



MARCH 22-25, 2023



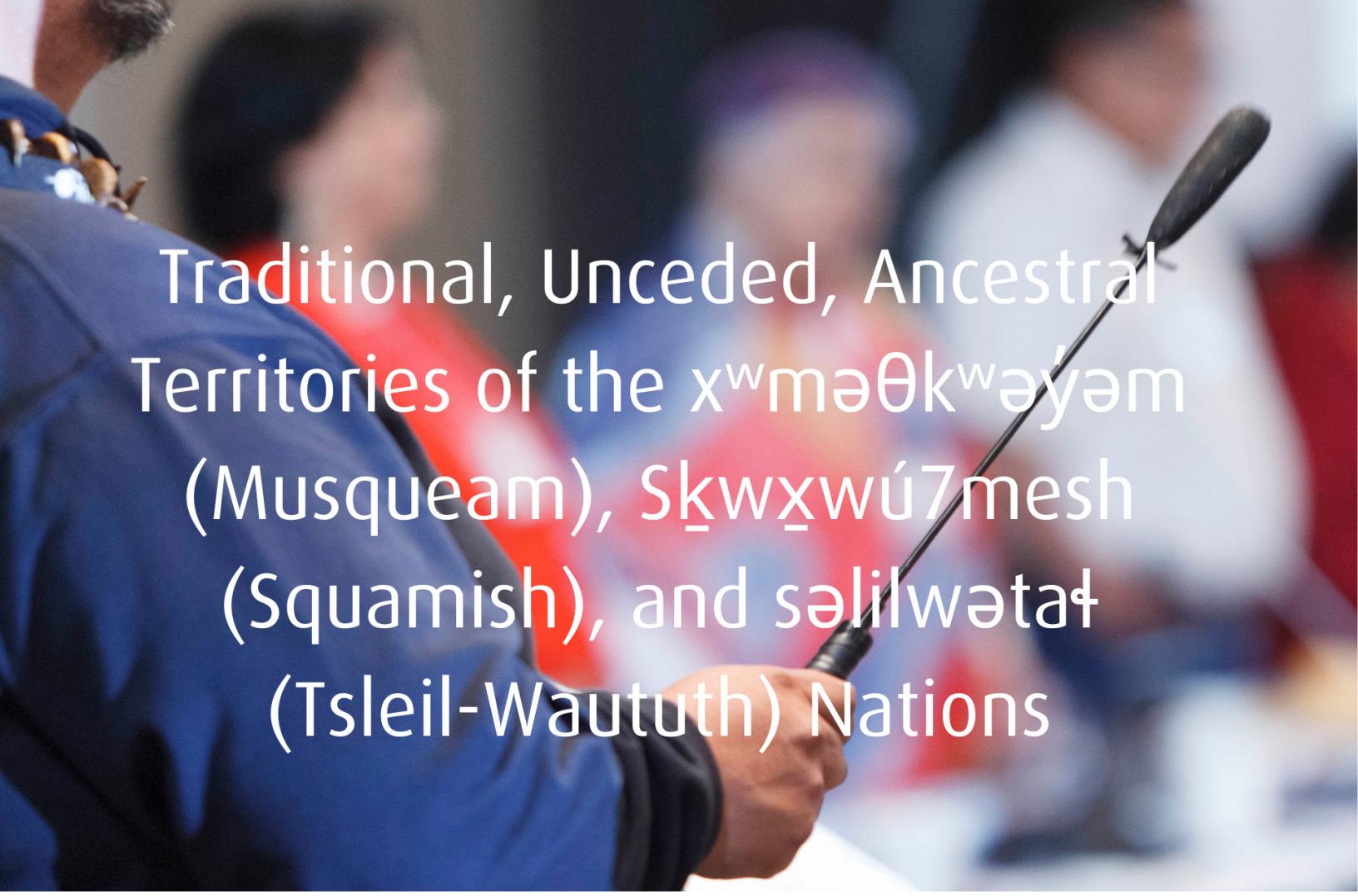
Territories of the xʷməθkʷəy̓əm  
(Musqueam), Sḵwəwú7mesh  
(Squamish), and səlilwətaʔ  
(Tsleil-Waututh) Nations

## Indigenous Youth Leadership Training



**BCAAFC** | BC Association of  
Aboriginal Friendship Centres





# Traditional, Unceded, Ancestral Territories of the xʷməθkʷəy̓əm (Musqueam), Sk̓w̓xwú7mesh (Squamish), and səlilwətaɬ (Tsleil-Waututh) Nations

We are on the Traditional, Unceded, Ancestral Territories of the xʷməθkʷəy̓əm (Musqueam), Sk̓w̓xwú7mesh (Squamish), and səlilwətaɬ (Tsleil-Waututh) Nations.

Thank you to the host nations for allowing us to gather in a good way, to celebrate one another, share our knowledge, gifts, and stories, and grow together to achieve our visions and dreams for the future.

Let us share a deep appreciation for the lands that we are on, for the rightful stewards of these lands, and for the relationships between one another and Mother Earth, as we reflect on our time here and the path ahead.

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## Prizes to be won! (You must be present to claim your prize)

There are a lot of fun prizes to be won this year! Door prizes include **Beats Studio 3 Wireless Over Ear Headphones** and a **Nintendo Switch** with carrying case.

Fill out your ***Career & Education Passport*** for a chance to win an **Apple Watch Ultra GPS + Cellular** with a 49mm titanium case and orange Alpine Loop!



# Welcome from the GOV Steering Committee

We are honoured to host GOV2023 on the Traditional, Unceded, Ancestral Territories of the xʷməθkʷəy̓əm (Musqueam), Sḵwx̱wú7mesh (Squamish), and səlilwətaɬ (Tsleil-Waututh) Nations.

Our hearts are filled with gratitude to bring you the return of GOV after the event was cancelled and postponed due to the COVID-19 pandemic. We look forward to three days full of culture, workshops, career and education resources, and long-lasting friendships.

Thank you to everyone who collaborated with us to create an event that is safe and welcoming. We raise our hands to the Knowledge Keepers, Elders, local language leaders, and mentors who contribute to this space – offering guidance and wisdom to uplift us on the path ahead.

We are joined by inspirational keynote speakers, performers, facilitators, and exhibitors. We know that the strength and learnings shared over the course of this event will be reciprocal. We all have gifts to offer one another and we invite you to explore your potential and stay curious about what lights you up.

Know that you are valued and loved. This event would not be the same without you, and the energy shared here will continue to grow long after the event is over.

Our sincerest appreciation to the chaperones in attendance. GOV sold out in a matter of minutes, speaking to the value of the event and the connections it supports.

Please visit the Career and Education Fair, take part in workshops that inspire you, and take in the speakers and entertainment that we have planned.

If you require any assistance, please let our staff (in black shirts), support workers (in yellow shirts), or volunteers (in green shirts) know.

Take care, and most importantly – enjoy!

Always in Friendship,

## The GOV 2023 Steering Committee

Madeline Burns, PAYC

Jadyn Rae McLean, PAYC

Jillian Dennis, PAYC

Eric Campbell, PAYC

Taigan Alfred, PAYC

Charlie George, BCAAFC

Marge White, Elders Council

Buzz Morissette, Elders Council

Wally Samuel, Elders Council

Stanley Namox, Elders Council

Minnie Kenoras, Elders Council

Tara Skobel, BCAAFC

Stephanie Cameron-Johnson, BCAAFC

Adam Fitchett, BCAAFC

Lucy Hagos, BCAAFC

Draven Clemah, BCAAFC

Ricki-Lee Jewell, BCAAFC

Nathan Ponce, BCAAFC

Chelsey Grier, FRAFCA

Kyla Painter, FRAFCA

Susan Tatoosh, VAFCS

Tami Omeasoo, VAFCS

# Welcome from Musqueam Chief Wayne Sparrow

si:yérm tə siyéyə ct ?ərni ce:p kʷətxʷiləm ?i ?ə tə ná šxʷməθkʷəyəma? təməxʷ, tə šxʷ?arñets tə shəñqəmiñəmqən. / Friends and relatives, welcome to the ancestral territory of the həñqəmiñəm speaking Musqueam people.

For thousands of years, our ancestors welcomed visitors to these lands and waters. Today, Musqueam continues our protocols by welcoming you to our territory for Gathering Our Voices.

The youth who attend GOV are the next generation of Indigenous leaders. Your voices and unique perspectives are essential to the success of your communities. Take this experience home with you and use your voice to advocate for the future you want for your grandchildren.

**hay ce:p qə** (thank you) to our friends at Gathering Our Voices and the BC Association of Aboriginal Friendship Centres for continuing to create this space for youth to connect and learn.

**yəxʷyaxʷələq**, Chief Wayne Sparrow

## Welcome from Squamish Member Wilson Williams

**Ha7lh skwáyel ta néwyap.** / Good day to you all.

It is my pleasure to welcome you to the territories of the S̓kw̓xwú7mesh (Squamish), xʷməθkʷəyəm (Musqueam), and səlilwətaɬ (Tsleil-Waututh) people.

Our **méñmen** (children) are our future and events like Gathering Our Voices are important for building and reinforcing a positive sense of identity and purpose in our youth. May these four days be an opportunity for you to find your voices as the next generation. Learn new skills, make friends and most importantly, have fun!

On behalf of **Nexwsxwníwntm ta Úxwumixw tl'a S̓kw̓xwú7mesh Úxwumixw** (Squamish Nation Council), I wish you all a successful event.

**Sxwíxwtn**, Wilson Williams, Squamish Nation Spokesperson

## Welcome from Tsleil-Waututh Chief Jen Thomas

**?o: si:yérm nə siyéyə** / Friends and Relatives,

**?ərni ce:p kʷətxʷiləm ?ə tə təməxʷ wə č̓wet ?ə tə məsteyəxʷ təní ḥ xʷməθkʷəyəm ?i? sq̓xʷarñəx ?i? səlilwətaɬ.** / Welcome to the shared territories of the Musqueam, Squamish and Tsleil-Waututh peoples.

We are the “People of the Inlet,” and our Traditional Territory includes Burrard Inlet and the waters draining into it. I warmly welcome all youth participating in this year’s Gathering Our Voices Indigenous Youth Leadership Training. I hope that you will feel empowered by the new skills, knowledge, and connections you gain, which will support you in making a difference in your communities. You are the leaders of today as well as of the future, helping to create a world in which everyone can thrive.

Congratulations to the BC Association of Aboriginal Friendship Centres for hosting such an important annual opportunity for youth. I wish you a meaningful and memorable experience!

Chief Jen Thomas, on behalf of Tsleil-Waututh Nation Council



# Back in Action: Building Capacity and Empowering Indigenous Youth



This year's theme ***Back in Action: Building Capacity and Empowering Indigenous Youth*** is about celebrating the journey of self-development, nourishing our curiosity, and supporting one another. We are grateful to once again share this space together, after years apart while navigating the hurdles of the COVID-19 pandemic.

Thank you to our Elders and Knowledge Keepers for offering guidance on these pathways, and to our peers for sharing their energy and ideas. We look forward to conversations on Indigenous resurgence, decolonization, language learning, cultural revitalization, and environmental stewardship, alongside opportunities to try new things, strengthen our skills, and pursue what lights us up.

Together, we are building capacity and empowering one another to lift up the next generation of leaders. We gain strength when we nurture our connections, honour our truths, and take action that aligns with our core values.

# BC Association of Aboriginal Friendship Centres

The BC Association of Aboriginal Friendship Centres (BCAAFC) is the umbrella organization for the 25 Friendship Centres located throughout the province.

Friendship Centres are Indigenous-led, non-profit organizations that deliver programs and services to support the health, wellness, and prosperity of Indigenous peoples (Status First Nations, non-status, Métis, Inuit) living in urban communities and away from home.

The 25 Friendship Centres across B.C. employ 1,382 staff and manage 782 partnership agreements with non-government organizations, First Nations communities, government agencies, and educational institutions. Reports indicate that 78% of Indigenous peoples in B.C. live off-reserve or in urban areas (Government of B.C.), and it is estimated that the true number is closer to 85%. Collectively, Friendship Centres are the largest infrastructure serving the urban Indigenous population.

Elders and youth are foundational to the work of Friendship Centres. The connections between Elders and youth play an integral role in shaping the goals and priorities of the Friendship Centre Movement. The Elders and youth councils advise the BCAAFC Board of Directors and support the work of the Friendship Centre Movement.



**1,382**  
Employees



**782**  
Partnerships



**104**  
Facilities



Cariboo Friendship Society ([Williams Lake](#))  
Conay Friendship Society ([Merritt](#))  
Dze L K'ant Friendship Centre Society ([Smithers](#))  
Fort Nelson Aboriginal Friendship Society  
Fort St. John Friendship Society  
Fraser Region Aboriginal Friendship Centre Association ([Surrey](#))  
Friendship House Association of Prince Rupert  
Hiiye'yuu Lelum (House of Friendship) Society ([Duncan](#))  
Kamloops Aboriginal Friendship Society  
Kermode Friendship Society ([Terrace](#))  
Ki-Low-Na Friendship Society ([Kelowna](#))  
Lillooet Friendship Centre Society  
Mission Friendship Centre Society  
Nawican Friendship Centre ([Dawson Creek](#))  
North Okanagan Friendship Centre Society ([Vernon](#))  
Ooknakane Friendship Centre ([Penticton](#))  
Port Alberni Friendship Center  
Prince George Native Friendship Centre Society  
Quesnel Tillicum Society  
Sacred Wolf Friendship Centre Society ([Port Hardy](#))  
Tansi Friendship Centre Society ([Chetwynd](#))  
Tillicum Lelum Aboriginal Society ([Nanaimo](#))  
Vancouver Aboriginal Friendship Centre Society  
Victoria Native Friendship Centre  
Wachiay Friendship Centre Society ([Courtenay](#))



# Vancouver Aboriginal Friendship Centre Society



*The Vancouver Aboriginal Friendship Centre Society (VAFCS), formerly known as the Coqualeetza Fellowship Club, was established in 1963 — making it the first BC Friendship Centre!*

Vancouver Aboriginal Friendship Centre Society (VAFCS) provides programs in health, welfare, social services, human rights, culture, education, recreation and equality for all genders and age groups of Aboriginal people. The Friendship Centre emphasizes the philosophies and values of varied Aboriginal cultures and traditions. With over 50 years of providing essential services to the urban aboriginal community, VAFCS has helped families, youth, adults, Elders, and children maintain their Aboriginal cultural ties and values.

VAFCS has also helped aboriginal people access education, housing needs and support for families. The Friendship Centre strives to provide holistic and cultural services to all of its community members. [Learn more at vafcs.org.](http://vafcs.org)

## Fraser Region Aboriginal Friendship Centre Association



*The Fraser Region Aboriginal Friendship Centre Association (FRAFCA) was established in 1996, and became a designated Friendship Centre in 2012, making it the newest BC Friendship Centre.*

Fraser Region Aboriginal Friendship Centre Association (FRAFCA) is often the first point of contact for Indigenous people seeking services and supports. To this end, the centre builds a continuum of care for people from birth to death, and welcomes feedback and guidance from members on new programs and new roads to take. Moreover, the Friendship Centre works in a culturally relevant and safe way, honouring the diverse lived experiences of Indigenous peoples who come from nations across Turtle Island.

FRAFCA's approach and philosophy is to bridge the best of both Western and Traditional Knowledge to provide a place of support, healing, and advocacy. The Friendship Centre celebrates Indigenous identity and worldview – which is often lacking in mainstream services, and works very hard to ensure that their community is treated in a fair and respectful way.

[Learn more at frafca.org.](http://frafca.org)





## First Nations Health Authority

### Health through wellness

*Healthy, Self Determining and Vibrant BC First Nations Children, Families and Communities*

The First Nations Health Authority (FNHA) works to reform the way health care is delivered to First Nations in BC through direct services and collaboration with provincial partners. The FNHA strives to be a health and wellness partner to all First Nations peoples living in BC, regardless if they live in-community, in urban settings or away from their home community. Learn more at [fnha.ca](http://fnha.ca)

### CHECK OUT THESE GOV2023 FNHA WORKSHOPS:

- Cannabis Public Education, Vaping, and Respecting Tobacco
- Two-Spirit Healing & Teachings – *Decolonizing Sex, Gender and/or Sexuality*\*
- “My Healing & Wellness Journey” – with James Harry Sr.\*
- Not Just Naloxone: Talking about Substance Use in Indigenous Communities
- Reclaiming our Traditional Wellness Practices
- Social Media Workshop
- Urban and Away from Home Engagement Workshop
- Nutrition and Indigenous Lands and Food Systems

\*These workshops are being delivered by our partners: CBRC (Community-Based Research Centre) and ANOS (All Nations Outreach Society)



# Code of Conduct

## Why health and safety?

Health and safety regulations and guidelines are implemented to foster a sense of safety and belonging for everyone. If you need extra support, please reach out anytime through the conference to your chaperone or a GOV team member.

Remember, as a youth, you have the right to:

- Have a sense of safety and request support;
- Be heard, respected and treated with compassion;
- Participate and be involved on an equitable basis.

## GOV Guidelines

You are a representative of your community. Others will look to you and follow your lead. It is important to set a good example and remember—it is a matter of respect!

Respect for all participants at the event, people of the host organization (staff, volunteers, guest, presenters and service personnel), communities and territories we are hosted by.

Respect for the social and cultural values of people from all communities and which territories we are on. This also includes regulations and standards of the organizing body and host community.



## Dance Party Guide

- Youth under age 18 **must** have a chaperone arrive and leave with them. We invite all attendees and chaperones to attend and leave the event together.
- No entry past 8:30PM.
- No substance use.
- Bag checks will be required prior to entry.
- Water and snacks to be provided (no external food or drinks please).
- Make a song request!



# Plenary Events

Wednesday, March 22	
<b>Opening Ceremonies</b>  6:00PM-8:30PM  BC Ballroom, Fairmont Vancouver	We will gather together to get inspired for the week ahead, with a panel discussion, music and entertainment, and fun group activities facilitated by your co-emcees and keynote speakers!
Thursday, March 23	
<b>Talent Showcase</b>  8:00PM-10:30PM  BC Ballroom, Fairmont Vancouver	Join us for an exciting evening of celebrating Indigenous youth performers' diverse talent! The night will end with a performance from a local youth artist.  *To perform, please register for the Talent Show workshop*
Friday, March 24	
<b>Concert and Dance Party</b>  8:30PM-10:00PM  BC Ballroom, Fairmont Vancouver	Enjoy exhilarating performances from Snotty Nose Rez Kids, DJ Kookum, Myc Sharratt, and Lola Parks.  *Chaperones required*  Doors open from 7:00PM-8:30PM. No entry past 8:30PM
Saturday, March 25	
<b>Red Shirt Day (MMIWG2S)</b> - Wear a red shirt or red ribbon in remembrance of the Missing and Murdered Indigenous Women, Girls, and 2SLGBTQQIA+ people and their families.	
<b>Closing Ceremonies</b>  9:00AM-12:00PM  Ballroom, Fairmont Waterfront	Together, we will reflect on the time that we have shared together at GOV2023. The Provincial Aboriginal Youth Council will present the Honour an Indigenous Youth Awards to this year's winning candidates. The event will end with words from inspirational speakers and a performance from a women's drum group.
GOV Legacy Project Reveal!	



## Youth in Care Honouring Feast

This year we are proud to host the 9th Annual Youth in Care Honouring Feast to acknowledge and support the unique journeys of Indigenous youth in care. The evening will include drummers, entertainment and inspirational speakers.

The Honouring Feast has become an integral part of the event as it unites many people from different walks of life through a shared experience and encourages youth to learn and grow through the sharing of stories.

# Event Information

## Parking

Parking is available in the parkade adjacent to the Fairmont at 777 Hornby Street.

## Workshop Bus Transportation

Pick-up and drop-off will be on Melville Street between Hyatt Regency and Burrard Skytrain Station. Please arrive to the shuttle location 15-20 minutes before your scheduled workshop block. There will also be a shuttle available for GOV attendees going between Fairmont Vancouver and Fairmont Waterfront.

## First Aid

First Aid will be stationed in the Fairmont Vancouver across from the Saturna Ballroom on the Discovery Floor and in the Fairmont Waterfront in the Douglas Room on the Concourse Level.

## More Information

Need more information? Please connect with our staff (in black shirts), support workers (in yellow shirts), or volunteers (in green shirts) for assistance.

## Cultural and Emotional Supports

9am-5pm, Thursday-Friday, Fairmount Vancouver and Fairmont Waterfront

Elder's Room: Fairmont Vancouver, Moresby Room on the Discovery Floor

This is a safe space to spend time with Elders. Activities in this room include making dream catchers, beading, and cedar weaving.

Support Workers will be in yellow shirts. You can find cultural support in the following rooms:

- Fairmont Waterfront, Seymour Room on the Terrace Level
- Fairmont Vancouver, Lions Room on the Conference Floor Level



# The Chill Zone

9am-5pm on Friday & 9am-3:30pm on Thursday

Fairmount Vancouver, Roof Floor Common Area

This is a large space where you can come and hang out while doing some arts and crafts or just taking some quiet time to balance yourself. Activities available include colouring, journal writing, mindfulness, meditation, and reading. The Chill Zone will have Support Workers connected to it.

# Artisan Market

9am-5pm, Thursday-Friday, Fairmont Vancouver, Vancouver Island Room

\*New to GOV\* The Artisan Market is a place to connect with Indigenous makers and purchase their creations. Types of items you will be able to find include stickers, art, cedar weaving, beading, apparel, self-care items.

## Career and Education Fair

9am-5pm, Thursday-Friday, Fairmont Vancouver, Pacific Ballroom

Choose your own adventure at the GOV2023 Career and Education Fair! Exhibitors are waiting to help you navigate tools and resources to support your health, wellness, education, career opportunities, and future aspirations. Connect with the Urban Native Youth Association (UNYA), Visionary Youth Peers for Equity and Revitalization (VYPER), Owl Pod - Indigenous Telemedicine Mental Health, and more!

Don't forget to fill out your Career & Education passport for a chance to win an Apple Watch Ultra GPS + Cellular!



# Maps

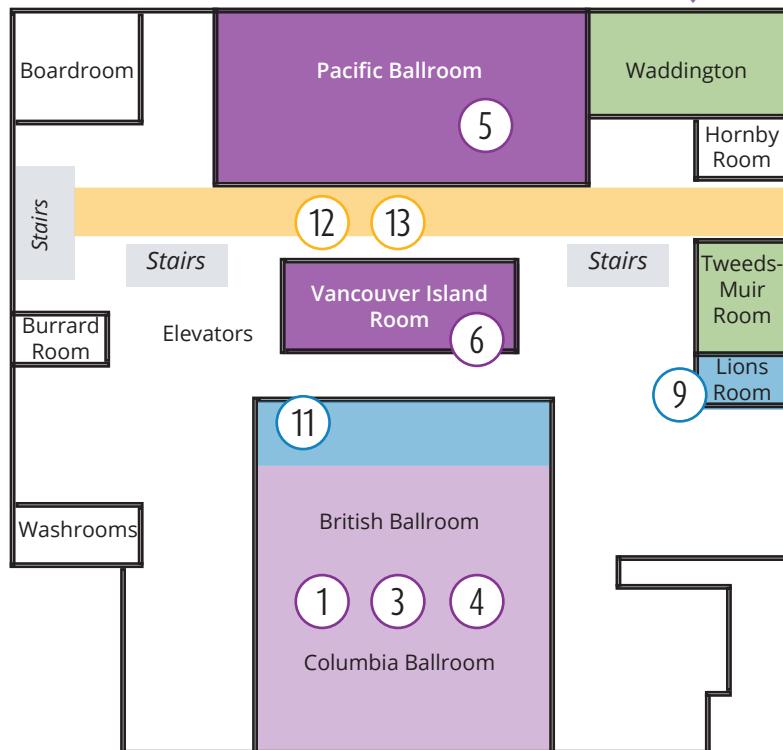
## Map Legend

- Plenary Events
- Exhibitors
- Health & Wellness
- First Aid
- Workshops
- Event Information

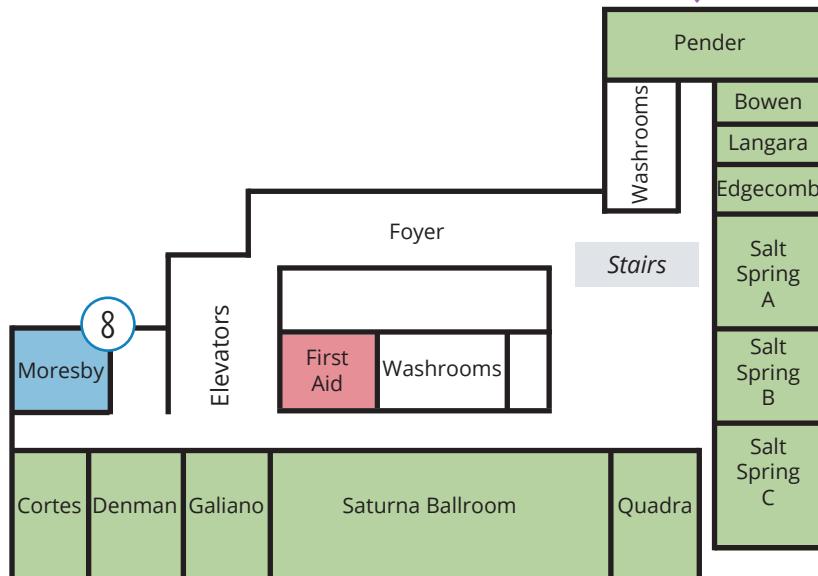
## GOV2023 Main Venue

- 1 Opening Ceremonies
- 2 Closing Ceremonies
- 3 Talent Showcase
- 4 DJ Dance Party
- 5 Career & Education Fair
- 6 Artisan Market
- 7 Chill Zone
- 8 Elder's Room
- 9 Cultural Safety Room
- 10 Counsellor Room
- 11 Food and Beverage
- 12 Registration
- 13 GOV Info Desks

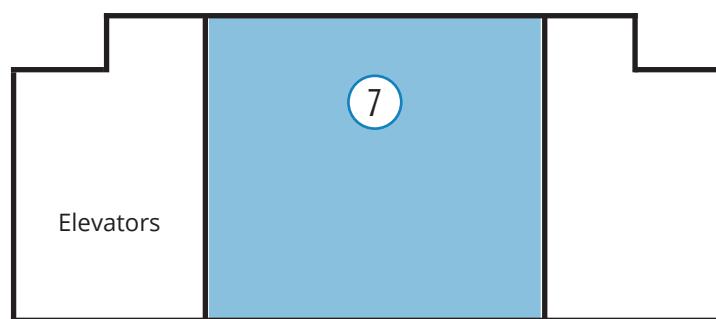
## Fairmont Vancouver | Conference Floor



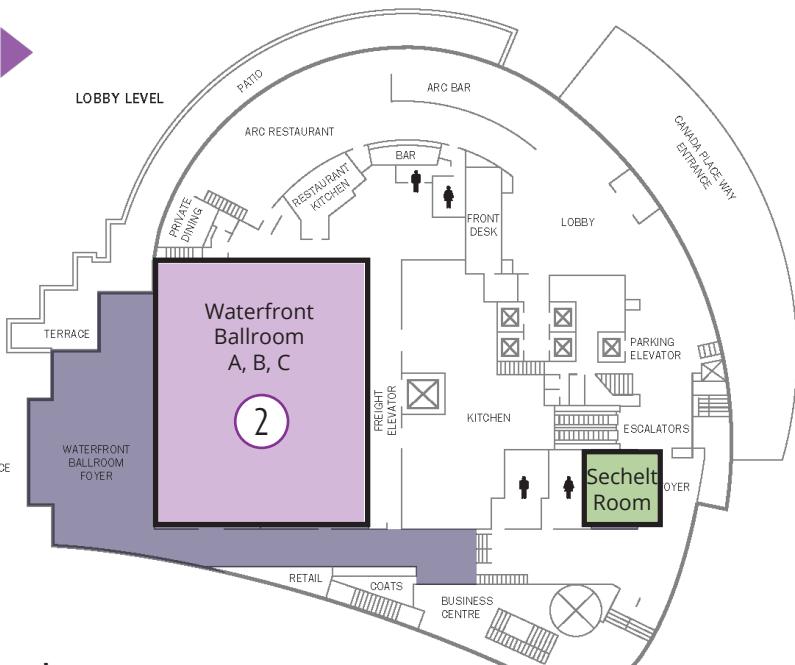
## Fairmont Vancouver | Discovery Floor



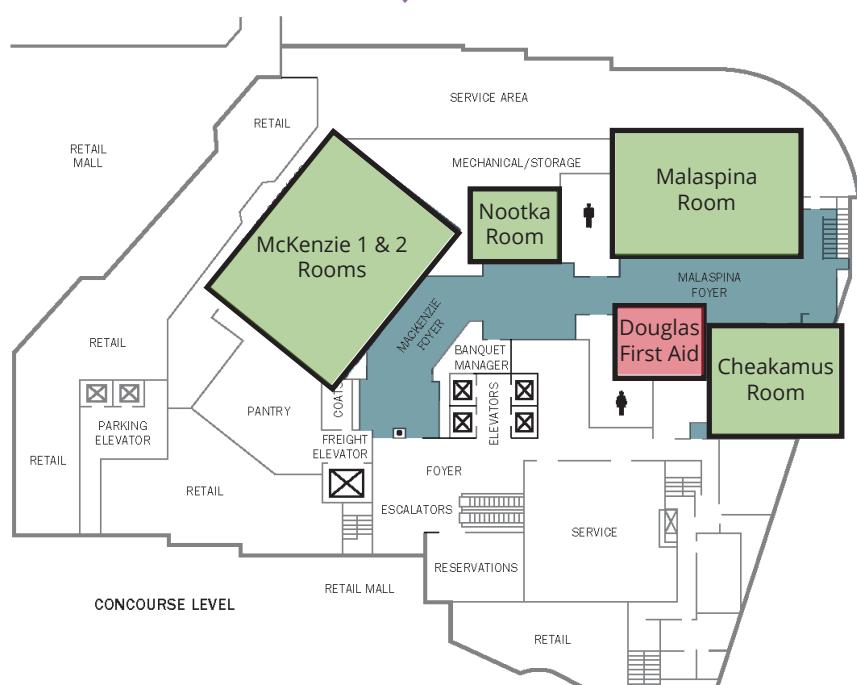
## Fairmont | Roof Floor



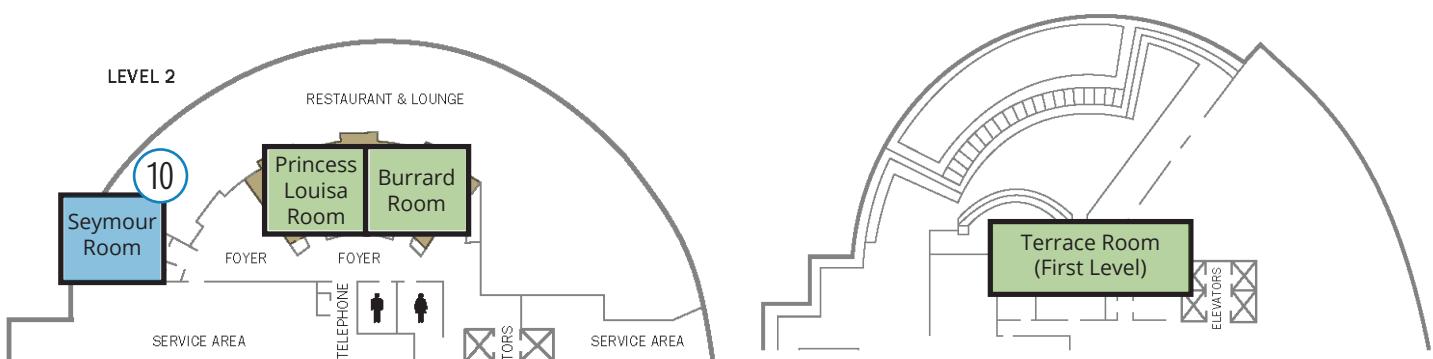
Fairmont Waterfront | Lobby Level 



Fairmont Waterfront | Concourse Level ▾

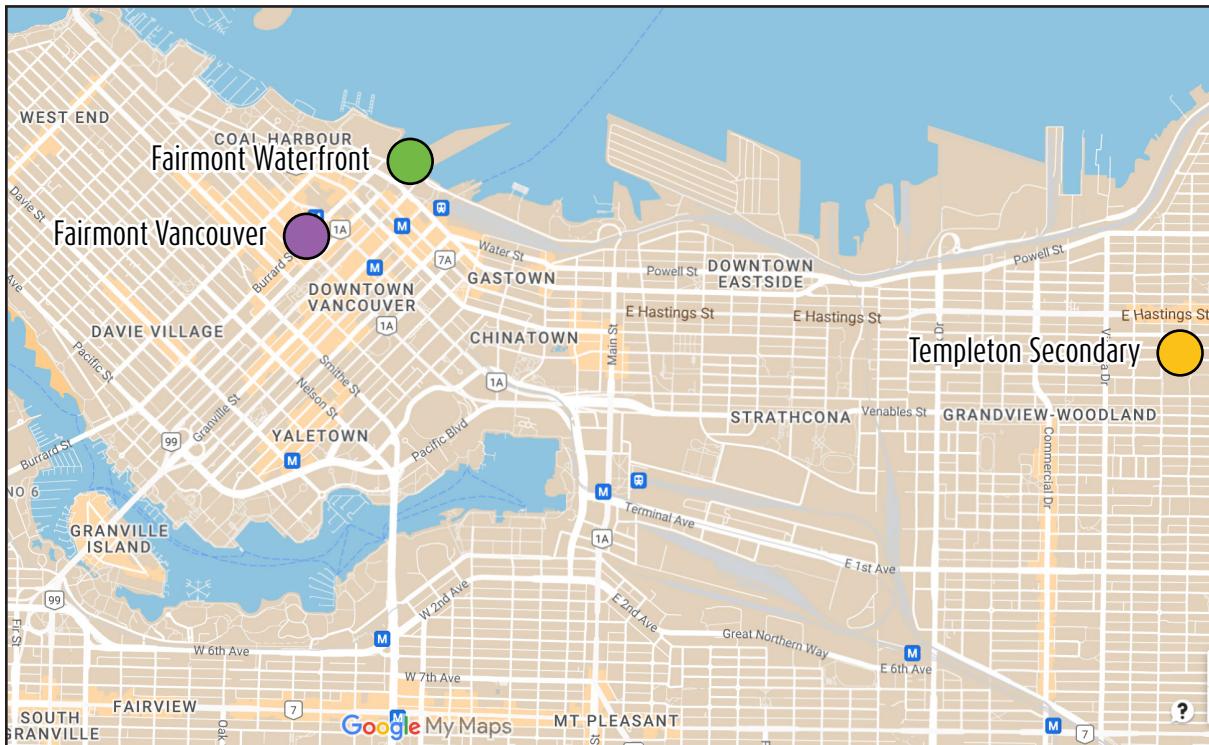


Fairmont Waterfront | Terrace Level 



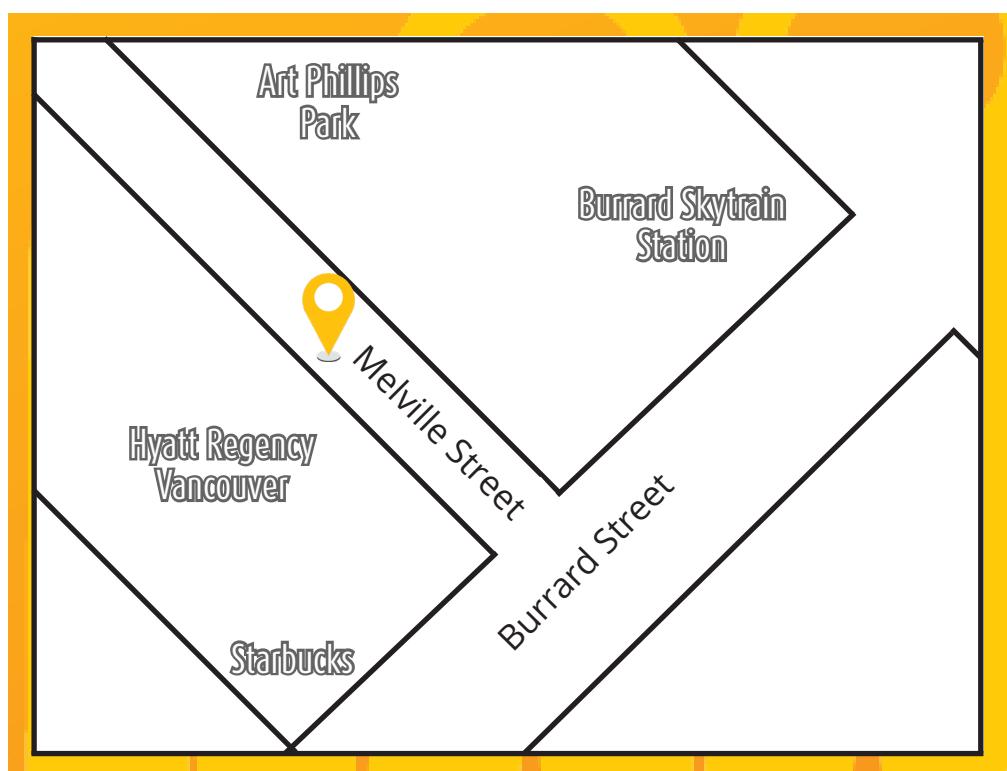
# GOV2023 Main Venues:

- Fairmont Vancouver 900 W Georgia St, Vancouver, BC V6C 2W6
- Fairmont Waterfront 900 Canada Pl, Vancouver, BC V6C 3L5
- Templeton Secondary 727 Templeton Dr, Vancouver, BC V5L 4N8



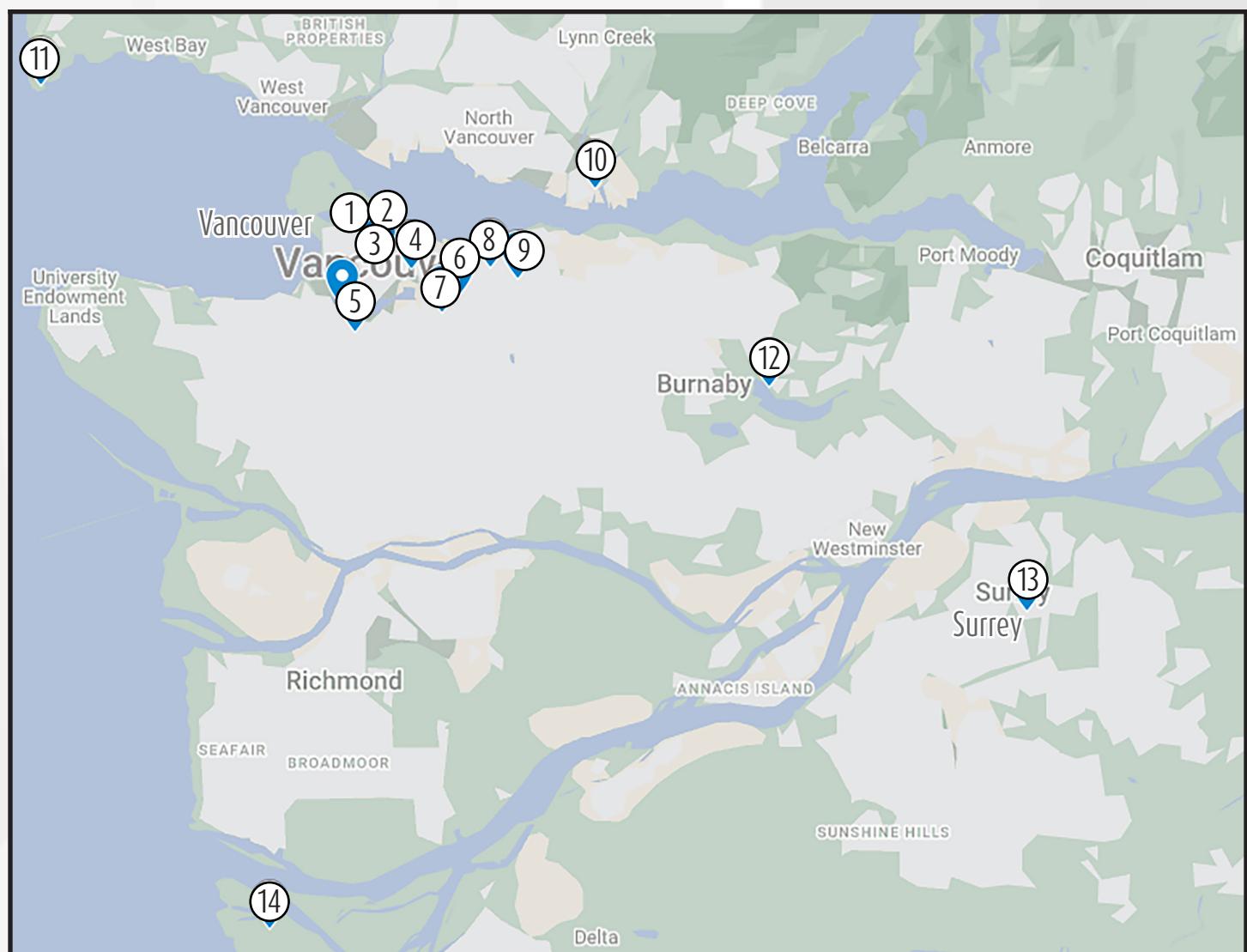
## Shuttle Pick-up/Drop-off

Pick-up and drop-off will be on Melville Street between Hyatt Regency and Burrard Skytrain Station. Please arrive to the shuttle location 15-20 minutes before your scheduled workshop block. There will also be a shuttle available for GOV attendees going between Fairmont Vancouver and Fairmont Waterfront.



# GOV2023 All Venues

1	Hotel Venue	Fairmont Hotel, 900 W Georgia St, Vancouver
2	Hotel Venue	Hyatt Regency, 655 Burrard St, Vancouver
3	Microsoft Workshop	Microsoft Campus, 725 Granville St, Vancouver
4	Indigenous Gallery	Skwachàys Lodge Urban Indigenous Art Gallery, 29 W Pender St, Vancouver
5	Bannock Making	Salmon n' Bannock, 1128 W Broadway #7, Vancouver
6	Firefighter Bootcamp	Vancouver Fire and Rescue Training Centre, 1330 Chess St, Vancouver
7	Climbing Workshop	The Hive, 670 Industrial Ave, Vancouver
8	Friendship Centre	Vancouver Aboriginal Friendship Centre Society, 1607 E Hastings St, Vancouver
9	Sports Workshops	Templeton Secondary School, 727 Templeton Dr, Vancouver
10	Skilled Trades BC	Squamish Training & Trades Centre, 3-1500 Railway St, North Vancouver
11	Forest Therapy	Lighthouse Park, 4901 Beacon Ln, West Vancouver
12	Decolonial Clothing	Decolonial Clothing Co., 7228 Winston St #6, Burnaby
13	Friendship Centre	Fraser Region Aboriginal Friendship Centre Association, 10095 Whalley Blvd, Surrey
14	Birdwatching	George C. Reifel Migratory Bird Sanctuary, 5191 Robertson Rd, Delta



# Speakers

## Emcees

Familiar faces to GOV, Elijah Mack and Madelaine McCallum will be your emcees for this year's gathering!

### Elijah Mack

Elijah is a Provincial Aboriginal Youth Council alumni and today he is Acting President of the BCAAFC. At age 24, Elijah has been recognized as Young Entrepreneur of the Year by Indigenous Business Awards, is the owner of two restaurants, and continually mentors others and seeks opportunities to give back to the community.

### Madelaine McCallum

Madelaine McCallum is a gifted dancer, motivational speaker, facilitator, and MC — a true, multi-faceted creative. She is from Ile a la Crosse, Saskatchewan and brings passion with a gentle, yet powerful, presence to the stage whether she is there to share one of her inspiring speaks or she has been asked to dance, or emcee.



## Keynotes

### DJ O Show

Orene Askew aka DJ O Show brings energy and expertise to every event she DJs and hosts. She brings professionalism and passion and remains true to her love for hip hop and R&B — incorporating beats to ensure you never want to leave the dance floor! Coming from a diverse background O Show is driven by her passion. She is Afro-Indigenous and a proud member of the Squamish Nation. Feeling as though she stood out in a unique way she embraced both her cultural backgrounds and incorporates the teachings she has learned into everything she does.



### Waneek Horn-Miller

At the age of fourteen Waneek Horn-Miller was stabbed in the chest by a Canadian soldier while protesting a condo development on traditional Mohawk lands. A photo of the event launched her into the public eye as a symbol of Indigenous struggle, but Horn-Miller battled the very real trauma and PTSD that followed. On stage, she traces the path from the pain depicted in that picture to the strength depicted in her iconic TIME cover, an image of incredible power, poise and dignity as the first Canadian Mohawk woman to compete in the Olympic games.



# Keynotes

## Andrew Bird

Proud Papa, Happy Husband - Andy Bird is First Nations from Montreal Lake Cree Nation (Saskatchewan). Andy overcame homelessness at 14, being in a shelter at 15, living in over 25 homes, transferring to seven schools, having been raised by a single deaf mother, and influenced by an alcoholic father, to pursue his lifelong dream of becoming a professional wrestler. Holding on to a childhood dream of becoming a professional wrestler he pushed to become the only First Nations person in history to become Canadian Heavyweight Champion for over 440+ days.



## Fireside Chat Panelists

A discussion on using social media to connect with one another and inspire action towards positive change.

### Niya

Niya is a 23 year old, Two-Spirit, Indigenous, singer-songwriter from Maskekosihi First Nation (Enoch Cree Nation). She is an Indigenous rights activist, musician, model, content creator and youth mentor for her community. Her goal is to be the first musician to win a grammy for an album produced by Indigenous women. She's a Two-Spirit woman who uses her platforms to advocate for queer youth and take up space.



### Zhaawnong Webb

Zhaawnoug Webb, 23 (he/him), is an Indigenous content creator, speaker and educator from Mississauga Anishinaabek Territory. He is an advocate for Indigenous knowledge systems and youth. Through content creation and workshop facilitation, he ensures safe spaces to educate, reclaim and explore culturally-sensitive topics for present and future generations alike.



### Kairyn Potts

Kairyn (Kai) Potts (he/him) is proudly Nakota Sioux from Treaty 6 Territory, from Paul First Nation, and the Alexis Nakota Sioux Nation. He is a proud Two-Spirit person and currently sits as the National Youth Board Representative for the 2 Spirits in Motion Society. He is the host for Snapchat Canada's Series "Reclaimed" and has appeared in the APTN Series "7th GEN" and co-founded the Indigenous gaming organization Neechi Clan in 2022.



# Entertainment

## Snotty Nose Rez Kids

Snotty Nose Rez Kids is a Canadian Hip-Hop duo of Haisla (Indigenous) descent from Kitimat, B.C. Rappers Yung Trybez and Young D formed the duo in 2016, releasing two albums in 2017 with their second, *The Average Savage*, winning them them Best Hip Hop Artist at the Western Canadian Music Awards (WCMA's), cemented them on 2018's Top 10 list of the coveted Polaris Music Prize, and landed them a 2019 Juno Nomination for best Indigenous Music Album. They quickly gained notoriety for their energetic, inspiring and thought provoking performances.

Coming off a busy 2019 releasing their third album, *TRAPLINE*, touring North America, Australia and Mexico, landing stellar news pieces from Complex, Vice, Exclaim!, Okayplayer, and The FADER, and wrapping the year with multiple awards and millions of streams, SNRK were poised for 2020 to be their breakout year. Complex named them in their 'Ones to Watch for 2020.' After announcing their first 23 city US headline tour, COVID hit and all plans were abandoned. They released their debut EP, *Born Deadly*, and landed various sync deals with network shows Trickster and Resident Alien, and feature films Monkey Beach and Inconvenient Indian. Their 2019 single, *Boujee Natives*, achieved over 1.5 million streams and became their first music video to reach over 2 million views.

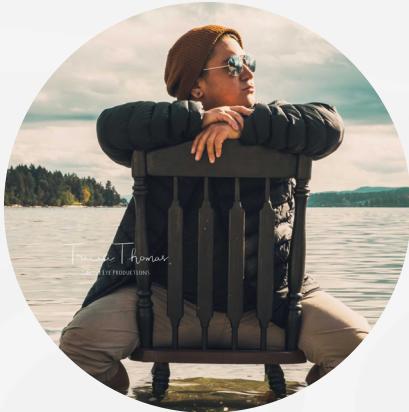
As COVID restrictions began to ease in 2021, SNRK were back in studio, creating their most personal project to date, *LIFE AFTER*, released in October 2021. After a year and half SNRK were back on the road for leg one of their *Life After Tour* with 13 shows in the US, and have announced a second leg for 2022 with another 20+ dates in Canada and the US. Picking back up where they left off in 2020, SNRK are set for 2022 to be their breakout year.



## DJ Kookum

Cheyanna Kootenayoo AKA Kookum is a DJ and multi media artist from the Alexis Nakota Sioux Nation and Cold Lake First Nations. Based out of Vancouver, B.C. Kookum has been making a name for theirself across Turtle Island and is no stranger in the community. Kookum is an open format DJ inspired by EDM Trap and Hip Hop music. This diverse-mix-diva is a force on the decks and always keeps the party hype fresh and unpredictable. Kookum has performed at music festivals around the world from Germany and Netherlands to Australia and Mexico. Kookum is the official Snotty Nose Rez Kids DJ. Passionate about inspiring youth Kookum facilitates workshops and operates sound and lighting for community dance parties. Multi-talented Kookum is also video editor and music supervisor for television documentaries and promotional videos and hosts the Immersive Knowledge Transfer Podcast produced by the Indigenous Matriarchs 4 Media Lab.

# Entertainment



## Nate Harris

Nate Harris is 32 years old Recording artist/singer/songwriter. He comes from the Stzuminus First Nation community. Nate has been playing music for 12 years and has been a recording artist since 2018, when he signed with Sonick Studio Records.

## Higher Knowledge

HK AKA Higher Knowledge is a Nahua Pipil/Mestizo Indigenous Hip Hop artist and Youth Worker. He grew up on the streets of East Vancouver/Surrey in so-called British Columbia as a street entrenched youth. Now he does shows all over B.C. and across Canada using his pain story and indomitable spirit as the muse for his artistry.



## Myc Sharratt

For close to 20 years Myc Sharratt has been bringing his award-winning brand of folk rock to audiences across North America and Europe. The seven time Vancouver Island Music Award nominee did his best to stay active through the pandemic. He put together an online music festival "Live is but a Stream" with over 40 artists raising money for local food banks. Sharratt was also featured on CBC as part of the indigenous music festival Indigifest. Sharratt's latest album "Hide in the Light" captures a feeling of a joyful journey home at summer's end.



## Lola Parks

Lola Parks (Sandy Powlik) is a Soul Folk Pop singer-songwriter from Vancouver. Her style is intelligent, intimate, evocative, boho chic and deeply influenced by her Indigenous and European heritage while staying true to her jazz roots ALA Sara Bareilles, Brandi Carlile, Bonnie Raitt and Norah Jones. Parks has created a fiercely independent musical history: five studio recordings; five continents, multiple awards (Female Songwriter of the Year, Outstanding Vocal Jazz Musician); Western Canadian tours; TV/film/radio syncs incl. CBC's "The Early Edition" theme song. Stay tuned for more new music by Lola Parks in 2023!



Wednesday, March 22	
10AM-5PM	Event Registration
4:30PM-6:30PM	Light Reception in the Vancouver Island Room
6PM-8:30PM	Opening Ceremonies
Thursday, March 23	
7AM-9AM	Breakfast
9AM-5PM	Career and Education Fair and Artisan Market
Workshops: Block AB (9AM-12:30PM)	<p>Block A (9AM-10:30AM)</p> <ul style="list-style-type: none"> <li>Advancing Success - Urban Indigenous Youth Leadership Training</li> <li>Finding Your Voice - Self Advocacy Skills for Young People</li> <li>Self Driving Cars AI</li> <li>George C Reifel Bird Sanctuary</li> <li>Ask AunTea: Tea Blending &amp; Wellness with Ask Auntie</li> </ul> <p>*Block ABC (9:00AM-3:00PM)</p> <ul style="list-style-type: none"> <li>Firefighter Boot Camp</li> </ul> <p>*Block ABCD (9:00AM-4:30PM)</p> <ul style="list-style-type: none"> <li>Mural Painting at Fraser Region Aboriginal Friendship Centre Association</li> </ul>
	<ul style="list-style-type: none"> <li>Aged Out</li> <li>Cedar Roses</li> <li>Iroquois Corn Husk Doll/No Face Doll</li> <li>Elders Don't Bite</li> <li>The Foster Kid Survival</li> <li>Guided Meditations</li> <li>Your Analysis of Urinalysis</li> <li>Currently Colourful: Combing Separation Methods</li> <li>Deep Sea Techsploration</li> <li>Pine Needle Baskets</li> <li>Storytelling Through Photography</li> <li>JigFit</li> <li>The Future of Youth</li> <li>Social Media with FNHA</li> <li>Elders Room/Wellness Drop-in</li> <li>The Medicine Wheel</li> </ul> <ul style="list-style-type: none"> <li>Cannabis Public Education, Vaping, and Respecting Tobacco</li> <li>How to Blend Tea and Make Lip-Balm!</li> <li>Shared Stewardship of Natural Resources</li> <li>Cannabis, Public Education (FNHA)</li> <li>Ohipikiwin</li> <li>My Healing &amp; Wellness Journey with James Harry Sr</li> <li>Creating Safer Space 2SLGBTQ+</li> <li>Breath of Life</li> <li>FighterFITX Youth Warriors</li> <li>Basketball</li> <li>Archery</li> <li>Introduction to Soccer</li> </ul>
	Block B (11AM-12:30PM)
	<ul style="list-style-type: none"> <li>Aged Out</li> <li>Learn How to: Cedar Roses</li> <li>Introduction to Improv Comedy</li> <li>Action Artist Mentorship IAAMP</li> <li>Gitxsan Aerobics</li> <li>FitNation</li> <li>Social Media with FNHA</li> <li>Currently Colourful: Combing Separation</li> <li>Deep Sea Techsploration</li> <li>Ohipikiwin</li> <li>Pine Needle Basket Making</li> <li>Storytelling Through Photography</li> <li>Powow Zumba</li> <li>The Future of Youth</li> <li>Exploring PT as a Career</li> </ul> <ul style="list-style-type: none"> <li>Elders Room/Wellness Drop-in</li> <li>Medicine Wheel Workshop</li> <li>Every Journey Looks Different</li> <li>Grounded Communities: Finding Power in Solidarity</li> <li>Iroquois Corn Husk Doll/No Face Doll</li> <li>Cybersafe from Exploitation</li> <li>Urban and Away from Home Engagement Workshop</li> <li>Guided Meditations</li> <li>Two-Spirit Healing &amp; Teachings</li> <li>Breath of Life</li> <li>Intro to Kickboxing</li> <li>BC Wheelchair Sports: Have-A-Go</li> <li>Intermediate Soccer Class</li> <li>Archery</li> </ul>

Thursday, March 23		
12PM-1:30PM	Lunch	
Workshops: Block CD (1:30PM-4:30PM)	Block C (1:30PM-3PM)	
<ul style="list-style-type: none"> <li>• Métis Firebag Making</li> <li>• George C Reifel Bird Sanctuary</li> <li>• Principles of being a Sku7pecen- Walking in Two Worlds</li> <li>• Climate Leadership with Indigenous Climate Action</li> <li>• "K'Nex"ing to Micro:bits</li> <li>• Not Just Naloxone: Talking about substance use in Indigenous communities</li> <li>• Self Driving Cars AI</li> <li>• Advancing Success - Urban Indigenous Youth Leadership Training</li> </ul>	<ul style="list-style-type: none"> <li>• Take Control of Your Money!</li> <li>• Learn How to: Cedar Roses</li> <li>• Introduction to Improv Comedy</li> <li>• Aged Out</li> <li>• Mistic kwah skehk - Hand drumming</li> <li>• Restorative Yoga with Reiki</li> <li>• Michelle Stoney Painting</li> <li>• Intro to Screen Printing</li> <li>• On the land and with the land</li> <li>• Ohpikiwin</li> <li>• Storytelling Through Photography</li> <li>• Herbal Medicine for Health</li> <li>• Financial Wellness Workshop</li> <li>• Exploring PT as a Career</li> <li>• Elders Room/Wellness Drop-in</li> <li>• My Healing &amp; Wellness Journey with James Harry Sr</li> </ul>	<ul style="list-style-type: none"> <li>• Every Journey Looks Different: Exploring your post-secondary education</li> <li>• Urban and Away from Home Engagement Workshop – BC Youth Only</li> <li>• Cannabis Public Education, Vaping, and Respecting Tobacco</li> <li>• How to Blend Tea and Make Lip-Balm!</li> <li>• Sweet Grass Bracelets</li> <li>• Cybersafe from Exploitation</li> <li>• Take Control of Your Money with Budgeting!</li> <li>• Self Driving Cars AI</li> <li>• Intro to Kickboxing</li> <li>• BC Wheelchair Sports: Have-A-Go</li> <li>• Ultimate Spirit</li> <li>• Intermediate Soccer Class</li> </ul>
	Block D (3:30PM-5PM)	
	<ul style="list-style-type: none"> <li>• Take Control of Your Money with Budgeting!</li> <li>• Traditional Beaded Earrings #1</li> <li>• Aged Out</li> <li>• Action Artist Mentorship IAAMP</li> <li>• Indigenous Faces in Music</li> <li>• Restorative Yoga with Reiki</li> <li>• Michelle Stoney Painting</li> <li>• Intro to Screen Printing</li> <li>• On the Land and with the Land</li> <li>• Pine Needle Baskets</li> <li>• Chaperones Youth Programming</li> <li>• Your Analysis of Urinalysis</li> <li>• Hands on Powerball Making</li> <li>• Herbal Medicine for Health</li> <li>• Elders Room/Wellness Drop-in</li> </ul>	<ul style="list-style-type: none"> <li>• Pine Needle Baskets</li> <li>• Urban and Away from Home Engagement Workshop – BC Youth Only</li> <li>• Healing Medicines</li> <li>• Grounded Communities: Finding Power in Solidarity</li> <li>• Sweet Grass Bracelets</li> <li>• Social Media with FNHA</li> <li>• Two-Spirit Healing &amp; Teachings – Decolonizing Sex, Gender and/or Sexuality</li> <li>• Take Control of Your Money With Budgeting</li> <li>• Ask AunTea</li> <li>• Waking the Warrior</li> <li>• Intermediate Soccer</li> <li>• BC Wheelchair Sports: Have-A-Go</li> <li>• Ultimate Spirit</li> </ul>
8PM-10:30PM (Doors open 7PM)	Youth Talent Showcase	

Friday, March 24	
7AM-9AM	Breakfast
8AM-5PM	Career and Education Fair and Artisan Market
Workshops: Block AB (9AM-12PM)	<p>Block A (9AM-10:30AM)</p> <ul style="list-style-type: none"> <li>Decolonial Clothing Tour</li> <li>Museum of Vancouver</li> <li>Day in the Life AMA + Design Thinking Interactive Session</li> <li>George C Reifel Bird Sanctuary Tour</li> <li>Ask AunTea: Tea Blending &amp; Wellness with Ask Auntie</li> <li>Advancing Success - Urban Indigenous Youth Leadership Training</li> <li>Principles of being a Sku7pecen- Walking in Two Worlds</li> <li>Exploring Social Media: Building Connections through Social Media</li> <li>Not Just Naloxone: Talking about substance use in Indigenous communities</li> <li>Métis Fire Bag Workshop</li> </ul> <p>*Block ABC (9:00AM-3:00PM)</p> <ul style="list-style-type: none"> <li>Firefighter Boot Camp</li> </ul>
	<ul style="list-style-type: none"> <li>Character/Comic Book Design</li> <li>Mindfulness with Dreadful Bird</li> <li>Iroquois Corn Husk Doll/No Face Doll</li> <li>Deep Sea Techsploration</li> <li>Learn How to: Cedar Roses</li> <li>Wrestling Used to Build Recreation</li> <li>LGBTQ2+ in Sport and Recreation</li> <li>Introduction to Standup Comedy</li> <li>Beyond TRC Call to Action</li> <li>Lahal Games</li> <li>Intro to Screen Printing</li> <li>Every journey looks different: exploring your post-secondary education</li> <li>Gitsxan Aerobics</li> <li>The Future of Language is You(th): 18+</li> </ul> <ul style="list-style-type: none"> <li>Hands on Powerball Making</li> <li>Elders Room/Wellness Drop-in</li> <li>Condom Wars</li> <li>Ohipikiwin</li> <li>Urban and Away from Home Engagement Workshop – BC Youth Only</li> <li>World of Water</li> <li>Afraid to do it Wrong? HOW TO Educate Indigenously</li> <li>Social Media with FNHA</li> <li>Michelle Stoney Painting</li> <li>DIY: Mission Possible Building Webpage</li> <li>Takpannie Photography: Life &amp; Art</li> <li>Waking the Warrior</li> <li>Indoor Soccer</li> <li>Basketball 101</li> <li>Lacrosse 101</li> </ul>
	Block B (11AM-12:30PM)
	<ul style="list-style-type: none"> <li>Character/Comic Book Design</li> <li>Iroquois Corn Husk Doll/No Face Doll</li> <li>Traditional Beaded Earrings #2</li> <li>Visioning 2050: Exploring Community</li> <li>Your Analysis of Urinalysis</li> <li>Wrestling Used to Build</li> <li>Keepers of Indigenous Knowledge</li> <li>Introduction to Standup Comedy</li> <li>Beyond TRC Call to Action</li> <li>Lahal Games</li> <li>Intro to Screen Printing</li> <li>Every Journey Looks Different</li> <li>The Future of Language is You(th): 18+</li> </ul> <ul style="list-style-type: none"> <li>Nutrition and Indigenous Lands and Food Systems</li> <li>Elders Room/Wellness Drop-in</li> <li>Condom Wars</li> <li>Ohipikiwin</li> <li>Urban and Away from Home Engagement Workshop – BC Youth Only</li> <li>World of Water</li> <li>Afraid to do it Wrong? HOW TO Educate Indigenously</li> <li>Words of Wellness</li> <li>DIY: Mission Possible Building Webpage</li> <li>Ask AunTea: Tea Blending</li> <li>Takpannie Photography: Life &amp; Art</li> <li>Waking the Warrior</li> <li>FighterFit X</li> <li>Basketball 101</li> </ul>
12PM-1:30PM	Lunch

Friday, March 24		
Workshops: Block CD (1:30PM-4:30PM)		Block C (1:30PM-3:00PM)
<ul style="list-style-type: none"> <li>Q+A and Workout with the BC Lions</li> <li>Decolonial Clothing Tour</li> <li>Museum of Vancouver</li> <li>Just Climb at the HIVE Climbing Gym</li> <li>Being Nurtured in Nature</li> <li>Bannock Making At The Restaurant Salmon n' Bannock</li> <li>Let the Healing Begin: "Teachings in the Air" A Podcast Experience!</li> <li>"K'Nex"ing to Micro:bits</li> <li>Advancing Success - Urban Indigenous Youth Leadership Training</li> <li>Ask AunTea: Tea Blending &amp; Wellness with Ask Auntie</li> <li>GOV Talent Showcase</li> </ul>		<ul style="list-style-type: none"> <li>Mindfulness with Dreadful Bird</li> <li>Cannabis Public Education, Vaping, and Respecting Tobacco</li> <li>Learn How to: Cedar Roses</li> <li>Wrestling Used to Build Two Spirit Identity Resurgence</li> <li>Intro to Screen Printing</li> <li>Grounded Communities: Finding Power in Solidarity</li> <li>Self Driving AI</li> <li>Lahal Games</li> <li>Cybersafe from Exploitation</li> <li>Advancing Success – Urban Indigenous Youth Leadership</li> <li>Visioning 2050: Exploring Community</li> </ul>
		<ul style="list-style-type: none"> <li>Systems Harming Girls</li> <li>World of Water</li> <li>Nutrition and Indigenous Lands and Food Systems</li> <li>Elders Room/Wellness Drop-in</li> <li>Walking Like Warriors</li> <li>Ohpikiwin</li> <li>Two-Spirit Healing &amp; Teachings – Decolonizing Sex, Gender and/or Sexuality</li> <li>Social Media with FNHA</li> <li>DIY: Mission Possible Building Webpage</li> <li>GOV Talent Showcase</li> <li>FighterFit X</li> <li>Archery</li> <li>Ultimate Spirit</li> </ul>
Block D (3:30PM-5PM)		
		<ul style="list-style-type: none"> <li>Cannabis Public Education, Vaping, and Respecting Tobacco</li> <li>Learn How to: Cedar Roses</li> <li>Chaperones Youth Programming</li> <li>FitNation</li> <li>Intro to Screen Printing</li> <li>Grounded Communities: Finding Power in Solidarity</li> <li>Self Driving AI</li> <li>Lahal Games</li> <li>Cybersafe from Exploitation</li> </ul>
		<ul style="list-style-type: none"> <li>AMA w/ Snotty Nose Rez Kids</li> <li>World of Water</li> <li>Visioning 2050: Exploring Community</li> <li>Elders Room/Wellness Drop-in</li> <li>Walking Like Warriors</li> <li>Two-Spirit Healing &amp; Teachings – Decolonizing Sex, Gender and/or Sexuality</li> <li>FighterFit X</li> <li>Ultimate Spirit</li> <li>Archery</li> <li>Basketball</li> </ul>
7PM-10:30PM (No entry past 8:30PM)		Snotty Nose Rez Kids Concert (Dance Party)
Saturday, March 25		
Red Shirt Day (MMIWG) - Wear a red shirt or red ribbon in remembrance of the Missing and Murdered Indigenous Women, Girls, and 2SLGBTQQIA+ people and their families.		
7AM-9AM	Breakfast	
9AM-12:00PM	Closing Ceremony, Legacy Gifts, and Great Giveaway	

# Workshops

## Arts

### Indigenous Action Artist Mentorship Program (IAAMP)

Have you ever thought about a career in film? Lights, Camera, Action! We are IAAMP and we would like to share with you our story and insight into the film industry as emerging stunt performers. During this workshop, you will learn what it takes to be a stunt performer, what a stunt performer needs to be successful, basic movement skills, and insight into the career paths in film.

### Our Voices, Our Vision: Youth Empowerment Mural

Take part in creating a culturally rooted collective mural that represents your words, ideas, and actions. Guided by multidisciplinary artist, Vincent Dumoulin, this mural project will empower participants to establish and share values through artistic expression.

### Storytelling Through Photography

A picture says 10,000 words. Storytelling through photography can give people a different perspective on the moral 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! \*DSLR camera provided\*

### Learn How to Make Cedar Roses

Learn the art and skill of cedar weaving! Each person will create a cedar rose and learn about many aspects of weaving such as the uses of cedar bark, how and when cedar bark is gathered, and the preparation that goes into creating cedar bark masterpieces. Participants will also learn about challenges facing traditional cedar weaving.

### Iroquois Corn Husk Doll Making

The traditional Iroquois cornhusk doll was made of dried cornhusks pulled from an ear of corn. Learn about the meaning of the cornhusk doll, and why it is important to Indigenous peoples. Upon completion of the workshop, each participant will walk away with their very own cornhusk doll that will represent their sense of self.

### Canvas Painting with Michelle Stoney

In this fun, hands-on workshop, you will get to hand draw and paint a Michelle Stoney design on a blank canvas. This workshop comes with a paint kit and everything you need to create your own piece of art!

### GOV Talent Showcase

Are you a singer? Dancer? Acrobat? Poet? Whatever talents you may have – we want you to share them in the GOV Talent Showcase! Sign up for this workshop to secure your spot in the show and we will help you get ready to have fun on stage! \*Bring your own instrument(s)/soundtrack\*

### Indigenous Faces in Music

This workshop explores the inevitable struggles and beauty of being Indigenous in the music industry. Mainstream music often lacks Indigenous voices and perspectives. With this immersive workshop, Niya shares her lived experience as an Indigenous musician, how to take up space in the industry, and how to write a cohesive song.

### Intro to Screen Printing

Learn a little about the fun and artistic economic activity of screen-printing! Bring an old shirt and we will help you print a design on it, among other things. Screen-printing is a great way for artists and entrepreneurs to create a small business in their community.

### Sweet Grass Bracelets

In this workshop each participant will be given three leather strips which they will braid together to make a wearable bracelet. This represents the braid of a sweet grass. It is referred to as Mother Earth's hair because she provides everything for us from food, shelter, water, and air – without asking for anything back.

### Traditional Beaded Earrings #1

Tansi! Join Ocean Lover Jen in the traditional art form of beading. Let's learn to make some Métis Sash inspired beaded fringe earrings with seed beads. No Beading skills required. All supplies included.

### Traditional Beaded Earrings #2

Tansi! Join Ocean Lover Jen in the traditional art form of beading. Let us show our Queer Pride colours when we make beaded fringe earrings with seed beads. No Beading skills required. All supplies included.

### Takpannie Photography: Life & Art

Use photography as a medium to explore oneself! Takpannie has explored her own culture and identity through visual language. Gain technical understanding of a camera, with a focus on capturing moments and expressing oneself.

### GOV Legacy Project

Art can be a powerful method of translating experiences across space and time. For the GOV 2023 Legacy Project, youth will be involved with the production of a pre-designed and prepped mural – in the form of painting, taking photos and video, recording audio, and providing support and encouragement to one another at the Fraser Region Aboriginal Friendship Centre. The presence of this art will stand as a reminder of the meaningful connections fostered over time at the Friendship Centre and at GOV.



### **Introduction to Becoming a DJ**

Have you ever wondered what a DJ does? Or wanted to learn how to DJ? In this workshop you will learn about DJ'ing and learn about DJ Kookum's journey from being a shy small-town girl to an in demand professional DJ touring internationally with over 10 years of experience. Get hands on experience and practice DJ'ing at one of the DJ stations.

### **Custom Stand up Comedy**

This 90-minute crash course in the fundamentals of comedy writing and stand-up comedy is led by Sasha Mark - Indigenous professional comedian and comedy teacher. Develop your techniques for great comedy writing and explore writing your own jokes! This experiential workshop will leave students feeling more open, playful, and ready to riff than ever before!

### **Custom Improv Comedy**

This 90-minute workshop dives into the joys and discovery of improv, led by professional comedians and comedy teachers from Blind Tiger Comedy School. Discover the power of saying yes and trying your first improv scene!

### **Make Your Own Métis Fire Bag**

In this two-part workshop, you will be guided through basic hand sewing with sinew connecting fabric to leather. You will learn basic Métis embroidery, beading techniques, and styles and choose a pattern to make your own Fire Bag.

### **Q+A with the Snotty Nose Rez Kids!**

Snotty Nose Rez Kids are a First Nations hip hop duo composed of Haisla rappers Darren "Young D" Metz and Quinton "Yung Trybez" Nyce. Come with questions, and be ready to be inspired!

### **Character Design/Comics**

Come hang out and make art, work on a story you've always wanted to draw, and learn some tips and tricks from an experienced comic creator, as well as your peers! This workshop is designed to let you explore your ideas and develop them among other like-minded young artists of all levels. Paper, pencils, and other tools will be provided, but feel free to bring whatever art supplies you like to use!

## **Career and Education**

### **Sexual Health: Condom Wars!**

This fun interactive quiz show will test your knowledge on sexual health! Teams with correct answers earn condoms to use in the final head-to-head timed challenge where they'll place condoms correctly on items provided for a chance to win prizes.

### **Ohpikiwin**

Join a Futurpreneur Canada Entrepreneur-in-Residence Team Member to learn about improving your personal credit to meet your business financial goals. This workshop will focus on improving and managing personal and business credit.

### **You're Hired! Job Search Strategies for Youth**

In this workshop, you'll learn tips for success in your job search. We will show you how to conduct a job search using popular search engines, social media, and the hidden job market where you'll find jobs that employers don't advertise. You'll also create and practice an elevator pitch and create a short script you can use to wow employers when applying to jobs in-person. We'll leave you with a handy toolkit of sample resumes and cover letters, commonly asked interview questions, and a list of Indigenous employment supports across B.C.

### **The Future of Language is You(th): 14-18**

Hosted by First Peoples Cultural Council, this workshop will show you that learning your language is possible and achievable! In addition to talking about FPCC programs (where FPCC will fund you to learn your language!), we'll touch on the current context of language revitalization in B.C. and the many career opportunities that are out there for language work.

### **The Future of Language is You(th): 18+**

Hosted by First Peoples Cultural Council, this workshop will show you that learning your language is possible and achievable! This workshop focuses on the many careers that are available across the province in language revitalization, as well as the paid language learning opportunities available through FPCC.

### **Take Control of Your Money with Budgeting and Financial Goal Setting**

Budgeting is one of the most valuable tools for taking control of our money. Learn how to track income and expenses to build a road map for achieving financial wellness. Learn to distinguish between needs versus wants and how to set short, medium, and long-term financial goals, along with strategies for keeping within budget!

### **Visioning 2050**

Do you want to use your voice to support community planning? Together, we'll explore Indigenous community planning through interactive hands-on activities to help equip you with the skills to bring your community visions for land, culture, and governance to life! Do you see a need in your community for a new cultural centre? A new recreation centre? Prospective planners will participate in a visioning exercise, role-playing, and group discussions.



# Workshops

## Funding Your Future

Have you been in care? In a youth agreement? In an out-of-care arrangement, or adopted through the Ministry of Children and Family Development? Looking towards your future and unsure what you want to do and if you can afford it? Join professionals from around the province who specialize in helping youth plan for their future. Learn more about opportunities to fund your training and education goals.

## Exploring Physical Therapy as a Career

Explore physiotherapy as a career. You will have an opportunity to practice hands-on skills, learn about the different environments that physical therapists work in, and learn about the educational requirements. This workshop will be presented by UBC Physical Therapy faculty staff and past graduates and include a Q&A.

## A Day in the Life with Microsoft

Join this AMA (Ask Me Anything) session with Microsoft employees representing Product Management, Software Engineering, Data Science, and Design in a panel conversation with students. Learn more about their work, products, and career paths. Youth will have the opportunity to test-out product design in this hands-on activity. As teams, you will identify a specific human interaction and design technology to support it. Microsoft employees will support each group in aligning their conversations to real-world solutions. At the end of the session, each group will practice pitching their idea.

## DIY Mission Possible: Build Your First Webpage

Bring your voice to the web where we all gather. If you are curious about how websites are created this is the activity for you. In just over an hour, you'll make your first webpage with some hands-on coding. \*Laptops provided\*

## Firefighter Bootcamp

An exciting two-part workshop! At the camp, youth will work with Fire Services members from both First Nations' Emergency Services Society of BC (FNESS) and Vancouver Fire Rescue Services. You will learn about firefighter skills, donning and doffing of gear, practical fire safety knowledge, fire extinguisher training, truck tours, hose work, and the essential points of fire prevention and requirements for a career in firefighting.

## Every Journey Looks Different with EducationPlannerBC

This workshop will help you explore the many education and career opportunities in B.C. using EducationPlannerBC.ca. In this interactive session, you will learn how to find programs and admissions information, explore finances and funding, discover interesting career pathways, learn about trades training, and much more! You will also have time to explore the GOV Career & Education Fair to speak with mentors and experts. Bring your questions and sense of adventure – this is YOUR journey!

## AgedOut

AgedOut.com is a resource website aimed to support youth in and from government care in B.C. Looking for information on topics such as education, health and wellness, budgeting or housing? Want to learn how youth 13-26 can earn up to \$150 in gift cards while exploring the website? Check out this workshop and we'll help you get signed up for your own account.

## Financial Wellness Strategies and Practices

In this discussion-based workshop, we will learn about strategies to support financial wellness. Covering topics such as credit debt and taxes. It is never too early to gain money management skills!

## Culture

### Two-Spirit Identity Resurgence

This workshop explores the history of the term Two-Spirit, and how it differs from other identities. Learn more about the unique challenges faced by those who identify as Two-Spirit, the cultural significance of the term, and what it means to youth today. Join Kairyn Potts (Ohkairyn), TikTok-viral star, in this hands-on workshop that explores social media creation, TikTok, branding, and video editing.

### Keepers of Indigenous Knowledge

Indigenous content creator and viral star, Zhaawnong Webbs, helps to break down complex cultural topics and create space for meaningful conversations. This workshop plants seeds of knowledge and history to encourage and empower participants to further their learning of traditions and cultures.

### 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 and listen to Elders share their experiences and insights on topics you may not have the opportunity to discuss in your home community.

### Ask AunTea: Tea Blending and Wellness with Ask Auntie

It is time to kick up your moccasins! Join Métis artist and entrepreneur Lisa Shepherd in learning a basic jig step and a few fancy steps to dance the Red River Jig. Once you have the basics down, you'll learn traditional Métis community dances. The bounce of the fiddle and the laughter that accompanies learning dance as a group makes this workshop some good medicine!

## **Karamatic Drumming Journey**

Join in on a drumming journey. Participants will set an intention in the first part of this workshop before working towards a meditative state together. The second portion of the workshop is spent journeying in this meditative state. Focusing on elements of communication, oneness, sharing, and gratitude.

## **Principles of Being Sku7pecen – Walking in Two Worlds**

Learn how Sku7pecen (porcupine) worked to unite two opposing governing bodies to work together. As a hub of leadership and technical expertise, Qwelminite Secwepemc (QS) is strengthened by the collective wisdom of our representatives. In this workshop, we will teach you how to navigate working between government bodies and provide examples of how to build capacity in a respectful and culturally appropriate manner. As a collective, Qwelminite Secwepemc is focused on ensuring informed decision-making for the Secwepemc signatories. The Qwelminite Secwepemc government-to-government table is founded on a Walking on Two Legs approach – upholding both Western laws and science and Secwepemc laws as laid out in our oral histories and songs.

## **Bannock Making at Indigenous Owned Restaurant Salmon n' Bannock**

This workshop is journey to understanding bannock, our traditional bread. Participants will explore the history of bannock in a fun and flour-filled way. Memories are made around the table; whether it's cooking together or eating together. Food is medicine, and eating together is ceremony. Participants will make bannock and learn the creative aspect of mixing the simplest ingredients together to give rise to something warm and scrumptious.

## **Tea Blending and Lip Balm Making**

For this hands-on workshop, participants will learn the Indigenous herbal plant medicines used with tea blending and lip balm making. You will get the chance to bring home your very own creation and learn the ins and outs of Squamish Nation-owned Indigenous herbal tea company, Rhtea!

## **Mystic Kwah Skehk – Hand Drumming**

Don't miss the chance to drum! Have you ever wondered why and when it is used in ceremony? Learn all about the traditional handmade drums of Indigenous people. This workshop describes drum making, and the history and sacredness of the drum. Anyone in the group is welcome to sing and bless us with a song from their Nation!

## **Skwachays Tours**

Tour the grounds of Skwachay Lodge, Vancouver's Aboriginal Hotel and Art Gallery! Youth will complete a tour with an artist that is currently in our Artist n' Residence Program, or an alumni member will come and speak about First Nation/Métis/Inuit Arts and Culture in our Welcome Room. Additionally, an Elder will host a Smudge Ceremony with the group.

# **Environment**

## **Shared Stewardship of Natural Resources in BC**

Are you interested in working with us as a Natural Resource Officer (NRO) educating the public and enforcing legislation to protect our environment? In this interactive session, learn about the role and educational requirements of a NRO in the Ministry of Forests Lands Natural Resource Operations and Rural Development. Learn how you can become an environmental steward.

## **Climate Leadership with Indigenous Climate Action**

Looking to explore Indigenous rights as solutions to climate change? Join Indigenous Climate Action for a sneak peek into the Climate Leadership Training Program that aims to centre Indigenous knowledge and rights in the climate change discussion. Indigenous Climate Action hopes to support Indigenous peoples to be climate leaders and to inspire regionally relevant and effective climate strategies. This workshop will explore climate impacts on community, the importance of Indigenous resilience and wellness in the Earth's survival, Indigenous-led climate solution stories, climate bingo, and more!

## **On the Land and with the Land: Resurgent Indigenous Scholars for the Environment**

From seed saving practices to the constellations, Indigenous knowledge is critical for the future of the land. This workshop will feature a conversation with four Indigenous scholars at the University of British Columbia about the importance of working collaboratively and using Indigenous knowledge to grapple with the changes happening on the land.

## **George C. Reifel Migratory Bird Sanctuary Tour**

This workshop will provide participants with a tour of the George C Reifel Bird Sanctuary. The Sanctuary consists of at least three square kilometres of managed wetlands, natural marshes, and low dykes in the heart of the Fraser River Estuary. This sanctuary is ranked as one of the top 10 bird watching sites in Canada and is home to millions of birds seeking, feeding, and resting areas during their annual migrations along the Pacific Coast! A biologist will provide access to special use areas and come along for the tour. You can also purchase seeds and have birds eat right out of your hand!



# Workshops

## Being Nurtured in Nature

Come join us at Lighthouse Park in West Vancouver for mind, body, and soul-enriching experiences in Forest Therapy. You are invited to discover ways to have a deepened experience in nature, learning how to be attentive to our senses in a unique way. This practice has become especially meaningful in light of the past two years of the pandemic, when anxiety and depression have reached an all-time high in youth. You will be given tools to help both yourself and the next generation deal with the challenges that are unfolding before us in unprecedented ways. Consider joining this meaningful time of heart connection and learn what it means to be Nurtured in Nature.

## Leadership

### Raise Your Voice: Speaking Up for Inclusivity

Have you ever told a joke that offended others? Have you ever been the target of a stereotype and were unsure how to advocate for yourself? Language is a powerful tool and the way we use it can hurt someone or make them feel included. In this workshop, we will learn how to recover from mistakes, and why inclusive language is important. Some topics we cover include race, gender, sexuality, ethnicity, Indigenous Peoples, people with disabilities, and mental health challenges.

### Advancing Success - Urban Indigenous Youth Leadership Training

This training session will provide opportunities for attendees to identify their leadership style, and develop communication and goal setting skills. This will be a brief overview that summarizes some of the key concepts that are part of a National Association of Friendship Centres curriculum offered to Friendship Centres.

### Finding Your Voice - Self Advocacy Skills for Young People

Do you ever feel like you can't get your point across? Do people talk over you and disregard what you say? Do you know how to voice your concerns without getting mad? That is OK! Self-advocacy is a life skill that takes practice and patience, but once you have it mastered, it'll help you in all kinds of situations with parents, teachers, bosses, and friends. Join the B.C. Office of the Representative for Children and Youth advocates at this fun and engaging workshop designed to help you develop skills and strategies you need to become a more confident, effective self-advocate.

### Grounded Communities: Finding Power in Solidarity

This interactive workshop is aimed at supporting youth in discovering the power of solidarity. Participants will engage in activities to increase their understanding of issues influencing marginalized BIPOC (black, Indigenous, people of colour) and 2SLGBTQQIA+ communities. This workshop will work to challenge systems that separate communities while also bringing light to the value of working together towards common goals in the spirit of reconciliation and social justice. Participants will leave this workshop with an understanding of their identity within what we now call Canada and the importance of building meaningful relationships.

### The Engagement & Education Project Series - Call for Justice!

This educational workshop focuses on exploring and utilizing sport, physical activity & recreation as a tool for personal and social development in Indigenous communities for young women and girls, and 2SLGBTQQIA+ community. Topics will include Missing & Murdered Indigenous Women and Girls, physical and mental health, safe and healthy relationships, and sexual health.

### Beyond TRC Call to Action 66: Indigenous Youth Leading the Way

Indigenous youth are the leading voices for system change in what we now call Canada. Canadian Roots Exchange (CRE) is committed to ensuring that Indigenous people are provided the necessary tools to make informed decisions on matters that are important to them. The purpose of this workshop is to amplify the voices of Indigenous youth to help determine the next steps for the Truth and Reconciliation Commission's Call to Action 66. Call to Action 66 calls upon the federal government to "establish multi-year funding for community-based youth organizations to deliver programs on reconciliation, and establish a national network to share information and best practices." Through generative discussions using culturally relevant methodologies and interactive forms of media, information will be shared, and data will be collected to inform the co-developed proposal for a Memorandum to Cabinet with CRE.

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

Mixed Martial Arts (MMA) fighter Alana Cook and professional Martial Arts Coaches Larry Rousey and Oliver Vajda will take you through a highly interactive, informative, and empowering 90-minute lesson on basic self-defence. This workshop includes high-level martial arts demos, situational awareness, body language, street safety, and practical self-defence tools that everyone should know. Learn how to prevent conflict, protect yourself, and escape from unsafe situations. This workshop 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!



## Science and Tech

### **Self-Driving Cars: Artificial Intelligence**

The age of self-driving cars is speeding towards us! Come explore the intersections of civil and software engineering by programming Spheros to drive through city streets without hitting obstacles or each other. Participants learn about artificial intelligence, if/else statements, block coding, and wireless communication systems.

### **Currently Colourful: Combing Separation Methods for Observations**

In this workshop, we will explore two common methods of separating materials, chromatography and electrophoresis by combining them together! Typically used in chemistry and electrophoresis, you will get to learn how to use electric current to separate dyes based on their electric charge and size.

### **Your Analysis of Urinalysis**

In this workshop, you'll become diagnostic laboratory technicians, and learn how your kidneys contribute to your internal homeostasis. By testing the chemical composition of urine, health professionals can learn much about the general health of an individual.

### **Exploring Social Media: Building Connections Through Social Media**

Participants in this workshop will be taught how to navigate social media platforms such as Instagram, Twitter, and Facebook by developing their own brand identity. Learn to use graphic design platforms such as Canva to curate your social media feed and to foster relationships with other content creators and influencers. Participants will be welcome to engage and explore the topic of building connections through social media.

### **Deep Sea Techsploration**

Humans can't do everything but what they can do is expand their abilities through engineering and technology! The youth in this session will create light-responsive programs for Spheros, a robotics technology. Additionally, learn about sensor readings and inputs and explore how sharks can sense infrared light to hunt, which causes them to unknowingly damage underwater Internet cables. Have fun in this workshop and explore how engineers solve deep-sea problems with limited light supply.

### **DIY Mission Possible: Build Your First Webpage**

Bring your voice to the web where we all gather. If you're curious about how websites are created this is the activity for you. In just over an hour, you'll make your first webpage with some hands-on coding (thanks to Microsoft for loaning laptops). Join us for a fun taste of tech!

### **"K'Nex"ing to Micro:bits**

This year Science Venture instructors designed, and 3D printed Micro:bit motor to k'nex adapters so you can extend the capabilities of both technologies! Participants combine computer science and mechanical engineering and go through the entire engineering design process as they design and build collision-responsive cars.

### **Basics of Social Media**

In this workshop, First Nations Health Authority's communications team will start with a short presentation that is an "introduction to the social media landscape." Learn best practices for social media, and what makes a good Instagram account in four different discussion groups. Additionally, find out ways to set up your LinkedIn and how to look for jobs with the platform.

## Sport and Recreation

### **BC Lions Q+A and Workout!**

Ever wanted to learn about what it takes to become a professional athlete? Or what a normal day looks like for a Canadian Football League player? Come join players of the BC Lions in a fun and interactive workout followed by an Ask Me Anything with the team members!

### **Gitxsan Aerobics**

In this workshop, there's music, movement, laughter, learning, and an excellent cardio workout!. Learn the three basic dances that were the teachings of my Naah (grandmother in Gitxsan). You will also learn the basics of Gitxsan language and Gitxsan drum protocol. Most importantly of all: have FUN!

### **FighterFitX Youth Warriors**

This workshop will involve a sharing circle with topics of anger management, goal setting, and health and fitness. We will then breakout into a large group and have a high intensity interval workout session! Expect great fun and a challenging workout for all.

### **Lacrosse 101**

So, you've heard about lacrosse - Lacrosse is Canada's national summer sport and because of its Indigenous roots, Indigenous Peoples are able to compete at the World Lacrosse level! Come learn a brief run-down of how lacrosse is played and what to expect when watching and playing the game.

### **PowWow Zumba**

PowWow Zumba fuses together two high impact dance styles to create a full-body workout! Dancing is a great way to express yourself and improve your physical health. The music, spirit of the group, and fun dance moves are sure to lift you up and leave you feeling energized.



# Workshops

## Ultimate Frisbee 101

Ultimate has gained worldwide recognition as a fast-paced, easy-to-learn sport that emphasizes sportsmanship through Spirit of the Game. The basic skills of the game – throwing, catching, running and jumping – make for an easy transition for athletes from other sports, both team and individual. New participants often indicate that the strong sense of community at all levels of play make for a rewarding experience on and off the field! Learn the basics with Level 3 NCCP certified coach Jimmy Roney, AKA—Jimmy X, who has represented Canada in three Ultimate Frisbee World Championships.

## Intro to Kickboxing

Kickboxing is one of the most exciting, popular combat sports in the world and now is your chance to learn the fundamental skills, and techniques from Tahltan band member and amateur kickboxer Waylon Asp. Come prepared to work out and build confidence through Martial Arts in a safe environment! Boxing gloves will be provided, however, do not hesitate to bring your own if you have them.

## Just Climb!

This will be 2-3 hours of straight active fun! You will learn how to rock climb under the guidance of trained leaders at the Hive Rock Climbing and Boulder Gym. This workshop includes warm-up games, a brief risk management lesson, and tailored climbing time to form the essential climbing experience.

## FitNation

Energize your day with FitNation! This innovative fitness program will get you moving and more importantly, having FUN while moving. All fitness levels are welcome and encouraged to participate. Come join us while we play games, smile and laugh together all while moving!

## JigFit

Participants learn Métis dance steps sequenced through choreography, and get fit at the same time! You'll gain knowledge of dances like The Red Jig, belt dance, broom dance, and orange blossom special. This workshop is filled with high energy and tailored to all levels. Expect to have a great time (because how can you not when fiddle music is involved!)

## BC Wheelchair Sports: Have-A-Go!

BC Wheel Chair Sports will be running a Have-A-Go event where you will get to learn about adaptive sports through a hands on approach. Participants will get to learn how to use an athletic chair and adaptive sports equipment in a fun and safe environment. The sports we will have the participant's having-a-go with are wheelchair rugby and wheelchair tennis. As well as bringing out pieces from wheelchair athletics so that participants can see what a racing chair and seated throws equipment look like.

## Basketball 101

"You can practice shooting eight hours a day, but if your technique is wrong, then all you become is very good at shooting the wrong way. Get the fundamentals down and the level of everything you do will rise." - Michael Jordan. Come learn the important fundamentals of basketball. Whether you're a new learner or an experienced player, it's never too late to refine your technique and skills. This workshop will help you maximize your potential, using basketball as a vehicle to develop character and life skills!

## Extreme Air Park

Extreme Air Park is Canada's LARGEST trampoline park! No park is bigger or offers more activities. Come join in on trampoline basketball courts, trampoline dodge ball arenas, trampoline volleyball, gladiator pit, rock walls, Ninja warrior course, knocker ball court, and more!

## Wrestling Used to Build Resilience and Self-Confidence

Wrestling is a traditional sport found in many different Indigenous cultures. Through wrestling, participants gain confidence, physical literacy, and perseverance. In this workshop, you'll have the opportunity to practice some basic wrestling techniques on the mat. You'll also have a lot of fun while experiencing first-hand the many benefits of wrestling.

## Archery 101

Learn a sport of archery that's represented in the North America Indigenous Games (NAIG)! Quality instructors will guide you through the basics in a safe and controlled environment. You'll have the opportunity to practice shooting at targets with a variety of techniques and bows. Come together to experience this amazing sport in a team setting!

## Waking the Warrior Within

This will be the exploration of finding your fight (purpose). You'll learn tools and lessons from boxing that you can apply to your life. You will also have the opportunity to move and learn boxing fundamentals from Team 700 (BC's first all Indigenous youth boxing team).

## Introduction to Soccer

Have you always wanted to try learning how to play soccer? This fun interactive workshop is split into three parts to learn the basic skills of juggling, dribbling, and passing/receiving. There will be easy-to-learn steps and progressions for any skill level. This session will finish off with a fun small-sided game. No experience necessary.



### **Intermediate Soccer Class**

Are you an experienced soccer player and want to improve on your skills? This fun interactive workshop is split into three parts to develop skills of juggling, dribbling, and passing/receiving. There will include more difficult progressions for players who are interested in working towards mastery. This session will finish with a small-sided game.

## **Wellness and Health**

### **Guided Meditations**

This will offer youth a wide variety of meditations for boundaries, anxiety, empathy, self-love, and inner peace. Learn how to relax and provide self-love to oneself in this calming workshop.

### **Words of Wellness**

In this workshop, we are seeking to share words of wellness. We are going to touch in Polyvagal Theory as one means of understanding our nervous system. From there, you'll be offered tools that support regulation. We are going to share our experiences with grounding phrases in and spend time gathering and sharing words that participants can take with them in a format that suits them. We are happy to share this with our relatives and our non-relatives.

### **Two-Spirit Healing & Teachings**

This talk introduces information surrounding gender diversity, sex, sexuality, and spirituality to restore and reclaim the role and place of honour, respect and dignity of Two-Spirit Peoples that existed in many Indigenous communities before colonization. It will also examine how colonization is damaging and has brought great harm to Two-Spirit Peoples and communities — as many of these individuals are and were dislocated and forced from the sacred circle and their host Nations.

### **Medicine Wheel Workshop**

In this workshop, we will learn about the Medicine Wheel. Using these teachings, we will work on balancing the physical, mental, emotional, and spiritual self. Each participant will reflect on their strengths in each of the four quadrants and identify areas they may require improvement to bring balance to their lives.

### **Using Your Strengths to Bring Positive Change to Your Community's Health**

You have a powerful and unique combination of character strengths, inner passions and knowledge. This workshop supports you in learning more about yourself and your gifts through interactive creative expression and self-reflection activities. We'll use both written and visual response activities to help you explore the valuable characteristics and gifts that you have within yourself as you consider ongoing education and training related to possible career paths and developing your role within your community.

### **Creating Safer Spaces for Indigenous 2SLGBTQQIA+ Youth**

Are you in school and identify as an Indigenous youth who is part of the 2SLGBTQQIA+ community? Do you wish your school had representation that is more Indigenous in your queer spaces? ARC Foundation wants to hear from you! Workshop participants who attend will be provided an opportunity to connect through a talking circle to share stories and offer advice on Indigenizing 2SLGBTQQIA+, learning environments, and curriculum. Bring your charged cell phones and connect to the wifi prior to attending, as there will be games with prizes! Our facilitators hope to see you there!

### **The Foster Kid Survival Guide**

This workshop utilizes a systematic guide using personal life experiences of how to call our spirit back after unimaginable trauma, and how to overcome impossible odds to live our best lives. This workshop uses pictures, memes, videos, poetry, and rap to tell the story of one young Indigenous person's journey through foster care, gangs, prison, mental illness, abuse, self-hatred, and ultimately healing. It is about turning weakness into strength and becoming the true warriors we were always meant to be!

### **Restorative Yoga with Reiki**

Youth will learn numerous different types of yoga from beginner techniques all the way to a Thai style restorative yoga. Learn body awareness, stretching, and meditation to guide your way through this relaxing workshop!

### **Herbal Medicine for Mental, Physical, Spiritual, and Emotional Health**

This workshop will explore herbal medicine for mental, physical, spiritual, and emotional health with Métis Clinical Herbal Therapist, Registered Herbal Therapist, and Indigenous Patient Navigator for BC Cancer Vanessa Prescott. Learn about specific plant allies' teachings and ways to take care of each part of ourselves so we can be more balanced as a whole. Vanessa will share heart-centred knowledge and wisdom gleaned from a decade of studying the profound relationship between people and plants.

### **Breath of Life**

This interactive wellness workshop explores the science and spirit of our breath. We will focus on playing by connecting our movements with breath. We will practice breathing techniques, sound healing, basic yoga postures, and close with deep rest to align our bodies' minds and spirits.



# Workshops

## **Healing Medicines**

Youth will blend one of three tea blends for their personal use. Tea blends will include traditional medicines to help their bodies heal and recover fast! Participants will learn the traditional medicinal uses of plant medicines from harvesting practices to preserving them and using them in tea.

### **Let the Healing Begin: Teachings in the Air – A Podcast Experience!**

Join Elder Gerry Oldman and the Provincial Health Services Authority Indigenous Youth Team for a behind-the-scenes look at the 'Teachings in the Air' podcast. The podcast is an Indigenous health and wellness podcast hosted by Elder Gerry Oldman. The podcast's aim is to inspire, motivate, and empower Indigenous people to be sound in mind, body, and spirit. Participants can join in on the wellness-focused conversation as they learn about the Teachings in the Air Podcast. There will also be a give-away for some awesome door prizes!

### **My Healing & Wellness Journey with James Harry Sr.**

This workshop will be in the format of an interactive circle dialogue. James Harry Sr. will begin by sharing his personal story and journey of recovering from alcohol and drug addiction. After seeking treatment and becoming sober in 2014, James began offering support to other Haisla members in Vancouver's Downtown East Side (DTES), soon becoming Haisla Nation's first urban outreach worker, and going on to create the All Nations Outreach Society (ANOS). After sharing his personal story, James will give those present the opportunity to ask questions and/or share any thoughts/ comments they have.

## **Not Just Naloxone: Talking About Substance use in Indigenous Communities**

Not Just Naloxone (NJJN) is an in-person train-the-trainer program aimed at developing the capacity to have safe conversations about substance use in Indigenous communities. Indigenous peoples are disproportionately impacted by the toxic drug crisis as a direct result of the ongoing effects of colonialism. The workshop examines and addresses the root causes of substance use, acknowledges the importance of community connection, and supports First Nations communities in designing their own responses to the challenges they are facing.

## **Urban and Away from Home Engagement Workshop – BC Youth**

This session will start with a short introduction to UAH and provide an overview and purpose of the engagement work that is being done across the province of B.C. The group will then divide into breakout sessions based on which health region they live in. Possible topics will include engagement principles, outcomes, pathways, and health and wellness services. The activities will take an interactive format for youth to share their ideas, including a graffiti board to draw and write ideas on, and card storming to add their ideas on a sticky note and see others' contributions. There will also be swag as prizes!

## **Hands on Power Ball Making!**

Making power balls does not require any fancy equipment or a recipe! Learn how to make a healthy snack for busy lives and how to power-up on ingredients that can nourish your body and keep your energy levels going. We will also be incorporating a number of traditional Indigenous foods into our power balls for you to take home and enjoy with your family.

## **Reclaiming our Traditional Wellness Practices**

This workshop will focus on circle work and interactive activities where youth can discuss ways to reclaim traditional wellness practices in their daily life and explore career and mentorship opportunities with the First Nations Health Authority (FNHA) Traditional Wellness team and Traditional Knowledge Keepers. Interactive icebreakers and traditional wellness activities will focus on building relationships with one another, connecting to the land, and discussing ways we can celebrate and practice our traditional ways of being.



# Back in Action: Building Capacity and Empowering Indigenous Youth



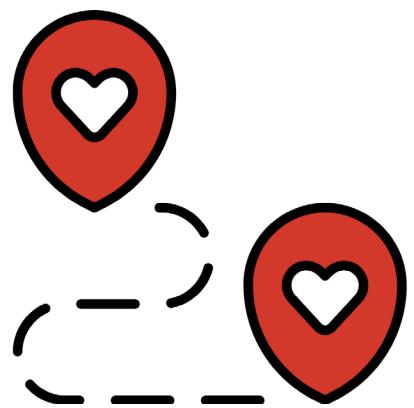
# Scavenger Hunt

Find someone at GOV who...

Appeared in a movie	
Attended a concert this year	
Belongs to a club	
Birthday is on a holiday	
Can bake a cake from scratch	
Can code	
Can do a cartwheel	
Can hula hoop	
Climbed a mountain	
Collects something	
Does yoga	
Gardens	
Has been on a road trip	
Has broken a bone	
Has performed in public	
Knows ASL	
Knows how to surf	
Likes pineapple on pizza	
Listens to true crime podcasts	
Met a celebrity	
Recently handmade a gift	
Same birth month as you	
Speaks more than one language	
Loves karaoke	
You just met	
Likes scary movies	
Loves roller coasters	
Writes poetry	

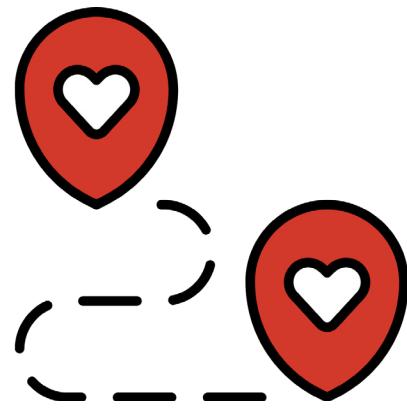
# Gathering Our Voices

Friends from GOV2023...



# Gathering Our Voices

Friends from GOV2023...



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