



## FPWC LEARNING CIRCLE

### 8 Point Star Teaching for Self-Care

**DATE:** December 21st, 2022

**TIME:** 11:00 AM - 1:00 PM (EST)

**LOCATION:** Zoom

First Peoples Wellness Circle would like to acknowledge all the hard work that you have done and continue to do in your communities. The next FPWC Learning Circle will focus on self-care for the mental wellness workforce. We are honoured to welcome Sylvia Recollet as a guest speaker.

Sylvia Recollet is an Anishinaabe-Kwe from Wiikwemkoong Unceded Territory on the beautiful Manitoulin Island. Sylvia's Anishinaabe noozwin is Zhaashkwaa Niimkii Kwe (Blue Thunder Woman) and she is of the Makwa Dodem (Bear Clan). Sylvia is a wife of 29 years, a mother of two and a grandmother of one.



**Sylvia Recollet**

Sylvia is a Registered Psychotherapist with the College of Registered Psychotherapists of Ontario. She is a Mental Health First Aid (MHFA) Canada Instructor, and a Master Trainer for Applied Suicide Intervention Skills Training (ASIST). Sylvia has been working in the field of mental health for over 20 years, utilizing Traditional Teachings, Ceremonies, and Western ways of therapy in her practice. She has her own private practice called Zhaash-Kwaa Nimkii-Kwe Counselling and Contracting.

This Learning Circle will provide opportunities for sharing and incorporating Traditional Knowledge, Medicine Wheel Teachings, and the Seven Grandfather Teachings into the personal and professional lives of wellness workers. Sylvia will begin the session by providing an in-depth understanding of utilizing the Medicine Wheel as a guide for self-care and holistic wellness of the mind, body, spirit and emotion.

#### **Learning Objectives**

- Making the connection of the Medicine Wheel and applying it to holistic wellness (mind, body, spirit and emotion)
- There will be a focus on mind, body, spiritual and emotional well-being in relation to the Seven Grandfather Teachings
- Participants will create a self-care plan to implement in their lives to promote Mino Bimaadziwin (Good Life)

**ALL PARTICIPANTS MUST REGISTER**

For more information, please email: [Lisa.Wabange@fpwc.ca](mailto:Lisa.Wabange@fpwc.ca)



# FPWC LEARNING CIRCLE

**Decolonizing Health Care and Becoming a Helper:**  
*Anti-Racism, Cultural Safety & Humility and exploring the new requirement for health equity. (Equal Outcomes & Equal Services)*

**DATE:** February 10th, 2022  
**TIME:** 1:00-3:00PM EST/Toronto

On behalf of First Peoples Wellness Circle we are honoured to have Dr. Evan Adams as our guest speaker. Evan Tesla II Adams is a Coast Salish actor and physician from the Tla'amin First Nation near Powell River, BC, Canada. He is currently on exchange with First Nations & Inuit Health Branch, Indigenous Services Canada, as the Deputy Chief Medical Officer of Public Health under Dr. Tom Wong. Dr. Adams has worked many years and continues to work as a physician in the healthcare system that focuses on First Nation Health programs in Canada.



**Dr. Evan Adams, M.D., MPH**

He is a renowned motivational speaker and is very passionate about sharing his knowledge about the new requirement of health equity for Indigenous People across Canada.

**During this webinar participants will be provided insight into:**

- Understanding the structures, processes, relationships, roles, and responsibilities of providing culturally safe health care.
- Exploring how policies and legislation have contributed to a gap in health, social and economic outcomes of Indigenous peoples.
- Analyzing health care issues using a lens of Indigenous and western knowledge.

We hope you can join us for this informative webinar.

For additional information please email: [Lisa.Wabange@fpwc.ca](mailto:Lisa.Wabange@fpwc.ca)

**[REGISTER HERE](#)**



# FPWC LEARNING CIRCLE

## *Two-Eyed Seeing Approaches to Recognizing and Managing Anxiety & Depression*

**DATE:** Wed. February 16th, 2022

**TIME:** 12:00-2:00 PM EST



**Dr. Cornelia (Nel) Wieman**



**Gerry Oleman, Elder**

We are honoured to have Elder Gerry Oleman who is a member of the St'at'imc Nation from Tsal'alh (Shalalth B.C.) and Dr. Nel Wieman who is Anishinaabe from Little Grand Rapids First Nation, Manitoba as our guest speakers.

Gerry has provided counselling at an individual, family and group level for the past 34 years and he has facilitated over 645 workshops across Canada and the United States.

Dr. Nel Wieman is Canada's first female Indigenous Psychiatrist and has more than 20 years' clinical experience, working with Indigenous people in First Nations communities, rural and urban settings.

The webinar will demonstrate a two-eyed seeing approach to anxiety and depression by receiving knowledge and teachings from Dr. Wieman and Elder Gerry Oleman through song, prayer and stories.

### **During this webinar participants will be provided insight into:**

- Becoming familiar with the concept of "Two-Eyed Seeing".
- Learning more about depression and anxiety: *how to recognize symptoms and signs, how is it assessed and what makes up a wholistic treatment plan.*
- What are potential outcomes if these mental health conditions go unaddressed?
- Understanding preventative approaches for anxiety and depression.

We hope you can join us for this informative webinar.  
For additional information please email: [Lisa.Wabange@fpwc.ca](mailto:Lisa.Wabange@fpwc.ca)

**[REGISTER HERE](#)**



# FPWC LEARNING CIRCLE

## *Building Helper Safety for Better Client Outcomes*

**DATE:** Wednesday, May 25th, 2022

**TIME:** 12:00-2:00PM Est/Toronto

**Location:** Zoom

On behalf of First Peoples Wellness Circle, we are honoured to have Suzanne Methot as our guest speaker. Suzanne was born in Vancouver and raised in Sagitawa/Peace River, Alberta. Suzanne is Asiniwachi Nehiyaw (Rocky Mountain Cree) of mixed Indigenous and European heritage. She is the author of the award-winning non-fiction book *Legacy: Trauma, Story, and Indigenous Healing*. She is a social historian, educator, and community worker who has over 30 years of experience creating and applying equity-based programs, curriculum, and service frameworks in the education, social service, health care, and museum sectors.



**Suzanne Methot**

The webinar will focus on the impacts of intergenerational trauma on helpers and the helper-client relationship, and how culture-based strategies for creating meaning and connection can minimize triggers and alleviate burnout and compassion fatigue. We will also consider how unresolved emotions and “survival behaviours” affect relationships between colleagues and how to promote healthier, more supportive workplaces.

### ***During this webinar, we will:***

- Examine connections between intergenerational trauma and vicarious trauma
- Recognize the importance of helper self-care in creating positive client outcomes
- Analyze how intergenerational trauma is re-experienced in the workplace
- Identify systemic/institutional/organizational gaps and responsibilities for supporting helper wellness

We hope you can join us, for more information please email: [Lisa.Wabange@fpwc.ca](mailto:Lisa.Wabange@fpwc.ca)

**ALL PARTICIPANTS MUST REGISTER FOR THIS WEBINAR**



# FPWC LEARNING CIRCLE

## *Practical Strategies for Supporting First Nations Youth Mental Health*

**DATE:** Thursday, June 23rd, 2022

**TIME:** 12:00-2:00PM Est/Toronto

**Location:** Zoom

On behalf of First Peoples Wellness Circle, we are honoured to welcome Dr. Christopher Mushquash as our guest speaker. Christopher is Ojibway and a member from Pays Plat First Nation in Ontario. He is a Clinical Psychologist and Researcher in the areas of mental health, trauma and addiction. He is passionate about First Nations health and wellness and holds multiple roles in the areas of health and education.



**Dr. Mushquash**

The webinar will provide learning opportunities for how to engage and support First Nation youth who experience negative mental health impacts during the COVID-19 pandemic (e.g., anxiety and depression). The goal as a helper when working with communities is providing information, resources, and opportunities for connection. This can be done in a strength-based approach, that focuses on successes, talents, identity, and gifts. It is important to show compassion for youth experiencing mental health difficulties.

***During this webinar, we will discuss:***

- Preventing of Adverse Childhood Experiences (ACEs) as a means of improving youth mental health outcomes
- Addressing mental health stigma and starting the conversations of mental health
- Engaging with youth and family members
- Identifying symptoms and changes in youths' behavior?
- Providing mental health support for our youth holistically (mind, body, spirit and emotion)

We hope you can join us, for more information please email: [Lisa.Wabange@fpwc.ca](mailto:Lisa.Wabange@fpwc.ca)

**ALL PARTICIPANTS MUST REGISTER FOR THIS WEBINAR**



# LEARNING CIRCLE

*Self-Care: Mindfulness and Sharing Wise Practices*

**DATE:** July 26th, 2023

**TIME:** 1:00 - 3:00 PM (EST) via **Zoom**

**Join us to discuss and discover  
ways to enhance your self-care practice**

This learning circle will explore the relationship between self-care, mindfulness, and self-awareness. Participants will engage in meaningful discussion with other Mental Wellness Professionals, sharing wise practices of building and strengthening a relationship with self to nurture spiritual, mental, emotional, and physical well-being. Participants will engage in reflective exercises to enhance self-care practices and add to their personal and professional bundles.

## **Learning Objectives:**

- Explore the relationship between self-care, mindfulness, and self-awareness
- Reflect upon creating and sustaining balance to support well-being
- Share wise practices with mental wellness professionals
- Create awareness about available tools and resources that may assist in enhancing self-care



## **Rachel Robinson**

Rachel, an Indigenous woman from Six Nations of the Grand River Territory, is the Knowledge Exchange Facilitator at First Peoples Wellness Circle and holds 10 years of collective experience supporting Indigenous wholistic health and mental wellness as a Frontline Worker and Indigenous Mental Health Counsellor.

**REGISTRATION IS MANDATORY FOR ALL PARTICIPANTS**

Please email [brianna.purcell@fpwc.ca](mailto:brianna.purcell@fpwc.ca) for registration details or additional information.

# Facilitation of Care Learning Series



*On behalf of First Peoples Wellness Circle, we are very excited to share with you the next session in the Facilitation of Care Learning Series (FCLS). The FCLS is designed for individuals providing wellness support(s) to First Nations communities and their members.*

## Changing our Minds

*Presented by Dr. Ed Connors and Waabkaniikwe (Christine) King*

**DATE: October 24th, 2022**

**TIME: 12:00-2:00PM EST/Toronto**



**Dr. Ed Connors**

Since Europeans landed on the shores of Turtle Island, the colonization process has been applied to change the minds and thinking of Indigenous people to that of the colonizers. Today many Indigenous people recognize the health benefits that the thinking of our ancestors offered. As a result, many of us are now attempting to reform the thinking of our ancestors regarding our health and wellness.



**Waabkaniikwe  
(Christine) King**

The development of the concept of life promotion as opposed to suicide prevention is a good example of this change in thinking or paradigm shift (some would also refer to this as decolonizing our minds). Another example of how we are attempting to change our minds regarding health and wellness lies within the Mental Wellness Continuum Framework, which is an articulation in English of our Indigenous worldview of health and wellness. This workshop will invite you to explore these themes as they apply to your understanding of health and wellness in your life and as you promote and support the health and wellness of others.

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### Learning Objectives

1. To recognize the existence and importance of multiple worldviews or ways of thinking.
2. Understanding how colonization has changed our Indigenous minds or ways of thinking.
3. Learning to think about our thinking so that we can determine how to promote health, wellness, and long life.

We hope that you can join us for this Learning Series session.  
If you have any questions, please contact [keith.martin@fpwc.ca](mailto:keith.martin@fpwc.ca)

**ALL PARTICIPANTS MUST REGISTER**

*Calendar invite with Zoom link will be shared following registration confirmation*