

PRE-CONFERENCE PROGRAM

Honoring our life force; Let's talk about sex and relationships

Presenters: Wanda Gabriel, Catherine and Pamela Gabriel Ferland

This 2-day workshop will explore multiple aspects relating to sexuality and will honor this life force by talking about sexuality and relationships. Questions such as what is healthy sex, what is normal sexual behavior, and what is sexual violence are often unanswered or unexplored. This is often a taboo topic and silence on this matter has led to confusion and harm. Traditionally, our people celebrated all the stages of life with ceremony and teachings. Through rites of passage we learned our sexual roles and responsibilities, while our Aunts, Uncles and Elders were important teachers who shared their knowledge on respectful relationships. They provided information and teachings on sexuality, relationships and how to be respectful in a relationship and how to honor the life force of sexuality. Colonization has silenced our voice on healthy sexuality and it has ripped love and respect from our relationships. By considering history, participants will gain an understanding of a pre-contact cultural approach to sexuality and how this was impacted by colonization and the residential school system.

Intergenerational Impacts

Presenter: Emily Henry

Exploration: The disruption of Indigenous Culture. A healthy culture and the nurturing aspects on the individual. Exploration of Indigenous societies prior to European contact.

Exploration of the harmful cycles created by historical laws, the residential schools, foster care, family disconnection and the disruption of culture.

Exploring the outcome. What are intergenerational impacts and what is lateral violence.

Involves two role plays.

Lateral Violence in the Community and Workplace

Exploring self-defeating self talk.

Role play - The power of harmful messages

Examining what is going on beneath the iceberg. The expanding impacts of intergenerational impacts.

How a person's self-defeating messages manifest in life (including the workplace).

Recognizing workplace bullying.

Healthy communication - knowing your rights- steps to break the harmful cycle of workplace bullying and violence.

The art of critical conversations.

Role-play Boss & worker - small group exercise.

Healthy Boundaries and the Power of Resiliency

Traditional concepts of relationships. Relationships to family/community. Relationship to land. Relationship to culture. Living life guided by traditional values.

Exploration of honouring self and others. My role in establishing healthy relationships. My personal boundaries. Establishing mutual honour in relationships.

Group exercise.

The Cycle of Violence

Presenter: Omer St. Onge

Understand the Situation. The cycle of abuse. Transmission from generation to generation. The effect of impulses in communities. Numb the suffering. Ways to escape. The cycle of consumption. How does the person who thinks of committing suicide feel? Why does she not see other solutions? The mechanisms of sabotage and self-destruction. How the gifts and qualities of the person are hidden. Detect the gifts and positive strengths of the person. Discussion with the participants to identify the main challenges they face in their communities.

Intervene holistically

What is the holistic approach? Fundamental values: the ancestors, the lineage, the people, the circle of life, the gifts offered by the Creator. Intervention based on gentleness and unconditional love. Examples of situations: how to intervene with someone in crisis and long-term follow-up? How to create a climate of security and support around the person?

Intervening in a holistic way (continued) and challenges

Reflections on community mobilization and possible activities in the community. Discussions and progress with the participants in the workshop on the issues to be clarified. How the frontline worker /natural caregiver must take care of him / her to help others.

ASIST 11

Presenters: Chad Diabo & Merrick Diabo

Applied Suicide Intervention Skills Training (version 11), otherwise known as Suicide 1st Aid, is a comprehensive skills building training whereby participants learn how to save a life. This two day training, is delivered at minimum by two trainers, more are needed if the group is larger than 24 persons. ASIST 11 is the most up to date version available of suicide intervention training available from Living Works.

Participants will learn how to identify a person with suicidal thoughts, how to ask the question "Are you thinking of killing yourself", how to listen and understand the person at risk of suicide and ultimately how to contract a safe plan for that person.

This training is offered worldwide, it is a standard training the is endorsed by many notable agencies; The First Nation & Inuit Suicide Prevention Association of Quebec and Labrador, the Canadian Armed Forces, Corrections Canada and the U.S Army to name a few.

Cultural Identity & Personal Development

Presenter: Annie Nulukie

Across Nunavik and across Canada there is a real need for validation as indigenous people and affirmation that have the right to their own identity and culture which are some of the bigger reasons of social issues that exist amongst the people today. Social impacts of historical events is one of the programs that were created in 2012 under Kativik School Board, Adult Education & Vocational Training Department that aims to give better understanding of history in hopes of alleviating the social issues amongst the children that are living the effects today. Social Impacts of historical events and results of the histories such as dog slaughter, relocation, residential school, abandoned children epidemics, life before Europeans arrival, intergenerational anger, addictions, lateral violence, social issues, youth, land, pride in identity, will be discussed. There will be a healing activity.

Self Care

Presenter: Germaine McKenzie

How does lateral violence affect all of our environments: personal, family, professional, spiritual, social and community?

The workshop will be used to become aware of our attitudes and behaviours to perpetuate lateral violence. Together, we are going to implement realistic solutions to stop this still very present violence in our communities.

The protective factors and the safety net for people in distress.

As a relative or caregiver of a person in distress or crisis, what means of protection can we install with people in distress?

Give a lot of room to the verbalization of the participants, the experiences of can be helpful for others. Interactive exchanges of your experiences and situations encountered.

As a caregiver, how can I take care of my mental, physical, emotional and spiritual health?

Story of a canoe trip and portage in the ancestral territories of 15 days without technology, without electricity, without the comfort of our homes. Come to live an extraordinary experience that has allowed a return to the sources to the path taken by the ancestors.

Sexual Abuse & Breaking the Cycle

Presenters: Michaela, Maria, Mickey DeCarlo

Too often issues directly related to suicide are stemmed from childhood sexual abuse. This is a deep type of healing that people need. So many issues facing our First Nations communities are affected by multiple factors such as: isolation, the impact of residential school, addictions, relocation, the sixties scoop, & family breakdown. The issue of childhood sexual abuse needs a lot of attention and sensitivity. The issue of childhood sexual abuse and childhood sexual abuse interventions needs to be addressed in depth. Part of this workshop is teaching front line workers how to address these issues, provide support and build resources. Front line workers present will listen to a survivor share her own personal experiences and perspectives regarding her healing journey out of sexual abuse. This training is cultural in nature and based in oral traditions and storytelling.

Caring Communities save lives. This is based on the teachings of the geese and is designed to provide an opportunity for front line workers, chaperones and other adults working at the conference to gather and participate in a professional development training. This will be a how to designed to discuss successfully suicide prevention workshops and initiatives that have taken place within each community. This will include group work and sharing as well as an expressive art activity. Group work will include an opportunity to develop and design a suicide prevention and awareness program that could be effective across all of the communities.

Self care appointments: Participants will have the opportunity to have a paraffin hand treatment. The hand will be gently treated with warm water and soothing paraffin wax. The wax soothes and moisturizes skin for healthy soft rejuvenated hands. This warm treatment is fast acting, drug free, and versatile, providing heat therapy for many different benefits from soothing arthritis & joint pain, hand beautification, relaxation and healthy skin treatment.

The Impact of Family Violence

Mary & Edward Louie

Elders will discuss the impact of family violence has had in our families and communities. There will be a Healing activity.

