ABORIGINAL PERSPECTIVES ON CHILD
AND YOUTH MENTAL HEALTH
Creating Bimaadiziwin, a Healthy Way of Life

September 25 -27, 2013
Wabano Centre for Aboriginal Health
299 Montreal Road, Ottawa, ON

wabano.com
Listen

Last night when the moon was full
Last night when the wolf sang
Last night when the wind whispered
They whispered to me

When the wolf sang
When the trees rustled
When the stars twinkled
They whispered to me

When the wind whispered
They said a thing or two
About choosing a pathway
Choosing the pathway to success

When the wind whispered
They said a thing or two
About choosing the pathway
Choosing the pathway between
Right and wrong

Last night when the moon was full
Last night the wolf sang
Last night when the wind whispered
They whispered to me

When you listen to the whispering wind
Do you choose to listen
Or ignore the whispering wolf?
Your choice
I listen to the whispering wind my advice giver
My listener
My whispering wind

—Sylvannah — First Nations 11 years old

Thank You to Our Funders:
Champlain LHIN, Ministry of Children and Youth Services,
Government of Ontario, & United Way
Guest Speakers

Dr. Wilton Littlechild, IPC
TRC Commissioner

In 1976, Chief Wilton Littlechild had the distinction of being the first Treaty First Nation person to acquire his law degree from the University of Alberta. He also received his master's degree in physical education in 1975. In addition to running his own law firm from the Ermineskin Reserve, Chief Littlechild is a strong advocate for the rights of Indigenous Peoples. He was the chairperson for the Commission on First Nations and Métis Peoples and Justice Reform, and served as a member of Parliament from 1988–1993 for the riding of Wetaskiwin-Rimby. He served on several senior committees in the House of Commons and was a parliamentary delegate to the United Nations. He also served two terms as the North American representative to the UN Permanent Forum on Indigenous Issues. He was appointed the Honourary Chief for the Maskwacis Crees and also the International Chief for Treaty No. 6 Confederacy. Currently, he is one of three commissioners in charge of Canada’s Truth and Reconciliation Commission and is dedicated to learning the truth about what happened in the residential schools and informing all Canadians about what happened in the schools.

Dr. Martin Brokenleg

Dr. Martin Brokenleg consults worldwide, is co-founder of the Circle of Courage model, and serves as a Vice President of Reclaiming Youth International, providing training for individuals who work with youth at risk. He holds a doctorate in Education and is a graduate of the Episcopal Divinity School. For thirty years, Dr. Brokenleg was Professor of Native American studies at Augustana College of Sioux Falls, South Dakota. He has also been a director of The Neighborhood Youth Corps, chaplain in a correctional setting, and has extensive experience as an alcohol counsellor.

Dr. Brokenleg has consulted and led training programs throughout North America, New Zealand, Hawaii and South Africa. He is the father of three children and an enrolled member of the Rosebud Sioux Tribe practicing the culture of his Lakota people.
Dr. Margo Greenwood

Dr. Margo Greenwood, Academic Leader of the National Collaborating Centre for Aboriginal Health, is an Indigenous scholar of Cree ancestry with years of experience focused on the health and well-being of Indigenous children, families and communities. In June 2013, Dr. Greenwood was appointed Vice-President of Aboriginal Health for the Northern Health Authority in British Columbia. She also holds an Associate Professor appointment in both the First Nations Studies and Education programs at the University of Northern British Columbia. While her academic work crosses disciplines and sectors, she is particularly recognized regionally, provincially, nationally and internationally for her work in early childhood care and education of Indigenous children and public health.

Maria Campbell

Maria Campbell is a Métis writer, playwright, and teacher. She started her career in 1973 when she published her first book, *Halfbreed*, an autobiography which gives voice to the Métis as a whole, particularly to Métis women. That book has become a literary classic and continues to be one of the most widely taught texts in Canadian schools and universities. Professor Campbell has also written four children’s books. Her most recent book, *Stories of The Road Allowance People*, which translates oral stories into print.

Maria Campbell has recently retired from the University of Saskatchewan where she taught native studies, creative writing and drama. She is currently the Elder in Residence at the Centre for World Indigenous Knowledge and Research, Athabasca University.

She has worked as a volunteer with women and children in crisis for over forty years and is co-founder of a halfway house for women in Edmonton as well as an emergency crisis centre for women and children. Until recently, Maria Campbell’s home was a safe house for youth. She is a mom, grandma and great-grandma.
Guest Speakers

Mary Simon

Mary Simon, O.C., Q.C., is the Chairperson of the National Committee on Inuit Education with a mandate to implement a comprehensive national strategy, aimed at improving Inuit educational standards and achievements.

She was born in Kangiqsualujjuaq, Nunavik (Arctic Quebec). She has advanced critical social, economic and human rights for Canadian Inuit regionally, nationally and internationally. Over four decades she has held senior leadership positions including, President of Makivik Corporation (the Land Claims Organization for Inuit of Nunavik), President of the Inuit Circumpolar Council, Canadian Ambassador For Circumpolar Affairs as well as to the Kingdom of Denmark. More recently for 6 years, she was the President of Canada’s National Inuit organization, Inuit Tapiriit Kanatami.

Dr. Cindy Blackstock, M.M., Ph.D.

Dr. Cindy Blackstock, a member of the Gitksan Nation, has worked in the field of child and family services for over 18 years. Dr. Blackstock is a member of the Advisory Committee on the Centre of Excellence for Child Welfare and a member of the Board of Directors for the Child Welfare League of Canada. She was a social worker with the provincial government and for a First Nations child and family service agency before assuming her current role as Executive Director of the Caring for First Nations Children Society (FNCFCS) in British Columbia in 1998.

This national organization seeks to promote and support the work of First Nations child and family service agencies and regional organizations in Canada by providing research, professional development and networking services. A key project of the FNCFCS is the First Nations Research Site which disseminates research information to First Nations service agencies and is currently coordinating three national research projects designed to benefit First Nations communities.
Guest Speakers

Wanda Gabriel M.S.W.

Ms. Gabriel is a citizen of the Kanieke’hake Nation. She is a social worker, community organizer as well as a national trainer and facilitator who draws on a bi-cultural approach and interactive skills to facilitate family and community healing. She is a graduate from McGill University Master of Social Work program and is a licensed professional with the Quebec Order of Social Workers.

She has 23 years of experience working in First Nations and Inuit communities dealing with crisis intervention and issues of sexual abuse, lateral violence, drug and alcohol addiction, domestic violence and residential school issues. Wanda was also the regional coordinator of community support for Quebec and Ontario, at the National Aboriginal Healing Foundation. She was the coordinator of the, off campus Bachelor of Social Work program for Aboriginal people at Carleton University.

At present she works in collaboration with Aboriginal agencies providing healing processes to individuals and families throughout Canada. Additionally she is developing a family/social enterprise that will be a retreat center for healing the impacts of sexual violence, as well as consultation on models of prevention, intervention and healing, research and program evaluation.

Reepa Evic-Carleton

Reepa Evic-Carleton is an Inuk woman originating from Pangnirtung, Nunavut. She has been working as a trauma and addiction therapist at Tungasuvingat Inuit for over 20 years. She is strongly committed to helping fellow Inuit develop healthier lifestyles by ending dependency on drugs and alcohol and recover from the effects of substances and trauma. Reepa is often called upon for her traditional knowledge, especially lighting the qulliq, a traditional stone lamp for opening meetings.
Guest Speakers

Dr. Jim Mishike’n Albert

Dr. Jim Albert is an Algonquin, a member of the Bear Clan and a pipe carrier. Doctor of Social Welfare at Columbia University, he taught 28 years at University of Toronto and Carleton University. While at Carleton University he co-ordinated an off-campus program presenting the B.S.W. degree on location in a number of First Nations communities in Ontario and Quebec. Jim is frequently asked to be an Elder, and to participate in and facilitate ceremonies. He regularly conducts sweat lodges and fasting ceremonies. He shares Aboriginal teachings as well as assists individuals and families in their healing. He has great respect for the power of the Circle, works in Circle and has conducted workshops on facilitating Circles.

Jan Kahehti:io Longboat

Janice Longboat, Mohawk, Turtle Clan of Six Nations of the Grand River is a Traditional Herbalist, Healer and Elder. Jan works with a very holistic concept of healing – the need for us to become whole, to connect and heal the physical body as well as the emotional, mental and spiritual part of us. She believes that the strength of healing is within that spiritual part of us.

Jan began studying traditional Native healing at a young age. For the past 20 years, she has worked with many Native communities, agencies and academic institutions to share teachings about traditional healing and medicines. Grandmother Longboat teaches The Circle of Life Healing Model at Mohawk College. She also teaches traditional Native Healing Practices with the Faculty of Pharmacy at the University of Toronto. A traditional healer, Jan also works at the Anishnawbe Health Centre in Toronto.
Guest Speakers

Tom Sakokweniónkwas Porter

Tom Porter is an Elder, Spokesman and Chief Spiritual Leader of the Mohawk Community of Kanatsiohareke (Ga na jó ha láy:ga:y) in Fonda, New York. A member of the Bear Clan, he was raised as part of the Akwesasne Mohawk Nation in upstate New York. Mr. Porter raised his six children in the traditional Native American fashion and was acting Bear Clan Chief in the traditional longhouse movement, opposite the state-sanctioned Tribal Council. He has served numerous positions on the Mohawk Nation of Chiefs Council for over 25 years.

Mr. Porter has been a nationally recognized figure in Indian Country since the 1960s when he co-founded the White Roots of Peace, a group of Iroquois Elders who toured the country sharing traditional teachings and encouraging Indians to embrace their respective Native traditions. Recognizing that Mohawk language and culture were dying out, he co-founded the Akwesasne Freedom School for grades K-8, with a curriculum entirely in Mohawk. He also began Partridge House, a drug and alcohol rehabilitation center. Mr. Porter is recognized nationally as a compassionate and inspirational speaker about the destructive effects of substance abuse on Indian families, communities and nations.

As an educator, Mr. Porter has taught a range of subjects at the Akwesasne Freedom School, Trent University, Akwesasne and the Tyendinaga Reserve, and has worked as a cultural researcher and consultant for the North American Indian Traveling College. Mr. Porter is the author of several books and pamphlets such as: And Grandma Said...Iroquois Teachings, Our Ways, Clanology: Clan System of the Iroquois, Cycle of Ceremonies, Rotinonshon:ni, Trading Eyes: Alternative Visions of Native Americans, Tsinionkwarihotons, Önenhste (Corn) Drum and Rattlemaking, Öhen:ton Karihwarehkwén (The Thanksgiving Address), Mohawk Marriage, Traditional Mohawk Clothing, and Akwesasne Mohawk Social Dances.

Allison Fisher

Wabano Centre for Aboriginal Health’s executive director Allison Fisher, an Odawa originally from Wikemikong on Manitoulin Island, joined the centre less than a year after it opened its doors in 1998. Allison led Wabano from its small roots to an award-winning health centre and leader in community-based, holistic care.

An advocate for Aboriginal child and youth mental health, Allison sits on various health policy development tables. She is co-chair of the Champlain LHIN’s Aboriginal Health Circle Forum, a founder and continuing member of the Ottawa Aboriginal Coalition, a network of Aboriginal community service agencies in the city.

Allison has dedicated her career to creating healthy and inclusive communities. She has received numerous awards, including the Order of Ottawa and the Queen's Diamond Jubilee Medal, for her efforts.
Guest Speakers

Dr. Marianna Shturman

Marianna Shturman received her M.A. in Clinical Psychology and Ph.D. in Experimental Psychology. Marianna is a registered psychotherapist with the Canadian Counselling and Psychotherapy Association and a candidate for licensure with the College of Psychologists of Ontario.

Marianna embodies scientist-practitioner model and truly believes in the evidence-based practice and applied research. She has over 15 years of clinical experience in a not-for profit sector working with culturally diverse groups including African-Americans, Hispanic, and Aboriginal communities. Over the years, she has been involved in multiple research projects such as program/curriculum development and evaluation, measurement/assessment development and validation, needs and capacity assessment, and service provision system analysis and integration. In addition to her strong clinical and research skills, Marianna has many years of experience in planning and managing holistic programs with emphasis on integrating mental, physical, emotional, spiritual, and social health.

Marianna has led many initiatives related to early prevention, intervention, and education on the issues of community health and wellness. Through her tenure as a Director of Addiction and Mental Health Services at the Wabano Centre for Aboriginal Health, she has developed and successfully managed the holistic and culturally-specific addiction and mental health services, provided clinical services to clients, training and clinical supervision to staff, as well as conducted applied clinical research. She resides in Ottawa and serves as a Director of Community Education on the Board of Directors of the Ottawa Institute of Object Relations Therapy.

Rebekah Wilson

Rebekah Wilson is a young Métis woman from the Georgian Bay area of Ontario. Rebekah studied Print Journalism at Sheridan College in Oakville before returning to her home community. She became especially passionate about the positive growth and empowerment of Aboriginal youth after learning of her own heritage and being selected as the youth representative for the Great Lakes Métis Council in Owen Sound.

Rebekah’s keen interest in Aboriginal youth leadership grew when she was given the opportunity to be one of 350 Aboriginal dancers featured in the opening ceremonies of the Vancouver 2010 Winter Olympics. Rebekah has worked at Motivate Canada as the program coordinator for the GEN7 Aboriginal Role Model Program since November 2010.
Guest Speakers

Albert Dumont

Albert Dumont, Algonquin of Kitigan Zibi Anishinabeg, is an activist, a volunteer and a poet who has been walking the Red Road since beginning his life of sobriety in April of 1988. He has published 5 books of poetry and short stories. Albert has dedicated his life to promoting Aboriginal spirituality, healing and protecting the rights of Aboriginal peoples, particularly the young.

Albert is currently a Spiritual Advisor for Aboriginal offenders of J Unit at Millhaven Institution. He provides inmates traditional circles, ceremonies and teachings which have resulted in a dramatic decrease of violence in prison among those who have taken part. Albert also uses his circle knowledge with the Circle of Care program, where he shares his teachings and experience with families, in order to help promote their healing process. In recognition for his work as an activist and volunteer on his ancestral lands in Ottawa, Albert was presented with a Human Rights Award by the Public Service Alliance of Canada in 2010.

Liza Gaazongii-kwe Mosher

Liza is a member of the Bear Clan and is originally from Wikemikong on Manitoulin Island. She carries the honour of a practicing 3rd degree Midewiwin woman and holds an Honourary Doctorate of Laws from Laurentian University in Sudbury, Ontario. Liza was instrumental in bringing the first healing lodge (Okimaw OHCI Healing Lodge) to the women’s federal penitentiary in Maple Creek, Saskatchewan and later establishing the Giizhganndug Gamig Healing Lodge in St. Charles, Ontario.

Liza has helped many men, women, and children in her Nation through sharing and conducting healing sweatlodges, cedar baths, healing circles, and the grandmother’s pipe ceremonies. In addition to transmitting these gifts, she has served in positions on various boards, committees, Elders advisory councils, and initiated programs within her region and across the country. Liza has been sharing her vision and knowledge over the past 40 years through traditional Ojibway ceremonies and teachings.
# Conference Agenda

## Wednesday, September 25th, 2013 (Rotunda)

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>6:00 pm – 6:10 pm</td>
<td>Opening Prayer and Smudge – Jim Albert &amp; Liza Mosher</td>
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<tr>
<td>6:10 pm – 6:15 pm</td>
<td>Welcome by Guy Freedman</td>
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<tr>
<td>6:15 pm – 7:00 pm</td>
<td>Dinner</td>
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<tr>
<td>7:00 pm – 8:00 pm</td>
<td>Keynote: Wilton Littlechild on Policy, Research &amp; Education</td>
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## Thursday, September 26th, 2013

**Landscape of children and youth mental health issues & how they developed**

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>9:00 am – 9:45 am</td>
<td>Registration</td>
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<tr>
<td>9:45 am – 10:00 am</td>
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<td>Welcome by Guy Freedman</td>
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<td>10:15 am – 11:45 am</td>
<td>Keynote: Dr. Martin Brokenleg – Trauma-Wise Care: The Circle of Courage</td>
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<tr>
<td>11:45 am – 12:45 pm</td>
<td>Lunch Break</td>
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<tr>
<td>12:45 pm – 2:30 pm</td>
<td>Health Break</td>
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### 1a – Rotunda
- The Work of Truth & Reconciliation Commission (TRC)
- Wilton Littlechild

### 1b – Atelier
- Cultural Identity
- Dr. Margo Greenwood

### 1c – Social Enterprise Room
- Wahkowtowin – Traditional Family Structures: The Foundation for Health and Wellness
- Maria Campbell

### 1d – Mamawi Room
- Culture in Education
- Dr. Martin Brokenleg

### 1e – Earth Floor Basement
- Inuit History
- Mary Simon

### 1a – Rotunda
- Post Truth & Reconciliation
- Wilton Littlechild

### 1b – Atelier
- Social Determinants of Health
- Dr. Margo Greenwood

### 1c – Social Enterprise Room
- 60s Scoop & Residential School
- Maria Campbell

### 1d – Mamawi Room
- Culture in Education
- Dr. Martin Brokenleg

### 1e – Earth Floor Basement
- Growing up at Home: Real Strategies to Ensuring the Safety of Aboriginal Children
- Dr. Cindy Blackstock
Friday, September 27th, 2013
What can we do to address MH issues (family & community healing models of intervention)

<table>
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<td>1a – Rotunda Culture and Healing Dr. Martin Brokenleg</td>
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<td>1b – Atelier The Way Home: Supporting Youth with Complex Needs in Cities</td>
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<td></td>
<td>Allison Fisher Dr. Marianna Shturman</td>
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<td>1c – Social Enterprise Room Ceremonies that Keep Our Children Strong</td>
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<td></td>
<td>Tom Porter</td>
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<td>1d – Mamawi Generation 7: Holistic Approach to Prevention and Intervention</td>
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<td></td>
<td>Rebekah Wilson</td>
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<td>11:45 am – 12:45 pm</td>
<td>Lunch Break Cultural Teachings with Grandmother Liza Mosher</td>
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<td>12:45 pm – 2:15 pm</td>
<td>1a – Rotunda Walking in Two Worlds – A Way of Preventing Suicide</td>
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<td>Wanda Gabriel</td>
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<td>1b – Atelier Traditional Approaches to Mental Health: Circles and Ceremonies</td>
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<td>Dr. Jim Albert</td>
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<td>1c – Social Enterprise Room Inuit Healing: Working with Trauma and Addictions</td>
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<td>Reepa Evic-Carleton</td>
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<td>1d – Mamawi Youth in Criminal Justice</td>
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<td>Albert Dumont</td>
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<td>2:15 pm – 2:30 pm</td>
<td>Health Break</td>
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<td>2:30 pm – 4:00 pm</td>
<td>1a – Gathering Room Walking in Two Worlds – A Way of Preventing Suicide</td>
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<td>Wanda Gabriel</td>
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<td>1b – Atelier Parenting Bundle: Working with Parents in a Cultural Way</td>
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<td>1d – Mamawi Circle of Care – Working with Aboriginal Families</td>
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<tr>
<td>4:00 pm – 8:00 pm</td>
<td>Elder Closing by Jim Albert &amp; Liza Mosher – AGM/CELEBRATION – Rotunda</td>
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<tr>
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<td>Contents of the Conference will be made available on the Wabano Website</td>
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Wabano Map
(take the elevator or stairs to the following Levels)

Level B – Earth Floor: Basement

Level 2 – Fire Floor: Gathering Space, Atelier & Rotunda

Level 3 – Sky Floor: Mamawi, Social Enterprise & Balcony

Balcony (will have educational & cultural items for sale)
Free street parking (3 hour limit) at Lacasse Ave. and Patton St. Stationnement gratuit (max 3 h) rue Lacasse et Patton

Concorde Motel
613.745.2112 - $5/day Motel Concorde $/jour

Paid parking behind Marcil Lavallée Chartered Accountants located at 214 Montreal Road (at Olmstead St.) Stationnement payant (derrière Marcil Lavallée) situé au 214 chemin Montréal

Paid parking behind the Paramedic Post located at 200 Montreal Road (at Cyr Ave.) Stationnement payant situé derrière Paramedic Post au 200 chemin Montréal (à l’intersection de la rue Cyr)
### Wednesday, September 25th, 2013

**Rotunda**  
**Keynote Speaker:** Wilton Littlechild  
**Description:** Policy, Research & Education  
Wilton, in this keynote address will speak about the importance of culture in the healing process of Aboriginal children, youth, and families; the journey of TRC and about what our children and youth have heard throughout this journey. The key lessons/messages for children and youth will be highlighted and the impact of those messages on the Aboriginal youth today will be discussed.

### Thursday, September 26th, 2013

**Opening Prayer and Smudge – Jim Albert & Liza Mosher**

**Rotunda**  
**Keynote Speaker:** Dr. Martin Brokenleg  
**Description:** Trauma-Wise Care: The Circle of Courage  
Some populations display complex social patterns that are the result of history. Aboriginal youth display intergenerational trauma but usually receive symptom treatment. The Circle of Courage transforms the foundation conditions for Native or any other youth.

**1a – Rotunda**  
**Speaker:** Wilton Littlechild  
**Description:** The Work of Truth and Reconciliation Commission (TRC)  
In the workshop, Wilton will focus on the history, work, and accomplishments to date of the TRC. The highlights of the work and the challenges will be discussed, along with the impact the TRC has had on individuals, families, communities, and the nation.

**1a – Rotunda**  
**Speaker:** Wilton Littlechild  
**Description:** Post Truth and Reconciliation  
Wilton will focus on the impacts the TRC work has had and will continue to have once it is completed. The questions like: what this work, once completed will mean for the Canadians; how can it help Aboriginal communities to move forward; and what will this mean for future generations will be answered.

**1b – Atelier**  
**Speaker:** Dr. Margo Greenwood  
**Description:** Cultural Identity  
Cultural identity is unique to individuals and groups. This workshop draws upon ‘circle work’ to explore personal and collective definitions and applications of cultural identity. Specific definitions along with those related to identity will be explored beginning with a brief overview of terms presented. How this relates to you and what we know about our own identity provides a foundation for exploring the importance of cultural identity along with ways to foster healthy cultural identity in our children. An initial viewing of the National Collaborating Centre for Aboriginal Health’s The Sacred Space of Motherhood will serve as a starting place for discussion.
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<td>1b – Atelier</td>
<td>Dr. Margo Greenwood</td>
<td><strong>Social Determinants of Health</strong>&lt;br&gt;The purpose of this workshop is to engage participants in conversations focused on social determinants of health as they apply to Indigenous children, families and communities. An overview of social determinants including conceptual models will be presented along with a viewing of the Red Moon Dialogues. Small group discussion questions will focus on the health impact of social determinants, as well as strategies for addressing health inequities and disparities for children, families and communities.</td>
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<tr>
<td>1c – Social Enterprise Room</td>
<td>Maria Campbell</td>
<td><strong>Wahkowtowin – Traditional Family Structures: The Foundation for Health and Wellness</strong>&lt;br&gt;Aboriginal family structures were based on balanced, reciprocal, good relationships with children at the centre of all belonging. Traditional Teacher and Storyteller Maria Campbell will present teachings on how family used to be constructed, how it changed with settlement and increasing government intervention through laws and policies intended to disrupt family and what needs to change to restore balance and good relations.</td>
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<td>Maria Campbell</td>
<td><strong>60's Scoop &amp; Residential School</strong>&lt;br&gt;In this workshop, participants will hear the stories from Métis writer, Maria Campbell, about the dark patches of Canada's history, Residential Schools and the Sixties Scoop. An unusually high number of Aboriginal children were literally scooped from their homes without knowledge or consent of families and/or their communities in the Sixties. These children were then fostered or adopted out, usually into non-Aboriginal families. The Sixties Scoop resulted in a loss of children's cultural identity, loss of their status, and loss of contact with their birth families. The effects of intergenerational trauma on Aboriginal families today, the implications for the current child welfare system, as well as strategies to move forward in a culturally safe way will be discussed.</td>
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<tr>
<td>1d – Mamawi Room</td>
<td>Dr. Martin Brokenleg</td>
<td><strong>Culture – A Definition</strong>&lt;br&gt;Culture is a defining trait of many populations, Aboriginal people being one of them. This session explores a working definition of culture by utilizing examples of cultural dynamics. North Americans assume we are more alike than different when the living reality may not support that assumption.</td>
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<td>1d – Mamawi Room</td>
<td>Dr. Martin Brokenleg</td>
<td><strong>Culture in Education</strong>&lt;br&gt;In this session, Dr. Brokenleg defines culture, summarizes research on problems in education, which are culture related, and suggests multicultural strategies for responding to the problems.</td>
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</table>
1e – Earth Floor – Basement
Speaker: Mary Simon
Description: **Inuit History**
Mary Simon will underline the mental health issues that affect Inuit families especially the youth in Inuit communities including the Youth living in urban areas. She will explore the connections between the intergenerational traumas from colonization, residential schools, forced relocation and other issues and what is happening today. Discussion will commence on what is being and what should be done.

1e – Earth Floor – Basement
Speaker: Dr. Cindy Blackstock
Description: **Growing up at Home: Real Strategies to Ensuring the Safety of Aboriginal Children**
This workshop describes the factors driving the over-representation of Aboriginal children in care and what can be done to address them. The workshop will also highlight the Canadian Human Rights Tribunal on First Nations child welfare as a leading strategy to ensure equitable and culturally based solutions can be implemented (www.fnwitness.ca)

Friday, September 27th, 2013

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1a – Rotunda
Speaker: Dr. Martin Brokenleg
Description: **Culture and Healing**
Dr. Brokenleg explores what research says about cultural factors in therapy, suggests directions for action, and discusses important areas for consideration in helping persons from any culture.

1a – Rotunda
Speaker: Wanda Gabriel – M.S.W.
Description: **Walking in Two Worlds – A Way of Preventing Suicide**
The workshop, *Walking in Two Worlds* draws on the resiliency of Aboriginal people which lies in relationships, culture, tradition, and spirituality. These are inseparable; they are as one. Culture, tradition, and spirituality help us cope, give life meaning, and bring wholeness to our being. Many of us have been disconnected from self, culture, and tradition due to colonization and internalized oppression, illness, and relocation. *Walking in Two Worlds* process is designed for young adults to provide them with an opportunity to reconnect with self, to claim a sense of belonging, to share and explore ways of reclaiming a cultural identity, and to take their rightful place in the society.

In this workshop, we will share components of *Walking in Two Worlds*’s workshop. We will explain how this process aids young adults in reconnecting to self, to community, and re-building a cultural identity. This is anchored in knowing where we come from, our history, understanding the impacts of intergenerational transmission of trauma; as well sharing the methods of combating internalized oppression and strategies for facing micro-aggressions.
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<tr>
<th>Room</th>
<th>Speaker</th>
<th>Description</th>
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<tbody>
<tr>
<td>1a – Gathering Room</td>
<td>Wanda Gabriel – M.S.W.</td>
<td><strong>Walking in Two Worlds – A Way of Preventing Suicide</strong></td>
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<td>For description, see page 15.</td>
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<tr>
<td>1b – Atelier</td>
<td>Allison Fisher and Dr. Marianna Shturman</td>
<td><strong>The Way Home: Supporting Youth with Complex Needs in Cities</strong></td>
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<td>This presentation will focus on reviewing the results of the “My Life, My Wellbeing”, youth survey conducted on behalf of the Champlain LHIN Aboriginal Health Circle Forum in 2012-13. The mental health and addictions needs of local Aboriginal youth will be discussed as well as culturally-specific strategies for addressing these needs.</td>
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<tr>
<td>1b – Atelier</td>
<td>Dr. Jim Albert</td>
<td><strong>Traditional Approaches to Mental Health: Circles and Ceremonies</strong></td>
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<td>Circles and Ceremonies play an important role in healing mental health issues within the Aboriginal community. The power of the Circle and our Ceremonies will be shared along with their experiences and successes.</td>
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<tr>
<td>1b – Atelier</td>
<td>Jan Longboat</td>
<td><strong>Parenting Bundle: Working with Parents in a Cultural Way</strong></td>
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<td>Aboriginal ancestors left us a great legacy of Indigenous knowledge and how to walk and carry our Spiritual, Physical, Mental and Emotional Medicine Bundles. The Haudenosaunee have seven Bundles which parents carry and then pass onto their children. In this workshop, Jan Longboat will give the teachings of the Haudenosaunee Parenting Bundles. Whether it is parents, aunties, uncles, grandparents, teachers and other caregivers, each has a special place in nurturing child development. Participants will gain new knowledge in how to link these teachings in their work with youth.</td>
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<tr>
<td>1c – Social Enterprise Room</td>
<td>Tom Porter</td>
<td><strong>Ceremonies that Keep Our Children Strong</strong></td>
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<td>Cultural practices and ceremonies are proven to be strong protective factors on the path of healthy development for Aboriginal children. Tom will discuss important ceremonies that strengthen our children and help them to maintain their balance and wellbeing.</td>
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<tr>
<td>1c – Social Enterprise Room</td>
<td>Reepa Evic-Carleton</td>
<td><strong>Inuit Healing: Working with Trauma and Addictions</strong></td>
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<td>This workshop will share the Inuit history and trauma that has led to addictions for Inuk youth of today.</td>
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<td><strong>1d – Mamawi Room</strong></td>
<td>Speaker: Rebekah Wilson</td>
<td><strong>Generation 7: Holistic Approach to Prevention and Intervention</strong>&lt;br&gt;In collaboration with Active Circle, GEN7 encourages Aboriginal youth to live, and encourage others to live, an active and healthy lifestyle through sport, physical activity, and other means. GEN7 also helps Aboriginal youth to become leaders in their community. The GEN7 Program recently held its first Wellness Training Program that focused strongly on the importance of other aspects such as healthy nutrition, mental health and suicide prevention.</td>
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<tr>
<td><strong>1d – Mamawi Room</strong></td>
<td>Speaker: Albert Dumont</td>
<td><strong>Youth in Criminal Justice</strong>&lt;br&gt;Albert Dumont is currently employed by Correctional Services Canada as a spiritual advisor for the Aboriginal men incarcerated at Millhaven Institution located near Kingston, ON. Albert Dumont’s life experiences, along with his keen sense of observation over many years of working and volunteering with young people, have given him a special insight as to why so many of our young people go astray and find themselves before Canada’s justice system. The remedy for bringing our young people back onto life’s good pathway for the good goes beyond the supportive words of a caring counsellor. We must add the power of our teaching stories, old and new, into our counselling sessions. The medicine of the circle, for healing and sharing is also necessary. But above all, our young people must learn what it is to place spirituality before them as they go forward on their earth walk.</td>
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<tr>
<td><strong>1d – Mamawi Room</strong></td>
<td>Speaker: Albert Dumont</td>
<td><strong>Circle of Care – Working with Aboriginal Families</strong>&lt;br&gt;In this workshop, Albert will share how the Aboriginal approach to child welfare works using traditional circles with the families involved with C.A.S.</td>
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Elder Closing by – Jim Albert & Liza Mosher – AGM CELEBRATION  
Contents of the Conference will be made available on the Wabano Website
Help build our floor... Buy a tile

Join us as we build the Wabano Mamawi Centre – a Centre of Excellence in Aboriginal health care that bridges traditional knowledge and culture with contemporary health care. The new centre will have a cultural gathering space that highlights Canada’s unique identity through Aboriginal design. And you can be part of it!

Buy a virtual tile today and support the creation of a space for community health & well-being.

**Cost:** $200 per tile

Tax receipts are available.
Each tile has space for two names.

**It’s simple!**

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Move your mouse over the floor and click the tile you wish to buy.