for a journey reconnecting to Food, Land and Wellness. We will explore how food is medicine, connecting to nettle, cedar, wild rose, wild meat, berries and salmon. This workshop will involve lots of tasting and hands-on activities, so come with an open mind and hungry tummy! We will finish the day playing bingo with prizes that will nourish you mind, body and spirit.

### **Exploring Youth Climate Action**

This workshop will provide concrete steps that youth can take in their personal lives and communities to prepare for climate change.

### **Indigenous Knowledge and Roles in Conservation**

Share your voices on Indigenous roles in conservation and animal welfare! Come learn about career paths in animal welfare, veterinary services, and tourism. We'll discuss BC Wildlife Park's conservation programs, including the Burrowing Owl Breeding Program, get hands on with animal artifacts and talk about their cultural importance, and meet an animal educational ambassador! If you've ever been interested in animal care or conservation research, this is the workshop for you!



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### Leadership

#### **Introduction to Falconry**

Learn about the ancient art of falconry and how you can get involved and become a falconer in BC. We'll talk all things falconry and working with birds of prey. This workshop could act as a stepping stone into practicing falconry. You'll also have the opportunity to meet some amazing birds of prey!

#### **Walk of Pride**

Tap into what makes you unique! We will focus on individuality and self-love, and discuss ways to build self-confidence. Step out of your comfort zone and participate in a runway challenge. This experience renders tons of laughs, fun, and a sense of adventure!

#### **You Have a Voice: Youth Rights and Self-Advocacy**

Use your voice to be a powerful advocate for yourself and others. Practice your communication skills to build your confidence speaking up on issues that matter to you. This workshop will leave you feeling empowered and knowledgeable on tools and tactics to use your voice more effectively.

#### **Ay Lelum: From the Runway to Your Closet**

This interactive workshop shares Ay Lelum's Runway experience and explores their involvement in the exciting fashion industry. Participants will gain a deeper understanding of how to develop a brand, respectfully incorporate culture, and how to market products as a professional business.

#### **PowerPlay**

This workshop explores the law, discrimination, and marginalization. Participants are encouraged to critically examine social conventions and their own (mis)conceptions about equality. We use games and activities to start discussions about discrimination and its implications, and learn about the Canadian Charter of Rights and Freedoms, particularly section 15 (the Equality Rights provision).

#### **TrendShift**

This workshop provides space for you to converse about your rights and responsibilities online, to think about what violence and discrimination look like in online spaces, and to clear up myths about the laws that apply to your life online.



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### **Leadership for Seven Generations**

Get to know your own unique strengths and how these can be applied to leadership in and for your community! In this workshop you will complete a self-assessment that identifies your talents and skills, then promote your skills as a candidate for leadership in a mock election. Learn how to use electronic voting and win as an election candidate!

### **Wholistic Indigenous Leadership Development**

Wholistic Indigenous Leadership Development (WILD) is designed specifically to address the leadership and life-skills needed of Indigenous youth from urban and rural communities. This leadership development approach is based on Indigenous culture and values. It is a unique, on-the-land leadership program that is based on three main focus areas: leadership development, cultural experiences on the land, and wellness!

### **Negotiator All-Stars: Shape the Future through Reconciliation Negotiations**

Be a powerful leader and expert negotiator! Learn how to successfully participate in team negotiations by taking on real-life roles with your peers. Throughout the workshop you will work in a team-building environment, develop leadership skills, learn about future careers, and be an all-star negotiator! Work together to tackle some of today's biggest issues, such as Indigenous rights and climate change. Join us for this fun and empowering workshop that explores reconciliation through mock negotiations. Win prizes and get free swag!

### **RedPath Talent – Youth Empowerment and Safety with BRAVE Education**

Join James Jones and Marika Sila of RedPath to discuss topics related to; goal setting, self love, nutrition, the power of sobriety, anti-bullying, the protection of Mother Earth, safety and suicide awareness. You will learn about strategies to help cope with tough times, and techniques to inspire you to take daily steps towards reaching your goals.

### **Save Rez Dogs – How To Be A Champion For Rez Dogs**

Do you love rez dogs? Do you see dogs roaming around your community? Unsure what you can do to help them out? Come sit with Leah and Craig and learn about: a dogs basic needs, why vaccinations are important, what spays and neuters are, what you can do in your community to prioritize the needs of rez dogs and be a champion for them!

### **Indigenizing Spaces and Places: Social Innovation Lab**

Attention all community visionaries and organizers! In this interactive session we will explore what an ideal, decolonized neighbourhood/town/city could look like, and how Indigenous youth can not only have their voices heard within their own communities, but work in collaboration with their local mainstream institutions to make meaningful, lasting change.



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### **World Café**

Join us at the World Café, facilitated by the Provincial Aboriginal Youth Council (PAYC), where we are inviting you to meaningfully engage on issues faced by Indigenous youth today. We want to hear your perspective, input and feedback – in order to find solutions and make real changes that can positively impact Indigenous youth in BC.

### **Ice Walker**

As a Survivor of 13 years of residential school at Grollier Hall, a former residence operated by the Catholic Church and located in Inuvik, NWT, Angus Cockney knows very well the bad, and for the sake of the whole truth, believes one must never deny the good also. Angus was invited to be the photographer on a ski journey to the North Pole Presentation. Angus shows a beautiful slide show of his expedition and shares words of wisdom with youth about choices. He talks about how to break the cycle of intergenerational trauma.



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### Science & Tech

#### **Introduction to Data Science with Python**

Want to perform data science but don't know how to go about it? Have a dataset that you really want to analyze but not sure where to start? This hands-on session teaches how to explore datasets, use Machine Learning algorithms and derive insights from predictive models using popular tools in Python. By the end of this tutorial, participants will be able to clean and investigate datasets, create and evaluate predictive models and visualize the results.

#### **Introduction to Programming with Python**

This workshop introduces foundational concepts and other building blocks for programming using Python. Learn about syntax, I/O, control flow, data structures along with functions, classes, iterators and generators and finally, applications of Python. There are fun mini-projects and examples to aid learning.

#### **MediScience: Clue & Poo**

Come unravel the mysteries of the human body! First, we will play a game of medical clue. You will roam around stations attempting to effectively gather symptoms (or clues!) that a patient is presenting with. Then, when you are confident you have all the clues, you will diagnose the patient! Afterwards, you will perform an experiment to see the wonders of the digestive system. Those who perform this experiment effectively will receive a tasty treat at the end!

#### **2020 – Trades and Technology that will Rock Your World**

Participate in demonstrations that will challenge the way you think about trades and technology! Learn through hands-on design and explore the future possibilities in trades and technology.

#### **IM4 Lab Intro to Virtual Reality**

The IM4 Lab has collaborated with Emily Carr University of Art and Design to build an ecosystem of Indigenous VR/AR/360 developers, technicians, storytellers, media professionals and artists to participant and influence the growth of Virtual and Augmented Reality (VR/AR/360). By the end of the workshop students will have developed the basic skills of shooting with Insta360 camera and how to stitch footage, add effects and edit in Premiere Pro.



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### **Storytelling and Statistics**

Stories are important. Stories are everywhere. The stories we tell, and the stories we tell about ourselves, are the most important stories we have. This presentation is about combining history, personal experiences and data to tell powerful stories. Guests will learn some tips on how to look beyond the data to find the story, as well as the importance of telling your own stories instead of having stories told about you.



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### Sport & Recreation

#### **Walking Like Warriors: Basic Self-Defense for Indigenous Youth**

MMA Fighter Alana Cook and professional Martial Arts Coaches Larry Rousey and Oliver Vajda will take you through a highly interactive, informative, and empowering ninety-minute lesson on basic self-defense. Learn how to prevent conflict, protect yourself, and escape from unsafe situations. This course is for people of all ages, sizes, and athletic ability. 'Walking Like Warriors' will leave you feeling confident, safe, and ready to face this world like a true warrior!

#### **Being Indigenous, Ballin' Indigenous**

Come learn the important fundamentals of basketball, and more! Whether you're a new learner or an experienced player, it's never too late to refine your technique and skills. But this workshop is more than just a basketball practice! We will lay the foundation, through sports and recreation, to express Indigeneity, exercise resurgence, revitalize culture, practice language and build relationships, as a way to maintain our health and wellness.

#### **Wrestling to Build Resilience and Self Confidence**

Wrestling was the first sport to be added to the Olympic games that was not a footrace and has been practiced by people for thousands of years all over the globe. Through wrestling, participants gain leadership skills, a sense of community, self-confidence, and an ability to deal with difficult situations along with higher levels of physical literacy. This workshop will introduce youth to wrestling and show them how wrestling can increase their confidence and help them become successful in their futures.

#### **Warrior Movements**

In this workshop we look at different forms of combat sports which will include Kickboxing, Boxing, MMA (Mixed Martial Arts), and Capoeira! Nathan Millier and Marco Caffiero have extensive experience in many disciplines of movement and combat sports and both hold multiple titles in their respective arts. Come and join us for highly-interactive workshop and train with the best!

#### **Powwow Zumba**

Powwow Zumba is a full body and Spirit uplifting experience! Come and let yourself be free to the sounds of the drum (traditional and contemporary styles) as well as some vibrant Latin beats. This is a judgement free space where you can move beyond your limits! You will feel as if you just completed a circuit workout while having fun and dancing! Come and join me for a dance workout for all ages. (Every move can be modified).



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### **Getting Back to our Ancestral Trails: Secwepemcuu'l'ecw (Shuswap Nation)**

If you want to learn about Indigenous cultures where do you go? Do you search online? Go to a museum? Take a course? You could do all of these things but we want to give you an authentic experience of our culture. We want to bring people from around the world on the ancestral paths our people walked, have them taste the food we ate, sing the songs we sang, hear the stories that were passed down orally from generations ago, and travel down the rivers we canoed. Remember to dress for the weather!

### **Building Warriors, Reigniting Your Warrior Within**

Indigenous warriors play pivotal roles in our past, present and future. A true warrior is someone who strives to be the best they can be at all things. Walk away from this workshop feeling more confident, aware and better prepared to defend yourself and your loved ones than ever before.

### **Twisted Arrow's Archery**

Twisted Arrow's Archery is an introductory workshop to archery, simulating traditional hunting using 3D animal targets. Our goal is to promote and encourage implementation of archery programs within the individuals own communities

### **Track and Field with Olympian Dylan Armstrong**

Come on out and learn the art of running, jumping and throwing with Coach Dylan Armstrong and the Kamloops Track and Field Club at the world class indoor training facility of the Tournament Capital Centre Athletics facility.

### **FitNation**

Curious what FitNation Freeze Tag is all about? Ever been a part of the FitNation Wave? Come check out FitNation! FitNation is all about having fun through movement. Our FitNation Hype Squad has loads of games up their sleeves to get everyone up and active! We have movement options for all fitness levels and encourage everyone to participate.

### **Lacrosse - Lets Play the Creators Game**

Learn to play lacrosse in a safe and fun environment! We'll go over the fundamentals of the game, as well as its historical aspects.

### **Life Behind Handle Bars**

Cycling is a low-impact, accessible physical activity that has a variety of benefits for any person interested in sport. In this workshop, the facilitator shares their story of how they used the sport of cycling to help overcome alcoholism, help cope with depression, manage diabetes, change their body and reclaim their life.



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### Wellness & Health

#### **Healing our Spirit: Talking About Suicide Awareness**

Together, we will discuss suicide awareness from a strength-based perspective. You will be connected with resources that will help you recognize suicidal signs in yourself and others and how to reach-out for the help you need in either of those situations. Engaging in healthy life practices uplifts ourselves and others, to honour life and create hope in our communities.

#### **So You Think You Know All About Sex?**

Team based approach to Sex Jeopardy Game, where your knowledge is tested about sexual health, HIV and other STBBI's. We'll also create a carrying case for condoms using leather and beads.

#### **The Métis Kitchen Party**

Join this hands-on workshop to explore traditional Métis cooking combined with Métis art and jigging. The workshop will help to connect participants through culture and tradition while at the same time educating them on the importance of a nutritious healthy lifestyle.

#### **Interweave the Elements**

This Earth workshop will cultivate a practice that is grounding, connecting you to your power and trusting in your ability to ground to Mother. We will work through pranayama techniques to embody your true self.

#### **Matriarch Movement**

Reclaim your voice, body and power. This workshop will start with a seated meditation followed by a yoga session to align the mind, body and spirit. This practice will be dedicated to the Missing and Murdered Indigenous Woman and Girls. It will then flow into the 'Healing Through the Arts' workshop - where we will unlock the power of our emotions, voice and being through sharing of story, breathing and acting techniques, and end with a sharing circle.



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### **Ask Auntie: What's the 'T', Auntie?**

Come 'spill the tea' with Ask Auntie where we will be revealing the 'T' – Truth – of colonization, mental health, our relationship with the land, and staying well. Our workshop activities will include crafts, such as aromatherapy, tea mixing/traditional medicines, and DIY fun. We will also be giving away an awesome door prize. Come join us, and Ask your Aunties anything!

### **Gender and Sexuality 101**

Join Cait in learning about the LGBTQ2S+ community! Welcome to beginners, experts, and everything in between, this workshop will explore some of the many genders and sexual orientations out there! We will cover terminology, definitions, statistics, supporting members of the LGBTQ2S+ community, and more! Participation is encouraged and celebrated as we'll have games, activities, and discussions throughout!

### **Truth & Reconciliation with K.A.S.P**

Paul Sawan, AKA K.A.S.P., has facilitated workshops for over 18 years, drawing on his life and work experience to facilitate important discussions on topics relating to truth and reconciliation.

### **Traditional Health and Well Being**

Using traditional medicines and teachings our cultural elders will bring you on a journey of knowledge and well being.

### **SafeTALK - Suicide Alertness for Everyone**

SafeTALK is an internationally recognized training program that teaches participants to recognize and engage people who may be having thoughts of suicide and to connect them with community resources trained in suicide intervention. SafeTALK stresses safety while challenging taboos that inhibit open talk about suicide. Participants will come away with a manual and tools to engage people in their communities who may be having thoughts of suicide.

### **#MentallyHealthy - Building your feed so it fuels your soul**

Does scrolling your Instagram feed make you feel uplifted? Confident? Or do you put down your device feeling discouraged, like you just don't measure up? In this workshop participants will discuss how using social media affects mental health, discover supportive online resources, share self-care strategies and create their own mentally healthy instagrammable post and community hashtag.



## Workshops at a Glance

Gathering Our Voices 2020

Ordered by Category

### **Mindfulness: The Art of Living Your Life in Ceremony**

Do you often feel overwhelmed, stressed out, anxious or disconnected? Come learn some tools that can help you de-stress, ground and become more present to life, as it is...helping you to become a more conscious, connected and aware leader. Sign up for this experiential workshop, where we will disconnect from technology and turn inward.

### **When Your Brain Won't Stop**

Do you ever feel like your brain just won't calm down? Like your thoughts are getting away from you? In this workshop participants will learn some simple neuroscience about how our brains work and what happens to them when we feel stress. The workshop will close with a grounding activity and participants will take both their brain craft and a set of grounding cards home with them.

### **A Lifestyle Change: A Day in the Life of Becoming a Teen Parent**

This informative workshop discusses the lifestyle changes in becoming a teen parent, including: commitment to the health and development of our children, single parenting, making ends meet, giving up drugs and alcohol, and more. Listen to a panel of teen parents share their stories and ask questions to learn about how you can support yourself, friends, and family members on the journey of parenthood.

### **Kick the Hit: Vapes and Cannabis – Get the Facts!**

With Cannabis becoming legal, and a rise in new innovative vaping products and flavors, there is confusion and people may be led to believe these products are actually good for you. This workshop will provide you with all the facts you need to know, get the truth and have some fun with our Family Feud game!

### **Trending: #R\_U\_OK\_N8ive**

Social media is everywhere and is here to stay! The techno world is part of where we live. This workshop will provide information and conversations on the impacts of social media on our mental wellness. This workshop will help us understand the risks of social media, the impacts of our words and images, the pressure that can cause anxiety and depression, the everlasting memories of what we share and how to live healthier in this techno world we live in!



## Workshops at a Glance

Gathering Our Voices 2020

Ordered by Category

### **Safety Planning, Substance Use & Naloxone: Protecting Ourselves and our Friends During the Overdose Crisis**

During this opioid overdose public health emergency, it is important that we can have open conversations about substance use and overdose prevention to keep ourselves as well as our friends, family and community members safe. This session will provide an overview of the overdoses crisis, including discussions about what opioids and fentanyl are, an interactive demonstration on how we can respond to an opioid overdose using naloxone, as well as participate in conversations on safety planning and harm reduction.

### **Young Women Wellness Warriors Talking Circle**

Come and join your sisters in a discussion about wellness. Share a story and hear from others about their wellness journeys: finding balance and health in today's busy world. This is an opportunity to learn about work that FNHA is doing in partnership with the Office of the Provincial Health Officer to report on the health and wellness of Indigenous women and girls living in BC. It is also an opportunity to be part of this important project and have your voice, your thoughts and ideas about health and wellness amplified.