

Dialogue pour la vie 2023 / Dialogue for life 2023

La santé mentale au travail et à la maison en contexte de la pandémie / Mental Health at Work and at Home in Pandemic Context

PRÉSENTATIONS DES FORMATION ET ATELIERS / PRESENTATION OF THE TRAINING AND WORKSHOP

FORMATIONS TRAINING / ATELIERS-WORKSHOP

Vanessa Snowboy, Eeyou / James Bay Cree, Fort-George QC – Programme Conférence/ Program conference

Journey about suffering from addictions, dealing with the trauma coming from sexual assault and domestic violence. Shares about the coping skills of post-sexual assault, healthy sexual relationships, consent and recognizing red flags from a partner.

2-day training

One on one during pre-conference and conference February 14-18, 2023

Teka Everstz from Kahnawake, Dudes Club Society, Vancouver, BC Pré-conférence/conférence Pre/conference conference

Indigenous-lead non-profit organization that has developed a model for men's wellness promotion that is building solidarity, resilience and brotherhood, and enabling Indigenous and marginalized men to work collectively to improve their physical, spiritual, mental and emotional health.

Can accommodate up to 100 participants.

Workshop Duration 3 hours. Consisting of a 90-minute presentation and 60-90 of Q & A , community engagement and discussion.

Training will require 3-4 hours. Consisting of 2 x 60 minutes and 2 x 30 minutes of breakout sessions, questions, community engagement and discussion.

Dudes Club Society will provide a certificate of completion for all participants.

Comprehensive understanding of community-based, community-led Indigenous youth health and wellness initiatives – growing local leadership capacity, innovation, motivation, and resources that currently exist within the community.

Youth approaches to designing mechanisms for intervention, integration, and adaptation of men's (and boys) health and wellness projects that focus on safety plans, suicide awareness and prevention strategies.

Approaches to provide low-barrier access to tools, resources, and support (in the form of Community Support Packages) for Youth-Driven collaboration, team building, and leadership development.

Mélodie Jourdain-Michel et Anne Fontaine, Uashat mak Mani-utenam, QC (Conférence 16-17 février)

Mélodie Jourdain-Michel est une Innue de Uashat mak Mani-utenam et elle est titulaire d'un baccalauréat en sexologie, d'un microprogramme en gestion de la santé et des services sociaux ainsi que d'un DESS en intervention par la nature et l'aventure. Depuis 2018, elle travaille aux services communautaires de Uashat mak Mani-utenam, d'abord comme intervenante enfance-famille-jeunesse et ensuite, comme intervenante communautaire et culturelle. Jeune femme innue engagée, elle s'implique auprès des jeunes depuis plusieurs années afin de renforcer leur identité innue et de favoriser leur mieux-être à travers des ateliers originaux et des expéditions sur le territoire innu.

Anne Fontaine, intervenante est une jeune femme Innue de la communauté de Mani-Utenam. Elle travaille dans le domaine de la relation d'aide avec la clientèle autochtone depuis le début de ses études en 2009 et elle a étudié en psychoéducation. Elle a travaillé pendant plusieurs années aux services communautaires de Uashat mak Mani-Utenam. Sa plus grande force est de venir en aide à la clientèle aux prises avec des problèmes de toxicomanie. En plus d'avoir des connaissances en la matière, elle a vécu des expériences personnelles ce qui lui a permis d'intégrer le mode de vie des 12 étapes. Elle croit en la guérison avec l'intervention par la culture et par la solidification de l'identité culturelle. Elle s'intéresse beaucoup à son histoire, l'histoire des Premières Nations, c'est ce qui la motive à aider son prochain à continuer son cheminement. Elle croit fortement au changement positif et durable.

Titre de l'atelier : Uauitetau (Parlons-en)

Durée : 2h30

Nombre de participants : 10 à 30 participants

Nombre d'animateurs : 2

Description de l'atelier : À travers sa façon décomplexée de parler de sexualité, Mélodie invite les gens à parler de ce sujet, dans un espace sécuritaire, sans gêne et sans tabou. Durant son atelier, elle fait un survol des différents aspects de la sexualité, tout en amenant les gens à réfléchir sur leur sexualité. Dans la deuxième partie de l'atelier, on s'attarde à la façon de parler de sexualité aux enfants de la petite enfance à l'adolescence. C'est un sujet qui suscite parfois des malaises et de nombreux questionnements et cet atelier vise à comprendre le développement psychosexuel des enfants selon leur âge, à distinguer les comportements sexuels sains, inquiétants et problématiques chez les enfants ainsi à mieux choisir les interventions qui doivent être faits pour chacun des types de comportements sexuels.

Titre de l'atelier : Le sac de portage

Durée : 2h30

Nombre de participants : 10 à 30 participants

Nombre d'animateurs : 2

A l'aide d'un sac de portage traditionnel innu, on invite les participants à faire partie d'une expérience illustrant les effets de la colonisation et des impacts de la transmission intergénérationnelle dans nos familles et nos communautés. (Technique d'impact)

Joey David, Akwesasne, QC

Working in the field of addiction for almost 4 years as a Case Manager at the Wholistic Health & Wellness Program in the Mohawk territory of Akwesasne. He has been doing counselling for 13 years, facilitated groups, cultural workshops, traditional practices, teachings and conducted healing sweat lodge ceremonies. He has helped community members heal and gives them the opportunity to connect with their hearts.

Workshop: The Medicine Wheel of Growth and Understanding (2.5 hours)

Workshop: De-colonized mind- Cultural educating to increase awareness about the impact of colonization has on addictions. (2.5 hours)

Workshop: How to rewire the brain/Reprogramming the mind. Neuroplasticity: Learn and grow new pathways to better relationships. (2 hours)

Emily Henry, Fraser Valley, BC

Emily Henry is honoured to reside in unceded traditional territory in the Fraser Valley in BC and originates from Ochapowace Nation in Saskatchewan. She is a certified substance abuse counsellor and a certified trauma counsellor. Recently retired, she worked for 22 years within the federal criminal justice system, developing numerous cultural interventions (programs) currently delivered to federally incarcerated Indigenous offenders. She has also authored training manuals for staff and Elders. As a result of her work, she has been the recipient of multiple awards for excellence. Including, being the recipient of the Distinguished Alumni Award from her alma mater, the University of the Fraser Valley.

Intergenerational Trauma 3-day Workshop:

The 3-day workshop empowers participants to an understanding of how the outcomes of intergenerational impacts have been normalized in Indigenous communities and how they function. The workshop also includes skills on how to process intense feelings and triggers.

Micheline Anichnapeo, Lac Simon, QC (Conférence le 16-17-18)

Comment surmonter des pertes et des deuils toute en restant vivante

Partage de son parcours de vie et son travail dans sa communauté.

Les 5 étapes et processus du deuils (atelier de 2h)

Bryce Morison, Métis de Winnipeg, St-Thérèse QC (Conference 16-17-18)

Métis from Red River (treaty 1), Winnipeg. Eloquent orator and storyteller who has been the guest of numerous functions across Canada and Europe. He is also a member of the Midewiwin Medicine Society in Quebec. He Sundanced for more than 11 years. He is also the keeper of the sweat lodge, iinnyoyis, Buffalo Lodge. He helped build numerous lodges. He is also a Drum Keeper and Pipe Carrier. He conducts sacred ceremonies. He is now helping incarcerated men across Canada with Correctional Service Canada as an Elder sharing his ancestral knowledge to those willing to learn.

Fostering Mino-Bimadziwin. Urban health for indigenous youth (workshop 2h)

Carole Flamand, thérapeute en relation d'aide, Atikamekw Manawan, QC (Pré-conférence le 14 février 2023, 9h00-12h30)

Thérapeute en relation d'aide. Je viens de la communauté atikamekw de Manawan. Je parle aussi très bien la langue Atikamekw. Je fais actuellement le cheminement et l'études de nos mémoires ancestrales. J'étudie et j'applique les enseignements des anciens.

Le deuil : une approche relationnelle

Les thérapeutes en relation d'aide sont des spécialistes de la relation.

Le deuil est une blessure relationnelle.

Je rappelle à tous les endeuillés qu'accepter de vivre cette souffrance, sans s'isoler, demande du courage. Je crois profondément qu'au bout de ce processus du deuil, tout le monde est capable de retrouver la passion de se créer une vie nouvelle...

Conférence-atelier (La traversée du deuil en canot) Avec cette conférence, j'enseigne les étapes du deuil. J'explique également les moyens que j'ai développés pour cheminer et traverser mes deuils. J'explique aussi la façon dont j'ai appris à reconnaître mes ressources et la découverte des symboles qui m'ont aidé au fil des années. Cette conférence est animée avec toute ma sensibilité et mon authenticité. Dans cette conférence-atelier, je raconte également mon cheminement quant à mon éveil aux savoirs traditionnels. Aujourd'hui je comprends que l'outil pour revenir à l'équilibre sacré est l'utilisation des cinq sens avec le monde des esprits. Je suis complètement revenue aux croyances traditionnelles de mes ancêtres. Dans cet atelier j'invite les participants à faire une belle méditation en canot. Ceci permet de voyager dans leur esprit et de vivre entièrement le moment présent. J'utilise des gouttes d'huile essentielle à l'odeur de la forêt pour un meilleur enracinement.

Les participants reprennent contact avec :

- ❖ Le moment présent
- ❖ Reconnexion avec les 4 éléments de la Terre et leur 5 sens.
- ❖ Compréhension des étapes du deuil
- ❖ Sentiment de gratitude

Durée de l'atelier : 2h30

Participants : 25-30 personnes maximum.

Chad Diabo et Kateri Oesterreich, Kahnawake, QC (Pré-conférence 15-16 février) (Conférence 17et 18 février)

Kateri Oesterreich is frome Kahnawake Mohawk Nation and of the Bear Clan. Since 1996, I have worked directly in my community providing social and life skills to my community.

I started working full time within Kahnawake Shakotiiia'takehnhas Community Service working with youth programming, and delivering sessions about health, addictions, life skills and community awareness. In 2018 I transition to working full time as a paramedic within my community, which has since allowed me to explore more opportunity to share my knowledge and skills with other communities.

Through the years I was trained in delivery information healthy sexuality, suicide prevention and awareness and support of Fetal Alcohol Spectrum Disorder.

Other skills that I have developed over the years include but are not limited to

Support and debriefing with individuals and groups:

Critical Incident Stress Debriefing

Information and presentations about Suicide Intervention and recognizing signs

Organization of future ASIST trainings for the community and front-line workers

Chad Diabo, is an accomplished and reputable trainer. Certified to deliver MHFA for Adults that Interact with Youth and ASIST (9, 10 and 11 versions of this training). He has professional knowledge and life experience in working with people in crisis. He authored and delivered many other presentations and workshops in many different Native, Inuit and Canadian communities. Active board member with First

Nations and Inuit Suicide Prevention Association of Quebec and Labrador for over 16 years, where he partook in the Dialogue 4 Life conference in Montreal (Helping do interventions, delivering workshops and help planning the conference). He was also Interim director for 1 year, where he helped plan and run the conference of over 800 participants and presenters. Currently, he is employed at Aboriginal Initiatives that works in conjunction with Corrections Canada. Using all his knowledge and traditional medicines he is an Assistant Elder and Cultural Facilitator. He worked in many different institutions, as the needs arise. Through a combination of programs, one on one work, traditional activities and ceremonies he helps the inmates (men and women) learn about their cultures and if they are willing to start the process of healing, It is difficult, but satisfying work for him. In is spare time, he is a volunteer fire fighter and 1st responder in my community. Pow-wow drum carrier, drummer and singer. He tried to live is life as a positive role model and inspiration to others.

ASIST training (2 jours) 15-16 février

Lateral Violence (2 heures)

Embracing traditional healing and honouring your religious beliefs (1 heure)

Brain Based Condition, Fetal Alcohol Spectrum Disorder (FASD) (1 heure)

Edouard Kaltush, Natashquan, QC (conférence 16-17 février)

Innu de la communauté de Natashquan. Agent Pnlaada depuis 28 ans. Formateur durant les semaines de la toxicomanie depuis plusieurs années. Artiste, il transmet sa culture par le biais d'atelier. Il travaille pour le programme de santé mentale au sein de sa communauté.

Partage de son parcours d'intervenant culturelle. Le ressourcement en forêt en lien avec les dépendances. (Atelier 2h x2)

Eric Lépine, Gatineau, QC (conférence 16-17 février)

Conférencier podcaster. Je vis actuellement à Gatineau, j'ai 52 ans, père d'un garçon TSA, Syndrome Gilles de la Tourette et TDAH, je porte moi-même l'autisme et la Tourette. J'ai fondé Simplement-Différent en février 2017 à partir de mon désir de faire la lumière sur l'autisme et surtout aider mon prochain.

Simplement-différent vers ta nouvelle version

L'autisme, la prévention du suicide, l'anxiété, la courbe du deuil, la désorganisation mais aussi les façons de surpasser ces difficultés pour atteindre sa nouvelle version.

Les trois compétences :

- 1 comprendre la désorganisation
2. Prendre conscience de la présence d'outils efficaces
3. Être en mesure d'atteindre sa nouvelle version

Lotus & Sage, Khanawake and Yoga in the evening during the week of the conference, yoga en soirée durant la conférence. (Wellness activities for everybody in the evening. Activité de bien-être pour tous et toutes en soirée)

Lauren McComber

Owner/Manager Lotus + Sage Holistics

Akhyra Renomeron (They/Fae) is a Queer (Yoga teacher)

Non-Binary Energy Healer, Herbalist and Yogi practitioner based in Tio'tia:ke(Montréal). They come from a long lineage of spiritual healers, witch doctors & spiritualists, their work is rooted in providing folks with a strong foundation within their own practice, and bringing balance to the mind, body and soul by creating a safe space through the healing justice.

Cour de yoga en soirée 5 soirées Feb 14, 15, 16 & 17 at 6PM-7PM.

(Wellness activities for everybody in the evening. Activité de bien-être pour tous et toutes en soirée)

Title: Balance Your Energy with Chakras (conference) with Lauren McComber

Description: Exhausted? Stressed? Or something doesn't feel quite right? It could very well be an imbalance in your chakra system.

The chakra system is made up of 7 major energy centers in the body that can become imbalanced through external and internal factors, effecting an individual's wholistic wellbeing.

Participants will learn:

1. the fundamentals of the chakra system and it's roles in our health
2. the signs of imbalances in the chakra system
3. simple tools to realign each of the 7 chakras, including a brief chakra meditation

Instructions:

Find a comfy spot, dress comfortably, and light a candle or put on some relaxing music. Also be prepared to share about your experiences.

Danika St-Laurent Maheux, Cultural Program Coordinator Native Montreal , Montréal QC (Wellness activities for everybody in the evening. Activité de bien-être pour tous et toutes en soirée)

Danika St-Laurent is Saulteaux from Muskowekwan (SK) who was born in Sherbrooke (QC) and who grew up and currently lives in Montreal (QC). As a descendant of the Sixties Scoop and Residential Schools, she did not grow up within culture, let alone in a community. She spent her childhood, adolescence, and young adult life searching for her indigenous calling as urban indigenous youth.

In January 2020, Danika started beading again and began her small beaded earrings business called Neebageesis Beadwork. Beadwork is a way to reconnect to her Indigenous identity and her maternal biological grandmother who was also a beader.

Danika St-Laurent est une Saulteaux de la communauté de Muskowekwan (SK) qui est née à Sherbrooke (QC) et qui a grandi et vit actuellement à Montréal (QC). En tant que descendante de la rafle des années soixante et des pensionnats autochtones, elle n'a pas grandi en culture, et encore moins dans sa communauté maternelle. Elle a passé son enfance, son adolescence et sa vie de jeune adulte à chercher sa vocation autochtone en tant que jeune autochtone urbaine.

En janvier 2020, Danika a recommencé à perler et a lancé sa petite entreprise de boucles d'oreilles perlées appelée Perlage Neebageesis. Le perlage est un moyen de se reconnecter à son identité autochtone et à sa grand-mère biologique maternelle qui était également perleuse.

Atelier de perlage mercredi 15 .et vendredi le 17 février 2023 / Beading workshop February 15 and 17, 2023 (Wellness activities for everybody in the evening. Activité de bien-être pour tous et toutes en soirée)

Vicky Bellefleur et Nathalie Lapierre, Nutashkuan, QC 9 (Pré-conférence)

Formation en santé mentale.

Formation de base : premiers soins en santé mentale pour la clientèle adulte.

Durée 12 heures et accrédité par la commission de la santé mentale du Canada

Les problèmes de santé mentale les plus courants.

Les participants reçoivent un cahier du participant.

Marie-Élaine Lemay, Conseillère aux affaires autochtones, Montréal QC

Séance d'information sur le guide de sécurisation culturelle du réseau de santé. (2h)

Manon Richmond, Bentley Mianscum, Marjorie Icebound Mianscum Solidarity Coop (MSC)

Bentley Mianscum

Bentley Mianscum is a man of many talents. From being a Police officer to being voted the funniest Cree in Eeyou Istchee, his personal journey has brought him to discover of his own well-being. He relates to what the land has to offer and makes him a helper in many ways: he helps out in the Sundance, he and his wife offer Healthy Relationships workshops, attends events to learn about our Elders teachings, practice and conduct ceremonies.

Manon Richmond

Manon Richmond is an aboriginal woman with Algonquin origin. After receiving a diploma in business administration, her experience in the field has proved to be varied but has always been around social issues. Today her devotion encompasses the passions of professional and traditional teachings. The Gookumnouch Grandmother Council encourages her to pass on traditional teachings and be at the service of her people so we may be well rooted and proud of our indigenous identity.

Marjorie Icebound

Currently employed with Mianscum Co-op land based healing programs as a Traditional Helper and in house Grandmother, her job consists of counselling, ceremonies, Sharing circles and workshops. Formerly worked with the Cree Justice and Correctional services with the Cree nation Government. Marjorie Graduated from the Canadore College in 2005 with degrees in Addictions and Mental Health. She also works with the Nisheeyou Department of the Cree Health Board as a Traditional Healer, and visited various communities when needed.

Other certificates that she holds are conflict resolution, health and social justice, resource guide to community development and complex trauma.

After graduating from College she became interested in the spiritual ceremonies of our Ancestors in which she pursued the teachings of these ancient and spiritual practices with the guidance of elders from the coast. Marjorie completed her Sundance back in 2010 and has since been working in native spirituality as her main focus and ceremonies.

RE-CLAIM OUR SPIRIT Impact of Colonization & Native Philosophy

Eagle Story & 4 Rooms (social issues) MSC Team

Natural law & Medicine wheel teachings: Purification, smudging & doctoring OR Counselling (women, girls & 2S)

RE-APPROPRIATE OUR WAYS Land-based solution (MSC)

Purification, smudging & doctoring OR Counselling (women, girls & 2S)

RE-CLAIM OUR SPIRIT Traditional Healing and Spirituality

Presentation of Sweat lodge, Sundance, sacred objects and much more...

RE-AFFIRM OUR IDENTITY Rites of Passage

RE-APPROPRIATE OUR WAYS Healthy Relationship

Eli Lorney Bob, Ainé, Atikameksheng Anishnabek, ON (Conference February)

Offer Anishnaabemowin language workshop at Laurentian University, provide cultural instruction and teaching that facilitate language learning. Knowledge Carriers in the Niikaansidook. Deliver healing programs for 23 years at Correctional Service Canada.

Partage de vie & Enseignements traditionnels (2h)

Karole Dumont, Lac Simon, QC (Conference 16-18)

Anicinabekwe du Lac Simon. Maitre Reiki.

Jean Stevenson & Delbert, St-Jean sur le Richelieu, QC (conference February 16-17)

Jean and Delbert are a married couple who work together at Correctional Service Canada in Quebec for the past 20 years providing Native Spirituality to the Indigenous inmates. Jean Stevenson is Cree, from Peguis First Nation in Manitoba. Her Mother was a Residential School Survivor. Delbert Sampson is Shuswap, from Salmon Arm, British Columbia. He is a Residential School Survivor from Kamloops Indian Residential School.

2 Workshops on Feb.16 th after lunch, and Feb. 17 th in the morning.

Workshop (part one) - Identifying Intergenerational Trauma (2.5h)

Workshop (part two) - Learning how Native Spirituality helps in the healing process (2.5h)