

Workshop Descriptions

Please note workshops are subject to change, for the most up to date description and schedule please see:
<https://gatheringourvoices.bcaafc.com/workshops>

A City of Reconciliation

By: Ginger Gosnell-Myers, City of Vancouver, Reconciliation Canada

Sessions: 2, 3, 8, 9

Allows: Youth, Young Adults, Young Chaperones

A presentation on the efforts and collaborations the City of Vancouver has made on proclaiming June 21, 2013 to June 20, 2014 as the 'Year of Reconciliation'. There will be a 3 minute video on the events of Reconciliation Week, from the All Nations Canoe Gathering, the Truth and Reconciliation Commission's B.C. National Event, and the Walk for Reconciliation. Youth will participate in a strategic discussion on how to best move forward with youth engagement in the City of Vancouver's effort to becoming the world's first City of Reconciliation. All outcomes from these sessions will then be used to inform the city's larger strategy.

A day in the life of a Firefighter, Paramedic, Sheriff, Cop and Corrections Officer

By: Cheryl Matthew, JIBC Associate Director, Indigenization and Tami Pierce, JIBC Aboriginal Coordinator, Co-Chairs

Sessions: 8, 9

Allows: Youth, Young Adults, Young Chaperones

Presenters: Superintendent Darcy Eggleston, Sheriff Service; Anna Sheldon & Paul Kerrivan, Paramedics and JIBC Paramedic Academy Instructors; Shauntelle Nichols, JIBC Law Enforcement Studies Diploma Student.

The workshop will allow for Aboriginal youth to spend time with, and ask questions of Aboriginal public safety professionals including a firefighter, paramedic, corrections officer, police officer, and sheriff to find out about their work and how they joined the profession. The workshop will then split all of the youth into separate groups and talk one on one with the professionals who will talk about what they do on a day to day basis and also have hands on materials that they use in their work the workshop will also have a 45 minute scenario of how a real life incident would be handled by each public safety professional

Aboriginal Arts & Stories

By: Bronwyn Graves, Historica Canada

Sessions: 2, 9

Allows: Youth, Young Adults, Young Chaperones

Historica Canada's Aboriginal Arts & Stories program (www.our-story.ca) invites Aboriginal youth ages 14-29 to submit a short piece of creative writing or a piece of two-dimensional artwork about a moment or theme in Aboriginal history and culture. Participants have a chance to win up to \$2000, and have their writing or artwork published and exhibited. The program is celebrating it's 10th anniversary this year, and to date, close to 2000 youth from across the country have taken part.

This creative writing workshop will introduce Aboriginal Arts & Stories to attendees and outline writing styles and techniques to help in preparing potential submission to the contest. Workshop participants will have an opportunity to get started on their chosen writing piece, creatively explore their heritage and culture, and discuss their work with other youth.

This workshop is part of the Wellness Journey: Nurturing Spirit Stream

Ancient Traditional Native Games

By: Mike James, All Aboriginal Healing and Native Games Program

Sessions: 2, 3, 5, 6

Allows: Youth, Young Adults, Young Chaperones

The Ancient Traditional Native Games are games that were originated by our Native Ancestors; these games are no longer played. I am the first and only person in Canada that delivers these kinds of workshops. This is a unique way to reintegrate some of our culture to our people. This workshop will incorporate a series of ancient traditional games. Participants are advised to come prepared for physical activity and have proper exercise attire. This workshop is part of the Wellness Journey: Being Active Stream

Anti-Bullying and Two Spirited Youth

By: Laurie McDonald, Caring for First Nations Children Society

Sessions: 5, 6, 11, 12

Allows: Youth, Young Adults, Young Chaperones

The purpose of this workshop is for youth to discuss and gain understanding of the two-spirit identities and explore ways to build respectful relationships and foster vibrant communities among two-spirited people. We will explore ways to address homophobia and create safe, respectful spaces for discussion. Participants will also be provided with a list of resources for further education and community-building opportunities. This workshop is part of the Wellness Journey: Nurturing Spirit Stream

Arts Funding – Planning Your Project

By: Steven Davies and Cathi Charles Wherry, First Peoples' Cultural Council

Sessions: 3

Allows: Young Adults

Through presentation and group exercise Steven and Cathi will provide participants with insights into defining a project then developing a strong funding proposal. The facilitators will introduce the First Peoples' Cultural Council's new Engaging Aboriginal youth in the Arts pilot program, and using that as a template, they will share practical information transferable to other arts and culture funding, as well as other areas of work.

Be Active

By: Dr. Rosalin Miles and Wesley Paul, First Nations Health Authority

Sessions: 5, 12

Allows: Youth, Young Adults, Young Chaperones

What does Wellness mean to you? The First Nations Health Authority wants to hear our youth's thoughts on Wellness. Along with physical health, this workshop will also include cultural, mental and spiritual well-being. We will have fun with 12 circuit stations, mixing it up with quick drills, quick thinking questions, and short learning sessions. When we have fun being active it is amazing what we will discover! (Please bring a towel and water bottle if you have one) This workshop is part of the Wellness Journey: Being Active Stream

Being an Effective Board Member at your Local Friendship Centre

By: BCAAFC Executive Committee and Provincial Aboriginal Youth Council members

Sessions: 7

Allows: Youth, Young Adults, Young Chaperones, Chaperones

This workshop is ideal if you are volunteering with your local Friendship Centre's Board of Directors or if you were thinking about volunteering with your local Friendship Centre Board of Directors. We will have a discussion and create space to understand what it means to be an effective board member.

Beyond the Hurt: Bullying Prevention

By: Sade Scott, Federation of Aboriginal Foster Parents

Sessions: 1, 4, 7, 10

Allows: Youth, Young Adults, Young Chaperones

Through interactive activities, dialogue, role playing, and visuals such as pictures and video clips we will identify four types of bullying and their definition. Dialogue will be created to identify solutions for bullying and how to deal with it in an effective way. We will discuss: What is power and how do we use it? what can you do to prevent bullying in your community? How to intervene when bullying occurs?

This workshop is part of the Wellness Journey: Nurturing Spirit Stream

Bill Reid Art Gallery Tour

By: Bill Reid Art Gallery

Sessions: 5, 6, 11, 12

Allows: Youth, Young Adults, Young Chaperones

Gallery highlights include over 40 pieces of Bill Reid's gold and silver jewelry, Reid's bronze masterpiece Mythic Messengers, several of Reid's works that are featured on the fourth edition Canadian \$20 bill and a full-scale totem pole, carved by James Hart of Haida Gwaii.

The Bill Reid Art Gallery of Northwest Coast Art opened in May 2008 in downtown Vancouver. This public art gallery is named after Bill Reid (1920 – 1998), the acclaimed Haida master goldsmith, carver, sculptor, writer, spokesman and one of Canada's greatest artists. The Gallery is devoted to understanding and appreciating contemporary Aboriginal art of the Northwest Coast.

Careers in Health an Interactive Workshop

By: Steve Sxwithul'txw, Island Health

Sessions: 5, 6

Allows: Youth

Our Island Health Careers in Health Interactive workshop focuses on several health careers: physicians, registered nurses, Licensed Practical Nurses, dietitians, and Registered Care Attendants. The doors are open to Aboriginal health care professionals and Health Careers in the classroom helps students take the first step through the door to success. The module was designed in consultation with culturally-appropriate consultants and students.

Cedar Bark Basket Weaving

By: Jessica Casey

Sessions: 1, 4

Allows: Youth, Young Adults, Young Chaperones

Introductions to cedar bark weaving. Participants will learn the basics of the weave used and the cedar's uses and when to harvest. They will be given a "how to" instruction of this workshop.

This workshop is part of the Wellness Journey: Nurturing Spirit Stream

Circle of Spirit

By: Mike McKenzie (Youth Declaration Officer)

Sessions: 5, 6, 11, 12

Allows: Youth, Young Adults, Young Chaperones

In this life we all have a purpose and by recognizing the full potential of our actions and our spirit, we can truly respect ourselves and those around us! The BC Aboriginal Friendship Centre Youth Declaration was created on February 2013 and together we made dreams become a reality by putting our ideas to work. Now in 2014 this is your opportunity to continue this journey and put youth driven ideas into action with the support of the BCAAFC Provincial Aboriginal Youth Council and the new Youth Declaration Enforcement Officer.

Ceremonial Arts

By: Sandlane Gid Raven Ann Potschka, and Sgaalanglaay Gaamdamaay Vernon Williams, Haida Nation

Sessions: 1, 4, 7, 10

Allows: Youth, Young Adults, Young Chaperones

Ceremonial Arts is an awesome opportunity for you to come together with your peers to share about yourself, your culture, community, and learn about strengthening your songs, dances and ceremonies. Through our voices and the vibrations of our sacred instruments, we connect to our ancestors which enable us to not feel alone. In sharing our stories we can support and encourage each other to rise up and feel confident about who we are, where we are going and where we are from. Both Sandlane Gid and Vernon have travelled on cultural exchanges to share their culture and ceremonies with other indigenous communities internationally. They want to hear about your experiences and share about how you and your community can apply for grants to continue solidifying the spiritual trade-routes and exchange of songs, dances, and ceremonial arts.

This workshop is part of the Wellness Journey: Nurturing Spirit Stream

Community Cousins: Aboriginal Mentorship at Vancouver Island University

By: Sylvia Scow, Community Cousin Mentors & Elder Gary Manson, Vancouver Island University

Sessions: 8, 9, 11

Allows: Youth, Young Adults, Young Chaperones

The Community Cousins Aboriginal Mentorship program was initiated to support Aboriginal learners in their educational pursuits. This program was established on the principle that Indigenous learning is holistic (Archibald, 2008) and needs to incorporate the physical, mental, emotional and spiritual elements to create balance. In this workshop, our approach is innovative as it blends the traditional teachings of Aboriginal culture with contemporary social media practices. This workshop starts with Elders' teachings, grounding students in their intrinsic worth and acknowledging their individual contributions. VIU Mentors will share their stories of their educational journey, and from here participants are encouraged to take the next step and share their sense of self with others.

Delicious, Nutritious Supermarket Shopping

By: Gerry Kasten, First Nations Health Authority

Sessions: 8, 9

Allows: Youth, Young Adults, Young Chaperones

Come and go shopping! We'll visit the online supermarket at healthyfamilies.bc.ca and learn about choosing foods to maximize your health. We'll also have some foods on hand to check out, and will spend a bit of time checking out labels. This is a great opportunity to learn more about choosing foods in your local supermarket, and to get your Wellness Journey Healthy Eating Stamp!

Provided by the First Nations Health with Aboriginal Sport, Recreation and Physical Activities Partners Council

Discovering the Stories Within Us

By: Monique Gray Smith, Little Drum Consulting and Peepeekisis First Nation

Sessions: 1

Allows: Youth, Young Adults, Young Chaperones

This writing workshop will help strengthen the voices of our young artists who choose writing as their creative form of expression. The workshop will begin with ceremony. This is an integral aspect of honouring and being grateful for the stories that will be revealed. We will then move into working with various prompts that can start the writing to flow. There will be time spent focusing on character creation, environment description and effective use of dialogue. The activities are designed to foster creative expression and a sense of pride in the youth's voice and writing. The youth will leave with a piece of writing that may be complete, or may be the start to a much bigger project for them to continue working on.

This workshop is part of the Wellness Journey: Nurturing Spirit Stream

Don't Be An Ash-hole: Tips for saying goodbye to commercial tobacco... nicely.

By: Caitlin Etherington, Regional Tobacco Reduction Coordinator and Roopy Khatkar, Regional Tobacco Reduction Coordinator both from Vancouver Coastal Health

Sessions: 9, 12

Allows: Youth, Young Adults, Young Chaperones

In this workshop we will draw from our collective knowledge and wisdom to make a plan for breaking up with commercial tobacco. Participants will walk away with what they need to know to help friends and family, make a difference in their community, and/or be prepared for their own break up when the time comes. We will introduce you to funny youtube videos and other online resources and, yes, answer all your questions on the e-cigarette.

Don't Be An Ash-hole: Tips for saying goodbye to commercial tobacco... nicely.

Eat More Traditional Foods

By: Gerry Kasten, First Nations Health Authority

Sessions: 6

Allows: Youth, Young Adults, Young Chaperones

In this workshop we'll start by looking at the First Nations Health Authority's "Traditional Foods Fact Sheets" and other traditional foods information produced by local First Nations. Next, we'll do some planning about the things we need to hunt, fish and gather traditional foods. Youth will leave the workshop with a plan to increase the variety of traditional foods they know about and eat. This is a great opportunity to learn more about traditional foods, and to get your Wellness Journey Healthy Eating Stamp.

Provided by the First Nations Health with Aboriginal Sport, Recreation and Physical Activities Partners Council

Elders Don't Bite

By: Provincial Aboriginal Youth Council & BCAAFC Elders Council

Sessions: 1, 7

Allows: Youth, Young Adults, Young Chaperones

Elders have so much to offer: wisdom, patience, kindness, guidance and time. They open their hearts in this workshop to those youth looking to connect with Elders, just as they look to connect with youth. These two groups have so much to share and the learning goes both ways. This open circle discussion will have directed topics relevant to both groups and seeks to create a space where mutual respect and understanding can grow. Come prepared to laugh!

This workshop is part of the Wellness Journey: Nurturing Spirit Stream

Empowering Aboriginal Youth In Care

By: Shannon Campbell, Johnathan Alec, Olivia Reynolds, H. Mariam Spence, Aboriginal Youth Internship Program

Sessions: 1, 4, 7

Allows: Youth, Young Adults, Young Chaperones

This is a 3 hour interactive workshop where Aboriginal youth-in-care and presenters will have a chance to share their experiences, struggles, and successes of growing up in foster care. We will share and explore the Rights of Children in Care and discuss what to expect after "aging out". The workshop will also touch on engaging in culture in the modern world that we live in.

This workshop is part of the Wellness Journey: Nurturing Spirit Stream

Find Your Voice

By: Jenna Burke and National Youth Council Member, Congress of Aboriginal Peoples

Sessions: 2, 3, 5, 6, 8, 9, 11, 12

Allows: Youth, Young Adults, Young Chaperones

The workshop begins with Introducing the presenters and getting participants acquainted. Getting on the same page (literally) what matters most to the people in the room.

Federal Government: Learn what the Federal Government does and how it affects your daily life.

Provincial Government: Learn what the Provincial Government does and how it affects your daily life.

Federal/Provincial game: Guess which of your daily activities are under federal or provincial jurisdiction.

Voting: Play the 38% game and make your voice heard.

Finding Balance Through Yoga

By: Jaime Hunt

Sessions: 3, 5, 6, 8, 9, 11

Allows: Youth, Young Adults, Young Chaperones

Hatha Yoga is bringing awareness to what is already there. I will teach how to actively participate in your breath, while using biomechanics for ideal alignment in yoga postures. Participants will learn basic yoga postures suitable for all levels. They can expect to gain strength, reduce tension and increase energy. By using breath and movement yoga increases physical, mental and spiritual well being. For me yoga is one of the secrets to life. Yoga has brought balance both on and off the mat.

This workshop is part of the Wellness Journey: Nurturing Spirit Stream

Finding Yourself

By: Odette Wilson, Nicole Leggeat, Sarah Leggeat, Annalynn Prince, Joshua Gottfriedson, Carey Marchand, and Amanda Large, Aboriginal Youth internship Program

Sessions: 1, 4, 7

Allows: Youth, Young Adults, Young Chaperones

This 3 hour interactive workshop will focus on building confidence and self-esteem, while improving communication skills and body language. We will touch on how to express emotions in a healthy and positive way, while learning how to deal with peer pressure and issues around identity. We plan to conduct the workshop in a circle, as a symbol of inclusion and equality among all. Some of the topics we will cover are: bullying, developing relationships, overcoming challenges, confidence building and role models.

Fish Soup for the Indigenous Soul

By: The Indigenous Child Well-Being Research Network

Sessions: 11

Allows: Youth, Young Adults, Young Chaperones

How does community play a role in the lives of Indigenous young people? Who better to ask than you, the youth? The Indigenous child Welfare Research Network (ICWRN) recognizes that as Aboriginal youth you are a dynamic element within your communities and your voices are integral to the guiding principles of child well-being practice. You are the connections to the past and hold visions for the future, so we encourage you to link up with other young people in this 1.5 hour workshop to forum and acknowledge the invaluable contribution you make to the past, present and future generations.

Fit Nation

By: Tish Diamond and Murphy Abraham

Sessions: 0, 5, 11, 13

Allows: Youth, Young Adults, Young Chaperones

Energize your day by joining the Fit Nation movement! Come and experience a new and innovative fitness program specifically designed to address some of the fundamental barriers experienced by Aboriginal people in their efforts to become physically active. This program was developed by the Aboriginal Sport, Recreation and Physical Activity Partners Council, in collaboration with Nike N7. Fit Nation combines a variety of dynamic stretching exercises to create a fun, adaptable and easy to learn experience for all fitness levels, from introductory, intermediate to advanced.

Freedom From Violence: Decolonizing Our Love Partnership

By: Carol Bilson and Jodi Beni, Anti-violence project at University of Victoria

Sessions: 5, 6, 11, 12

Allows: Youth, Young Adults, Young Chaperones

This workshop will look at how today's Indigenous youth can negotiate intimate partner relationships that are free from violence. Our hope is to provide youth with the tools and language around developing healthy relationships involving pleasure and consent. We will have an active look towards resurging Indigenous relationships with the land and nation. We will look at defining violence, power, and sexualized violence. This workshop is part of the Wellness Journey: Nurturing Spirit Stream

Gangs, Courts and You

By: Pamela Scolah, Angela Kermer, Admir Jarvid, Grant Cooke, Native Courtworker and Counseling Association of BC

Sessions: 4, 10

Allows: Youth, Young Adults, Young Chaperones

Your rights and responsibilities to the law. Presentation will be informational and interactive as youth will be giving some info on criminal records, procedure in court, how to participate in the justice system if you are charged. Knowledge of how to start a youth justice counsel to administer justice to their peers.

Get Up, Get Moving – Leading With Play

By: Rebekah Wilson and Christine Head, Motivate Canada

Sessions: 1, 7

Allows: Youth, Young Adults, Young Chaperones

Get Up, Get Moving is comprised of a balanced mix of theory-based activities and interactive physical activity. Youth are first taken on a journey of self-discovery by completing a life map that encourages them to identify their role models, challenges they have overcome and goals they have achieved. This is followed by an interactive physical activity that will demonstrate the importance of good communication and being a leader for others. Youth will then work in small groups to create a community map that will them to identify the assets in their community (infrastructure, volunteers, funding, etc) that support a healthy lifestyle. Youth leaders will work together in their groups with a toolkit of items to create their own sport which they will demonstrate for the rest of the participants. At the end of the workshop, youth will walk away with new knowledge and an action plan for improving healthy living in their own communities.

This workshop is part of the Wellness Journey: Being Active Stream

Girl Power!

By: Shannon Beauchamp (Spirit Name: Migizzi Miigwan Equae), Garden River and Michipicoten First Nations

Sessions: 1, 4

Allows: Youth, Young Adults, Young Chaperones

In this fun and interactive workshop, we will explore your wants, needs, values, goals and aspirations. We will share stories on creating strategies for your success. There will be exercises that will aid you to get to know yourself better, to enhance your leadership capabilities, to say no to what you don't want in your life, and to say yes to your authentic self. Let's get inspired and empowered together!

This workshop is part of the Wellness Journey: Nurturing Spirit Stream

Healthy Eating Ideas For Your School, Team or Community

By: Gerry Kasten, First Nations Health Authority

Sessions: 3

Allows: Youth, Young Adults, Young Chaperones

Learn about strategies on how to take action to make changes to the foods we eat in school, at team events or at community meetings. We'll look at the First Nations Health Authority's "Healthy Food guidelines" and learn how to use it to promote healthy food choices and to learn new recipes. This is a great opportunity to learn more about changes you can make to promote healthy eating in your community, and to get your Wellness Journey's Healthy Eating Stamp.

Provided by the First Nations Health with Aboriginal Sport, Recreation and Physical Activities Partners Council

History, Ancient Tools, and the Arts

By: Anjeanette Dawson, Tracy Williams, Squamish Nation (Education Department)

Sessions: 1, 4, 7, 10

Allows: Youth, Young Adults, Young Chaperones

Youth will have an opportunity to learn about the history and ancient technology of our ancestors. There will be a comprehensive display which will include home tanned deer hides, bark tanned fish skins, a variety of traditional basketry, stone and bone tools, and a bow drill kit for fire making. There will be a display of Coast Salish wool weaving pieces such as: shawl, bags and sample of techniques and colours. This hands-on presentation will provide an opportunity for youth to learn about how important it is for us to walk in harmony with the seasons – because this is how we know when to gather our weaving materials, when to hunt and fish, and when to practice our traditional ceremonies. After learning about ancient technology, students can practice their own skills at weaving and create a cedar bark and wool woven bag that they will be able to take home and share with others. This workshop is part of the Wellness Journey: Nurturing Spirit Stream

Holistic Guys

By: Warren Hooley

Sessions: 1, 4, 7

Allows: Youth, Young Adults, Young Chaperones

It's 2014 and we as men, both young and old, are needed more than ever in the lives of our families. We can show up and be contributors and providers in more ways than we might think. In this workshop we will address some of the challenges we face as men. Things like keeping positive relationships with women, working and finding jobs, how we eat and take care of ourselves etc. Through discussion, sharing parts of our stories, doing group exercises and some fun activities, we will connect, grow and learn from each other.

Honouring Our Sacred Gifts

By: Jeska Slater, Young Indigenous Warriors

Sessions: 1, 4

Allows: Youth, Young Adults, Young Chaperones

Each participant will paint a medicine wheel that symbolizes their life. Each quadrant represents their Physical, Mental, Spiritual and Emotional Selves. Each quadrant will be filled with a sacred colour unique to the individual as well as a stenciled animal to represent a goal for this aspect of their life. This animal can be taken from the Seven Sacred Teachings, or can be a part of their crest or clan system.

This workshop is part of the Wellness Journey: Nurturing Spirit Stream

Indig-A-Fit - Healthy Lifestyles with the Indigenous Mindset

By: Wesley, Ojibway Nation and Shannon-Rose King, Nisga'a Nation

Sessions: 1, 4, 7, 10

Allows: Youth, Young Adults, Young Chaperones

Indig-A-Fit will look at understanding healthy lifestyles as a whole, and how we can adapt those healthy choices into our daily lives. We will begin with an in-depth look at how our nutritional choices effect our entire bodily function, and with that understanding, demonstrate how we can use today's foods to return to the benefits of the indigenous diets of our ancestors. The fitness component will use Cross Fit methods, which focus on perfecting human movement with "constantly varied high-intensity functional movements." Please dress to be active. This workshop is part of the Wellness Journey: Healthy Eating Stream

Introductory Lacrosse

By: Naomi Walser, BC Lacrosse

Sessions: 8, 9, 11, 12

Allows: Youth, Young Adults, Young Chaperones

This workshop starts with brief story-telling and picture sharing specific to age groups. The variation taught is called Intercross; it is a safe, non-contact form of lacrosse requiring only a stick and soft ball to participate. Participants will learn the four basic skills required to play: picking up the ball, cradling, passing, and catching, and have the opportunity to put their skills to use by the end of the session with modified games.

This workshop is part of the Wellness Journey: Being Active Stream

KickstART: Aboriginal Storytelling through Comics

By: Jason R. Odjick, Kitigan Zibi Anishinibag

Sessions: 4, 8

Allows: Youth, Young Adults, Young Chaperones

The workshop is examining storytelling through visuals as opposed to words and letters. We begin with a brief overview of comics; not only comic strips and books, but the core of what constitutes a comic; ie. any set of images placed in a sequential order, going back as far as cave paintings / hieroglyphs.

Following a quick examination of the storytelling medium, we would tie the workshop in to the exhibit by looking at some of the Morrisseau works and examining or interpreting the stories being told in those pieces and then, workshop participants would be asked to participate in some visual storytelling of their own by creating a series of sequential images related to a piece of Morrisseau artwork, to tell a story using that piece.

In essence, participants will be creating their own comic strip or page, and expanding upon their own unique, individual interpretation of whichever piece of artwork they choose to work with, gaining an understanding of visual storytelling, then trying their own hand at it.

Leadership in Action...Become your own leader!!

By: Indigenous Ambassador Group, School District 23, Aboriginal Students within Central Okanagan

Sessions: 1, 7

Allows: Youth, Young Adults, Young Chaperones

The Indigenous Ambassador group consisting of approx. 8-14 youth will present on different types of leadership skills and concepts that will be learned through fun, hands on, experiential learning activities. Youth will hear a number of 10 minute activities to establish good leadership skills including: understanding yourself, getting to know each other, team building/ group process, communication/ goal setting & planning, problem solving/ decision making, aspects of leadership/leadership analogies. Finally, youth will work in small groups to plan their own leadership workshop for their communities.

Learning Tools for Effective Facilitation!!

By: Teyotsihstokwáthe Dakota Brant, Mohawk Turtle Clan-Six Nations Territory -Shining Star Facilitation principal

Sessions: 1, 4

Allows: Youth, Young Adults, Young Chaperones

The motivation of young native people to take on leadership roles is amazing! Every community leader over their journey learns and develops tools for facilitation and engagement. Participation in this workshop is an opportunity to develop your facilitation tools! Participants learn:

1. Some basic professional facilitation tools
2. Audience dynamics you may face when leading a workshop
3. The art of facilitator graphic recording
4. Fun ways to engage groups!

Life Skills Swagger

By: Sam Pothier and Rhonda Leach, Adoptive Families Association of BC (AFABC)

Sessions: 10

Allows: Youth, Young Adults, Young Chaperones

Get your Life Skills Swagger On! This interactive workshop is for young adults who have aged out of or have experience with government care (Foster Homes, Group Homes, Youth Agreements). You will learn some basic skills like how to do laundry, but you will also learn about your rights and where to go in your community for support. And if that doesn't make you want to go we have tons of prizes!

Live Your Language: Mentor-Apprentice Language Learning Workshop

By: Aliana Parker, Suzanne Gessner, MENETIYE Elliott, First Peoples Cultural Council and Tsartlip First Nation

Sessions: 2, 3, 5, 6

Allows: Youth, Young Adults, Young Chaperones

Interested in learning your language but don't know where to start? Come learn about the Mentor-Apprentice method of language learning! In this method, a fluent speaker (the Mentor) teaches a learner (the Apprentice) through one-on-one language immersion in daily activities. Through hands-on language immersion activities, workshop participants will learn what it takes to start using the strategy for language learning and hear the real-life experience of a participant in the First Peoples' Cultural Council's Mentor-Apprentice program. This workshop is part of the Wellness Journey: Nurturing Spirit Stream

Masculinity: Tough Guys

By: Chris Branigan & Kevin Creamore, Prince George Native Friendship Centre

Sessions: 2, 3, 5, 6, 8, 9, 11, 12

Allows: Youth, Young Adults, Young Chaperones

Through film and group discussion we will explore what it might mean to be a man. Themes will include: How culture / media shapes identity, violence and aggression, emotional wellbeing, identifying role models.

Participants will be able to build a model of how to become the kind of man you want to be. Participants will review discussion and model to elaborate a personal and more meaningful definition of masculinity.

This workshop is part of the Wellness Journey: Nurturing Spirit Stream

Medicine Wheel: The Self-Care Toolkit

By: Malisa Fox, Simone Compton, Jesse Lecoy, Rochelle McLean, Maryel Sparks-Cardinal, Marion Chelsea, Aboriginal Youth Internship Program

Sessions: 1, 4, 7

Allows: Youth, Young Adults, Young Chaperones

As youth, we are faced with so many different expectations and pressures in our day to day lives. The medicine wheel teaching is that we must take care of all four areas (spiritual, emotional, physical and mental) of ourselves in order to walk in a good way. This fun and interactive workshop will prepare you with some tools that can be used every day to cope with life's everyday pressures. This workshop is part of the Wellness Journey: Nurturing Spirit Stream

Metis Getting Jiggy... Hip Hop Dance

By: Beverly Lambert, Cultural Ambassador – BC Metis Federation

Sessions: 11, 12

Allows: Youth, Young Adults, Young Chaperones

Health and culture go hand in hand. In order to balance your life you need to understand how culture feeds your soul and spirit. We shall focus on how to achieve a healthy attitude and heart. Why not spice it up and learn to use Hip Hop music to learn Metis Jigging? Challenge yourself and try a new way of keeping in shape. This high energetic Metis program will teach you many traditional steps and it is a fantastic way to keep physically fit. The music is good for the soul, and sometimes when we are enjoying ourselves we forget it is a work out. This experience will lift your spirits and motivate you to exercise again. Everyone will leave with a positive attitude, self-esteem, and how to be proud of who you are, and a healthy lifestyle. Think of jigging and dancing like a sport activity. I will encourage all participants to compete in a traditional Jigging contest using my own traditional music or their choice of music. I will demonstrate some traditional dances to use.

Examples: Belt and broom or Reel of 4, let us see who has the best moves. I will provide costumes if they choose to do a group dance or couples competitions. Anything goes folks, the more you move the better you groove. This workshop is part of the Wellness Journey: Being Active Stream

Once Tobacco Was Sacred

By: Kim Howay, Sto-Lo, First Nations Health Authority

Sessions: 2, 8, 11

Allows: Youth, Young Adults, Young Chaperones

Learn how traditional tobacco is grown and how we use it. We will explore the spiritual use, medicinal use, and cultural practices of traditional tobacco. Workshop activities may include art, storytelling, acting and we might even make a tobacco tie. Come and get your "Respecting Tobacco" Wellness Journey stamp!

Personal Leadership Training: Developing Healthy Leadership

By: Mallaina Friedle, Native Ambassador Post-Secondary Initiative, University of Calgary

Sessions: 2, 3, 8, 9

Allows: Youth, Young Adults, Young Chaperones

The N.A.P.I. workshops explore traditional and contemporary leadership, Aboriginal leadership, and leadership styles. This workshop enables youth to:

- Understand the nature of leadership
- Identify qualities that they admire in other leaders
- Define their personal leadership style and find their own leader from within
- Appreciate different styles of leadership and identify how to use each style appropriately
- Complete a leadership inventory of their own leadership skills
- Set goals for leadership development

Potential Funding Source: Community Gaming Grants

By: Ron Rice, BC Association of Aboriginal Friendship Centres

Sessions: 11, 12

Allows: Young Chaperones, Chaperones

This workshop, geared to non-profit organizations interested in ongoing program grants, will focus on presenting information about the funds available to non-profits in BC (up to \$100,000 for local initiatives). In addition to basic information about the funding program, facilitators will offer direct support in determining funding eligibility as well as support in application development and pre-screening of budgets and final application before it is submitted to the funder. This workshop is ideal for Chaperones and Program Administrators working for non-profits. It will start 10 minutes after all other workshops to give Chaperones time to drop off their youth at their scheduled workshops.

Preventing Sexual Exploitation & Human Trafficking

By: David Hunt, Ashleigh Eaton, Children of the Street Society & Jaret Hunter (OCTIP)

Sessions: 2, 6, 8

Allows: Youth

This is a joint workshop between Children of the Street Society and the Office to Combat Trafficking In Persons (OCTIP) of the Ministry of Justice. Through the use of communication tools such as powerful and original skits, engaging role plays, monologues, multimedia and discussion, facilitators engage students aged 14-18 in a powerful and real conversation about human trafficking, sexual exploitation, sex trade recruitment, exploiters, glamorizing the sex trade, exploiters and traffickers in Canada, the role of drugs and alcohol in sexual exploitation, online exploitation, gangs and girls, the role of young men in exploitation, and healthy relationships and self worth. Workshops also address issues relevant to remote areas of BC, such as exploitation facilitated by hitchhiking or bush/beach parties.

Promoting Healthy Youth Relationships

By: Chris MacPherson and Janice Wilson, Canadian Red Cross Society

Sessions: 1, 4, 7, 10

Allows: Youth, Young Adults, Young Chaperones

Healthy Youth Relationships (HYR) explores healthy and unhealthy peer romantic relationship – focusing on awareness, communication and prevention strategies. The facilitator will deliver this highly interactive presentation that empowers young people to identify healthy dating relationships and supporting behaviours, what makes a relationship abusive, sexual harassment and inappropriate sexual behavior, legal definitions and ramifications of assault, consent, protection and reporting procedures, support agencies and community resources. This workshop is part of the Wellness Journey: Nurturing Spirit Stream

Proposal Writing 101: Bring more funding into your community

By: Colette Trudeau and Tanya Davoren

Sessions: 11, 12

Allows: Youth, Young Adults, Young Chaperones

Metis Nation British Columbia will be hosting an introductory workshop to support youth in gaining proposal writing skills. The workshop will cover topics such as: purpose and responsibility, organizational readiness, research, development of a formal proposal/grant, and presentation. By empowering youth, we are ensuring you have the skills to support the sustainability of your communities and Nation. A workshop manual and resource materials will be provided to all participants as a take away and to support on-going learning and referencing.

Public Safety Careers: Learning About Firefighters, Paramedics, Police Officers, and Corrections

By: Cheryl Matthew, Associate Director Indigenization & a panel of Aboriginal police officers, paramedics, and corrections officers

Sessions: 8, 9

Allows: Youth, Young Adults, Young Chaperones

The workshop will allow Aboriginal youth to spend time with and ask questions of Aboriginal public safety professionals including a firefighter, paramedic, corrections officer, police officer, and sheriff to find out about their work and how they joined the profession. The workshop will then split all of the youth into separate groups and talk one on one with the professionals who will talk about what they do on a day to day basis and also have hands on materials that they use in their work (i.e. uniforms, respirators, not including firearms etc).

Richness is Independence

By: Chris Hunt, Kwakiutl and Scotiabank

Sessions: 2, 3, 5, 6, 8, 9

Allows: Youth, Young Adults, Young Chaperones

Albert Einstein said, "Compound interest is the eighth wonder of the world. He who understands it, earns it ... he who doesn't ... pays it." Learn how to save for a potlatch or Pow Wow, a sports tournament, vacation, education, and retirement. Learn how to get your first credit card and how to finance or save for your first car. All participants in each workshop will be entered in a draw to win \$50.00. All participants will also be entered into a draw to win the grand prize, an iPad mini.

Science Venture: Exposing the Evidence

By: Melisa Yestrau (Science Venture Director), Andrew Hobden, plus one more

Sessions: 8, 9

Allows: Youth, Young Adults, Young Chaperones

Explore the world of forensic science in this workshop. Enter a simulated lab, and use various techniques to solve a crime. Lab coats and hazmat suits provided. From DNA extraction to fingerprint analysis and blood typing, unleash your inner geek.

Science Venture: H2O Design Challenge

By: Melisa Yestrau (Science Venture Director), Andrew Hobden, plus one more

Sessions: 11, 12

Allows: Youth, Young Adults, Young Chaperones

Ready, Set, Design! Powering our communities is essential, but how can this be done in a sustainable way? In this workshop you will design and test a water turbine for power production. How fast can you make your turbine spin?

Science World Outing

By: Telus World of Science

Sessions: 4, 10

Allows: Youth, Young Adults, Young Chaperones

Science World British Columbia is a not-for-profit organization that engages British Columbians in science and inspires future science and technology leadership throughout the province. Visitors to the science center will come face-to-face with all the creativity, imagination and wonder that comes with discovering science in an informal and approachable environment.

Self-Care from a Cultural Perspective

By: Tsaw-Tun-Le Lum Society

Sessions: 1, 4

Allows: Youth, Young Adults, Young Chaperones

This workshop will enable the participants interactively to explore from a cultural perspective the importance of self-care in all aspects of their well-being. The facilitators will engage in open discussions with the group to discover different methods of self-care. Self-Care is a very important part of developing life skills and self-awareness. Discussions will focus on reminding the youth about healthy ways to have fun and be safe in the effort to unload stress, anger, or fear to maintain a healthy and balanced life.

Seven Sacred Laws through Graffiti

By: Jeska Slater, Young Indigenous Warriors

Sessions: 7, 10

Allows: Youth, Young Adults, Young Chaperones

Participants will be asked to reflect on their own lives, and which of the teachings are the most relevant to them and why. Canvasses and paints will be handed out. Participants will transfer a graffiti styled word of one of the teachings (Truth, Courage etc.) on their canvasses. They will add imagery of animals, medicine wheels and any other cultural symbols that are relevant to their lives. The end of the workshop will culminate in a sharing of the paintings.

Sharing Your Wisdom: Youth Engagement

By: Serena Read, First Nations Youth Councils of BC Association

Sessions: 8, 9, 11, 12

Allows: Youth, Young Adults, Young Chaperones

We will create a space for you to share what 'Meaningful Youth Engagement' means to you and after brainstorming will introduce basic information which you can use at home to start making change (breaking down big ideas into manageable steps). Having your voices heard is your right! Did you know that? Come out, share and learn ways to increase your engagement. Have your voices heard!

Show me the Money... and How to Keep It!

By: BC Friendship Centres

Sessions: 4, 10

Allows: Youth, Young Adults, Young Chaperones

Do you want to contribute to your family and community, go out with your friends, be able to pay your bills, buy that new iPhone, and not be stuck with crippling debt? Following your dreams takes courage but it also takes smart money management, aka Financial Literacy. Give yourself a head start by learning some tricks and tools to help you succeed in a material world. Participants will also benefit from ongoing support following the conference and special door prizes to help with money management.

Smarty pants: Becoming the first person in your family to go to university.

By: Dr. Shelly Johnson (Assistant Professor, University of BC, School of Social Work, Vancouver), Graeme Joseph (Coordinator, Strategic Aboriginal Initiatives, Office of the Vice President, Students, University of British Columbia) and Celia Reimer (Aboriginal Students Admission Advisor, UBC), & Jeane Riley, Indigenous student at UBC.

Sessions: 5

Allows: Youth, Young Adults, Young Chaperones

Do you ever wonder if you could be the first person in your family to go to university? Does it help to know that universities want First Nations, Metis and Inuit youth to be successful students? Your first step towards becoming a university student might begin with this workshop. If you are or were a child in foster care, the University of BC will waive your tuition fees for four years. Yes, really. This interactive workshop is with a Saulteaux professor, a Gitksan student support person, an Aboriginal admissions advisor, and an Indigenous student. We will show you a video, give you information, answer your questions, talk about what is possible, talk about our experiences in becoming the first people in our families to go to university, and encourage you to become the first person in your family to go to university.

Speak Out - Communication, Collaboration & Your Community

By: Chelsea Doyle, Infuse Adventures

Sessions: 1, 4, 7, 10

Allows: Youth, Young Adults, Young Chaperones

Through experiential learning:

- Youth explore their personal identity, beliefs, and goals for the future
- Increased self-confidence and increased self-esteem through a supportive team environment
- Tangible leadership skills - public speaking, effective communication and collaboration
- Teamwork and creative thinking through directed challenges
- Youth involvement in community affairs and a greater understanding of opportunities available for action and leadership

Spirit-driven Woodland Art: Concepts and Composition

By: Ritchie Sinclair, Norval Morrisseau's former protege

Sessions: 10

Allows: Youth, Young Adults, Young Chaperones

Spirit-driven Woodland Art: Concepts and Composition is a hands-on workshop dedicated to exploring the inspirational drive behind Norval Morrisseau's art form and its intrinsic value both to individual artists and the viewing public. While Morrisseau's art form is best known for its magnificent use of colour, it is the art form's line and composition which are its core foundation. In this dynamic workshop attendees will be guided in composing their own works of art in pen & ink and will be assisted with the fundamentals of developing their very own visual language to deeply commune with spirit, nature and one another. This workshop is part of the Wellness Journey: Nurturing Spirit Stream.

Finished works may be submitted to Historia Canada's Aboriginal Arts & Stories program for a chance to win up to \$2000, and have their artwork published and exhibited. For more details, see Aboriginal Arts & Stories Workshop.

Suicide Awareness and Skateboard Safety

By: Davis Henderson, Wyler Hunt, Tim Hunt, Sacred Wolf Friendship Center

Sessions: 2, 3, 11, 12

Allows: Youth, Young Adults, Young Chaperones

Youth facilitators will share their story of how they dealt with their best friend's suicide and how they responded with a proactive approach. The workshop will discuss the soccer team they developed and the incentives they used to recruit this particular group. To promote safety, the facilitators will show their creative ways to incorporate youth safety in a trend setting way.

Survivor Skills for Transitioning into College/University

By: Lalita Morrison, Indigenous Community Liaison and Out Reach Coordinator- UVIC and Jennie Blankinship, Indigenous Recruitment Coordinator - SFU

Sessions: 1, 7

Allows: Youth, Young Adults, Young Chaperones

This workshop will equip youth with survival skills for transitioning into post-secondary education. Participants will explore their educational goals, outline the steps to prepare for post-secondary, prepare a budget, identify sources of funding and support services.

TRIBE ALIVE! Youth Theatre Workshop

By: Margo Kane, Corey Payette, Kwasuun Sarah Vedan, Full Circle - First Nations Performance

Sessions: 7, 10

Allows: Youth

Full Circle ensemble will provide a workshop for youth using theatre games, improvisation and sound and movement. The goals of this workshop are to allow 'play' as the means to expression, building confidence, connecting with one another and creating performance in an ensemble collective environment.

The Art & Business Of The Music Industry

By: Suzette & Stanley Amaya, GwasSala-Nakwaxda'xw Band

Sessions: 2, 3, 5, 6

Allows: Youth, Young Adults, Young Chaperones

In This Workshop Suzette & Stanley of SAMAYA Entertainment and ThinkNDN 100.5fm will share her personal story of success in radio broadcasting, event planning and artist management & consultation experience. Manager of award winning artist Joey Stylez. Samaya ent. Works to promote artists, teach marketing, networking, promotions, skill building, grants, funding resources, bookings, agreements and professionalism in the music industry. This workshop will include music videos; power point instruction that is fun and easy to understand, in point form, and room for questions, and discussions. This presentation is open to all participants to build their knowledge in making it in the music industry. Samaya will share the tools to building a professional biography and will allow participants to share among themselves through a networking exercise as well as offer aspiring artists to share amongst the group as a whole. The goal for this networking and skill building exercise is to build confidence as well as discover their talents!

The Art of the Start (up)

By: Adrian Duke

Sessions: 5

Allows: Youth, Young Adults, Young Chaperones

Artists, musicians, and entrepreneurs alike find writing a business plan, finding funding, and actually starting your own company to be a very intimidating task! This workshop will teach you how to identify, access, and utilize the business plan that you may not even realize is already inside you. We will not only uncover the plan but also discover how to get started immediately. The workshop will be conducted in a group participation format and will challenge you to step out of your comfort zone and express your ideas. Together, we will quickly develop a business plan and strategy with nothing but the information that is in the room. The goal is to provide you with an understanding of the important elements of a business plan, provide the tools needed to develop your own business, and empower you to start chasing your dreams today!

The Building Blocks of Leadership

By: Rhonda Terbasket / Michal Cooke, Okanagan Nation

Sessions: 1, 4, 7

Allows: Youth, Young Adults, Young Chaperones

Highly interactive presentation that will make you think about your own leadership skills and where they can from. This presentation is designed to get you thinking about what you want your Leadership foundation to be. Every year the statistics say that First Nation Youth are growing faster than any other group in Canada, this makes YOU the future. Let us help you to recognize the skills you already have and how to increase your personal awareness.

We will be utilizing Personality Dimensions to help you determine your colors and how they play a role in your everyday activities. This workshop is going to move quickly so be prepared to participate 100%. Let's learn together, laugh and have some fun!

Under Pressure: Exploring Social Pressures

By: Rowan Forseth, Skyler Erasmus, Alexandra Denis, Renae Real, Jonathan Hanuse, Aboriginal Youth Internship Program

Sessions: 2, 3, 5, 6, 11, 12

Allows: Youth, Young Adults, Young Chaperones

The overall learning objectives of this workshop are to harvest how youth deal with social pressures today and to display the similarities and differences of social pressures found in different circles and areas of society. Through group conversation, some creative role-playing, and a couple of card games, this workshop constantly encourages participation from every member of the circle with the goal of harvesting views on social pressures on the youth of today from the youth of today.

Wheel of Wellbeing: Balance & Self care

By: Connecting the Dots project team: Niki Stevenson (KiLowNa Friendship Society), Amanda Swoboda (Canadian Mental Health Association Kelowna Branch), Lanny Kipling (Quesnel Friendship Centre), Angela Murray (Port Alberni Friendship Centre)

Sessions: 11, 12

Allows: Youth, Young Adults, Young Chaperones

Youth will generate strategies to enhance their personal wellness in a fun and interactive format. This workshop will explore how belonging and connection are related to wellbeing, and youth will be able to develop tools and strategies to promote their wellbeing now and into the future.

OBJECTIVES:

1. What is mental health & wellness?

Grounding in cultural concepts of wellbeing, activities that highlight the role of self-care in achieving balance and wellness

2. Connection & sense of belonging- how does this contribute to health & wellbeing?

Exploring the concept of inter-connection and the importance of belonging, where and how to build connections in your life

3. Strategies to enhance personal wellness– Introduce concept of medicine wheel

Introducing tools and strategies to increasing personal wellness, with emphasis on everyday activities that promote wellbeing and connection

This workshop is part of the Wellness Journey: Nurturing Spirit Stream

Witness Blanket

By: Witness: Pieces of History

Sessions: 2, 5, 8, 11

Allows: Youth, Young Adults, Young Chaperones, Chaperones

Through this workshop youth will learn about the “Witness Blanket”, a national Indian Residential School Commemorative monument. Inspired by the concept of a woven blanket, this monument incorporates actual physical artifacts from Residential Schools, churches, government buildings and traditional and cultural structures from across Canada. The Witness Blanket will stand as a national monument to recognize the atrocities of the Residential School era, honour the children and symbolize ongoing reconciliation. Through this workshop youth can watch a short documentary on the making of the Witness Blanket monument, view panels from the monument and learn more about the physical artifacts that are a part of those panels.

You Have A Voice: Education and Empowerment through Youth Rights

By: Kim Harvey, Representative for Children and Youth

Sessions: 1, 7

Allows: Youth, Young Adults, Young Chaperones

The workshop is meant to introduce youth to United Nations Convention on the Rights of the Child (UNCRC) rights as well as UNCRIP rights. Our goal is to inspire youth to become self-advocates and help make that practical connection to rights in their everyday lives. Through interactive activities and a critical debrief, we hope to educate and empower youth to build their own capacity to become self-advocates in their own communities.

Your Future Children, What You Teach Your Children Your Grandchildren Will Learn

By: Diana Elliot, Aboriginal Infant Development and Danielle Smith, Aboriginal Supported Child Development Provincial Office

Sessions: 8, 9, 11, 12

Allows: Youth, Young Adults, Young Chaperones

What is ECD and why is it important? Who benefits from ECD knowledge and understanding? Where is ECD in your community? When is it a good time to consider ECD as a career Choice?

ECD refers to young children generally under the age of 6. Positive, nurturing early experiences and environments in life provide a healthy, strong foundation for future health, lifelong learning and success and well-being. The early years are important for a child's physical, social/emotional, mental and spiritual development. To support parents and caregivers of young children, ECD provides a range of programs and services designed to ensure children get the best possible start in life. You will learn about Aboriginal Infant Development Programs and Aboriginal Supported Child Development Programs and Services. You will learn about other professions that support young children and their families. There are lots of career choices in ECD, it is not all child care or babysitting.

We will talk about:

- ECD as a career choice.
- How it supports parents and families
- How it supports children who have special needs or require extra support
- How ECD contributes to health and wellness of our communities

Youth Empowerment with Hypnosis

By: Scott Ward

Sessions: 2, 3, 5, 6

Allows: Youth, Young Adults, Young Chaperones

People enjoy workshops that are interactive and get the blood going. Learning can be fun and there is no better way to build unity than through group interactive exercises infused with some drama games. Break the ice by having participants up and moving around learning new team building skills.

Youth Inclusion Awareness Project

By: Joanne Stygall Lotz, ProMOTION Plus

Sessions: 8, 9

Allows: Youth, Young Adults, Young Chaperones

Explore gender, race, harassment, bullying and homophobia in relation to sport, recreation and physical activity. Broaden your experience to enhance your ability to handle everyday issues while engaging in sport, recreation and physical activity. We hope to inspire better leaders, confident coaches, instructors and roles models.