



# 6<sup>th</sup> Annual National Aboriginal Youth Violence & Changing Times Training Conference

*"Healthy Youth Today, Healthy Nations Tomorrow"*

Harbour Towers Hotel & Suites, 345 Quebec St., Victoria BC

March 14-16, 2008

## WORKSHOPS

<b>Workshop #1A</b>	<b>Date: Friday Mar. 14, 2008</b>	<b>Time: 8:40 am-10:25 am</b>	<b>Location: Vic General Hospital</b>
<b>P.A.R.T.Y. Program (Y)</b> <u>Presenters:</u> Various Youth will attend the P.A.R.T.Y. Program (Prevent Alcohol and Risk Related Trauma in Youth) at the Victoria General Hospital. The P.A.R.T.Y. Program is an injury prevention program aimed at youth, to help educate them about the consequences of poor decision-making in relation to risk-taking behaviors such as: drinking and driving, lack of seat belt use, not wearing a bike helmet. We bring youth to the hospital for them to experience the process a trauma patient goes through, from the crash scene to rehabilitation. Some of the presentations provide frank explanations and show graphic photos. If your youth has recently experienced the death of a family member or friend, or any significant traumatic incident, it may not be appropriate for him/her to attend. Please carefully consider any possible negative impacts before allowing your youth to participate in this reality-based education. Parental Permission slips are required for youth under 19 years old; only the originals are acceptable.			
<b>Workshop #1B</b>	<b>Date: Friday Mar. 14, 2008</b>	<b>Time: 8:40 am-10:25 am</b>	<b>Location: Vic General Hospital</b>
<b>P.A.R.T.Y. Program (Y)</b> <u>Presenters:</u> Various Youth will attend the P.A.R.T.Y. Program (Prevent Alcohol and Risk Related Trauma in Youth) at the Victoria General Hospital. The P.A.R.T.Y. Program is an injury prevention program aimed at youth, to help educate them about the consequences of poor decision-making in relation to risk-taking behaviors such as: drinking and driving, lack of seat belt use, not wearing a bike helmet. We bring youth to the hospital for them to experience the process a trauma patient goes through, from the crash scene to rehabilitation. Some of the presentations provide frank explanations and show graphic photos. If your youth has recently experienced the death of a family member or friend, or any significant traumatic incident, it may not be appropriate for him/her to attend. Please carefully consider any possible negative impacts before allowing your youth to participate in this reality-based education. Parental Permission slips are required for youth under 19 years old; only the originals are acceptable.			
<b>Workshop #1C</b>	<b>Date: Friday Mar. 14, 2008</b>	<b>Time: 8:40 am-10:25 am</b>	<b>Location: Salon A</b>
<b>Gangs &amp; Violence (Y)</b> <u>Presenter:</u> Donovan Caldwell, Saskatchewan			
<b>Workshop #1D</b>	<b>Date: Friday Mar. 14, 2008</b>	<b>Time: 8:40 am-10:25 am</b>	<b>Location: Salon B</b>
<b>Strategic Steps To Creating A Successful Youth Program (YW)</b> <u>Presenter:</u> Edith Loring-Kuhanga, BC Participants will learn effective strategies in creating meaningful and relevant programs for youth. You will learn how to identify the strengths in your community, the gaps that exist and how to create opportunities for your youth. You will also identify the threats that exist that could prevent your community from developing healthy youth leaders and healthy nations for your future.			
<b>Workshop #1E</b>	<b>Date: Friday Mar. 14, 2008</b>	<b>Time: 8:40 am-10:25 am</b>	<b>Location: Saanich Room</b>
<b>Drug Paraphernalia Kit (YW)</b> <u>Presenter:</u> Matt Baran, BC This hands-on walk through of tools used for using and making drugs will highlight what to look for and what to say when you find something. Members of the Penticton Indian Band created these kits to have a visual and tactile example of the tools that are used.			

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<b>Workshop #2A</b>	<b>Date: Fri. Mar. 14, 2008</b>	<b>Time: 10:45 am-12:30 pm</b>	<b>Location: Vic General Hospital</b>
<b>P.A.R.T.Y. Program Continued</b>			
<b>Workshop #2B</b>	<b>Date: Fri. Mar. 14, 2008</b>	<b>Time: 10:45 am-12:30 pm</b>	<b>Locatio: Vic General Hospital</b>
<b>P.A.R.T.Y. Program Continued</b>			
<b>Workshop #2C</b>	<b>Date: Fri. Mar. 14, 2008</b>	<b>Time: 10:45 am-12:30 pm</b>	<b>Location: Crag X Rockclimbing</b>
<b>Urban Rockclimbing (Y)</b> Presenter: Crag X Indoor Rockclimbing, BC Want an opportunity to push yourself physically, mentally and emotionally? Then serious candidates apply yourself to Urban Rockclimbing. Then sign up on-site for this field trip. "First-come, first-serve" basis; accepting a maximum of 30 participants. Please be sure to wear comfortable clothes and be willing to participate fully in the program. <b>IMPORTANT:</b> All youth are required to complete a Waiver Form, prior to participating. All users must read and sign the waiver before climbing. Under 18? You must have one of the waiver forms completed by your parent or legal guardian in order to participate. For more information about Crag X Indoor Rockclimbing, click the website here: <a href="http://www.urbancliffculture.com/">http://www.urbancliffculture.com/</a>			
<b>Workshop #2D</b>	<b>Date: Fri. Mar. 14, 2008</b>	<b>Time: 10:45 am-12:30 pm</b>	<b>Location: Salon A</b>
<b>Gangs &amp; Violence (YW)</b> Presenter: Donovan Caldwell, Saskatchewan			
<b>Workshop #2E</b>	<b>Date: Fri. Mar. 14, 2008</b>	<b>Time: 10:45 am-12:30 pm</b>	<b>Location: Salon B</b>
<b>Preventing Sexualized Violence Amongst Youth (YW)</b> Presenter: Susana Guardado, Project Respect, BC Project Respect is an award winning prevention program that works with youth to prevent sexual assault and sexualized violence. If you work or live with youth, come and learn how to challenge youth to look at factors such as gender expectations, media, drugs, alcohol and communication. This workshop will combine the opportunity to experience Project Respect with an outline of the project effectiveness and ideas for implementation.			

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<b>Workshop #3A</b>	<b>Date: Fri. Mar. 14, 2008</b>	<b>Time: 2:30 pm-4:00 pm</b>	<b>Location: Salon B</b>
<p><b>Because Yes Only Means Yes (Y)</b>                  Presenter: Presenter: Susana Guardado, Project Respect, BC                  Everyday we get hundreds of confusing messages about relationships, love, sexuality and violence. But what do you want and how can you communicate it? Come learn about creating respectful sexual relationships, consent, how gender expectation pressure us to be something we are not and how to help a friend that is a survivor of violence. If you care about creating a violence free world and making a positive difference in your community, attend this workshop.</p>			
<b>Workshop #3B</b>	<b>Date: Fri. Mar. 14, 2008</b>	<b>Time: 2:30 pm-4:00 pm</b>	<b>Location: Salon A</b>
<p><b>Sticks &amp; Stones (Y)</b>                  Presenter: Tessa Fraser-Potskin, BC                  In this interactive workshop participants will examine the labels and stereotypes that our generation all too often face. The facilitator will help participants to recognize our negative self perceptions so we can begin to reclaim our true selves.</p>			
<b>Workshop #3C</b>	<b>Date: Fri. Mar. 14, 2008</b>	<b>Time: 2:30 pm-4:00 pm</b>	<b>Location: Saanich Room</b>
<p><b>Developing An Artists Portfolio and Grant Writing (Y)</b>                  Presenter: Lou-ann Neel, BC                  Whether you're a carver, painter, beadwork artist, dancer, singer, musician, actor, writer, storyteller, digital designer or filmmaker-this workshop will help you to develop your artist portfolio so you can apply to the various artist grants that are available to emerging and professional artists.</p>			
<b>Workshop #3D</b>	<b>Date: Fri. Mar. 14, 2008</b>	<b>Time: 2:30 pm-4:00 pm</b>	<b>Location: Victoria Room</b>
<p><b>Weaving A Safety Net (YW)</b>                  Presenter: Niso Bradford, ON                  This session explores some of the reasons why youth do not become involved in youth councils; techniques for building motivation for youth to become involved and active in organizing a youth program/council; and 8 practical steps to follow in developing a community youth council.</p>			
<b>Workshop #3E</b>	<b>Date: Fri. Mar. 14, 2008</b>	<b>Time: 2:30 pm-4:00 pm</b>	<b>Location: Esquimalt Room</b>
<p><b>Sharing Circle For Youth Workers (YW)</b>                  Presenter: Elder, TBA</p>			

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<b>Workshop #4A</b>	<b>Date: Sat. Mar. 15, 2008</b>	<b>Time: 10:00 am-11:30 am</b>	<b>Location: Victoria Room</b>
<p><b>Lost Warriors - Regaining our Strength (Y)</b>            Presenter: Shane Baker and Mason Abou, BC            This workshop will explore the ways we as young warriors get lost in life. The facilitators will discuss the negative influences including drugs &amp; alcohol abuse, violence, suicide and depression that cause us to lose our way as young Aboriginal people. Shane will share his story of living the "party" life and how it almost ended his life in a traumatic accident. He will discuss the changes he has made and the challenges he has faced in turning his life around to regain his strength as a young warrior. A positive approach using the medicine wheel and our powerful culture as Aboriginal people will be used as a framework to empower the delegates by the young warrior spirit they are already carrying.</p>			
<b>Workshop #4B</b>	<b>Date: Sat. Mar. 15, 2008</b>	<b>Time: 10:00 am-11:30 am</b>	<b>Location: Salon B</b>
<p><b>Court Is In Session With Judge Jodie-Lynn (Y)</b>            Presenter: Jodie-Lynn Waddilove, Ontario            This workshop offers an overview of what the Canadian legal system is about and how it affects Aboriginal peoples. More importantly, this workshop offers insights from a First Nations' perspective on how to work within the system. Delegates will also participate in discussions about Aboriginal youth in the criminal justice system and a mock court session.</p>			
<b>Workshop #4C</b>	<b>Date: Sat. Mar. 15, 2008</b>	<b>Time: 10:00 am-11:30 am</b>	<b>Location: Esquimalt Room</b>
<p><b>Helping Ourselves Through Change and Handling Losses</b>            Presenter: Niso Bradford, Ontario            This session helps young people to get a better understanding of the different feelings we get when we suffer a loss such as a loss of a boyfriend/girlfriends; loss of loved ones through death/divorce/separation; loss of friends. We learn how fear, guilt, anger and sadness are major "loss" emotions, and most of all, we learn that we can work through, and past these feelings with practical steps for taking care of ourselves and taking care of friends who may be going through a hard time.</p>			
<b>Workshop #4D</b>	<b>Date: Sat. Mar. 15, 2008</b>	<b>Time: 10:00 am-11:30 am</b>	<b>Location: Saanich Room</b>
<p><b>How To Build A Successful Youth Group (YW)</b>            Presenter: Penticton Youth Group, BC            What make a "Youth Group Successful from a Youth's Perspective". What elements are needed and how they flow? What are some of the common pitfalls Youth Workers fall into when trying to establish a youth group and the workshop will explore what works in reaching youth of today including what types of mediums should be used? PIB Leadership offer some examples of the growing pains and successes they have experienced over the past few years and what their goals for futures years to come.</p>			
<b>Workshop #4E</b>	<b>Date:</b>	<b>Time: 10:00 am-11:30 am</b>	<b>Location: Salon A</b>
<p><b>liyika'kimaat "Young Minds" Leadership Workshop (YW)</b>            Presenter: Robert Wells, Alberta            Aboriginal youth from the Liyika'kimaat Youth Leadership Program will utilize the teachings they have learned in the program to motivate, educate and inspire other young minds and delegates. The youth will share their group and personal experiences. They will also share what it takes to become a role model and mentor in the Aboriginal community.</p>			

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<b>Workshop #5A</b>	<b>Date: Sat. Mar. 15, 2008</b>	<b>Time: 1:30 pm-3:00 pm</b>	<b>Location: Esquimalt Room</b>
<p><b>Living Healthy Lifestyles (YW)</b> Presenter: Julia Valencia, Ontario                  In this workshop the discussion will focus on living healthy lifestyles and the importance of healthy sexuality for youth. Relationships, self-esteem, emotions, gender identity and sexual orientation are some of the many aspects of healthy sexuality. Julia will also look at HIV and AIDS and its effects on First Nations, Metis and Inuit people.</p>			
<b>Workshop #5B</b>	<b>Date: Sat. Mar. 15, 2008</b>	<b>Time: 1:30 pm-3:00 pm</b>	<b>Location: Saanich Room</b>
<p><b>Bringing Out Your Best For Business (Y)</b>                  Presenter: Tamara Goddard, BC                  The average youth today will change their careers up to seven times in their lifetime. Using your personal vision discoveries, come to this workshop to learn how your passions, skills and life goals can breathe life into multiple entrepreneurial opportunities from community work to starting your own business. While exciting, empowering and courageous, starting your own business is risky and challenging. In this workshop, you are invited to be inspired toward entrepreneurship and the many choices that exist for you there. You'll learn strategies for managing risk, getting started and testing your ideas and hunches in the marketplace. We will work in groups to help you create a powerful business vision(s) that will serve you time and time again as you embark on your life journey.</p>			
<b>Workshop #5C</b>	<b>Date: Sat. Mar. 15, 2008</b>	<b>Time: 1:30 pm-3:00 pm</b>	<b>Location: Salon B</b>
<p><b>The Truth About Crystal Meth</b>                  Presenter: 7<sup>th</sup> Generation, BC                  What is meth? What can you do? This presentation and interactive discussion provide very real images on what crystal meth does. This interactive discussion is followed by information on where to get help. Along with "The Truth about Meth Handout". This contains the key points brought up during the presentation as well as online resources and phone numbers on where people can go to get support or help.</p>			
<b>Workshop #5D</b>	<b>Date: Sat. Mar. 15, 2008</b>	<b>Time: 1:30 pm-3:00 pm</b>	<b>Location: Victoria Room</b>
<p><b>Knowing Who We Are - Youth Workers (YW)</b>                  Presenter: Jodie-Lynn Waddilove, Ontario                  This workshop discusses the traditional and modern roles of Aboriginal women placing particular emphasis on the role of young women. Today many of our young women lack the self-esteem and confidence that they need to move forward in their lives. Participants will learn some skills on how to help young women build self awareness, self-esteem and confidence.</p>			
<b>Workshop #5E</b>	<b>Date: Sat. Mar. 15, 2008</b>	<b>Time: 1:30 pm-3:00 pm</b>	<b>Location: Salon A</b>
<p><b>Suicide Prevention in Our Communities (YW)</b>                  Presenters: William Tiktaq, Nunavut and Niso Bradford, Ontario                  Youth suicide is an urgent issue for First Nations and Inuit youth in Canada. Suicide rates among Inuit youth are among the highest in the world. Suicide is a problem that not only affects youth but impacts the whole community. For many First Nations and Inuit youth, suicide becomes a means of escape when there are few alternative choices available. The presenters will talk about their experiences as suicide prevention counsellors in First Nations and Inuit communities and what they have learned about dealing with suicide.</p>			

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<b>Workshop #6A</b>	<b>Date: Sun. Mar. 16, 2008</b>	<b>Time: 10:30 am-12:00 pm</b>	<b>Location:</b>
<b>Expressing Yourself Through Music (Y)</b> Presenters: 7th Generation, BC A creative and positive approach to addressing substance, physical and mental abuse, poverty, street life and growing up on the "rez". Participants are asked to contribute to the discussion almost immediately, they are asked to write down their thoughts on issues in the community. Questions are asked such as "What are the biggest issues in your community? What is being done? What actions can we start to make a difference?" Participants will then be asked to take their thoughts and make a story or a song about what they see and experience. Everyone is given an opportunity to read, sing or rap their lyrics to the group.			
<b>Workshop #6B</b>	<b>Date: Sat. Mar. 16, 2008</b>	<b>Time: 10:30 am-12:00 pm</b>	<b>Location:</b>
<b>Authors of Our Life (Y)</b> Presenter: Tessa Fraser-Potskin, BC This is an intimate workshop where participants can explore creativity, free-styling, poetry, drawing, music and more. Participants will learn how to give themselves the gift of freedom to create and express our ideas, so we can start to see, respect and validate our own journeys.			
<b>Workshop #6C</b>	<b>Date: Sat. Mar. 16, 2008</b>	<b>Time: 10:30 am-12:00 pm</b>	<b>Location:</b>
<b>Making Your Own Path (Y)</b> Presenter: Jodie-Lynn Waddilove, Ontario This workshop discusses the importance of creating a life map and identifying your life goals. Through interactive discussion Jodie-Lynn will assist in identifying your life goals, recognizing potential obstacles and helping to create strategies of how to succeed. This workshop is ideal for those seeking guidance with their personal, career goals and professional life goals.			
<b>Workshop #6D</b>	<b>Date: Sat. Mar. 16, 2008</b>	<b>Time: 10:30 am-12:00 pm</b>	<b>Location:</b>
<b>Gaining Control Over Stress and Burnout (YW)</b> Presenter: Edith Loring-Kuhanga Everyone lives with some level of stress however; some know how to control it better than others. Participants will be able to identify their level of stress and how to avoid burn out. They will also learn how we create our own stress and why it is important for us to laugh at ourselves and not sweat over the small things.			
<b>Workshop #6E</b>	<b>Date: Sat. Mar. 16, 2008</b>	<b>Time: 10:30 am-12:00 pm</b>	<b>Location:</b>
<b>Creating Your Personal Vision (YW)</b> Presenter: Tamara Goddard, BC In this workshop we'll come together to explore why it's important to have a personal vision. We'll discover how it can help you walk your chosen path and how your vision can help you to connect with like minded people. Join us in this workshop to take some time to journey inwards. Explore what you're doing now and acknowledge the journey that led you here. Using creative visualization, we'll explore your passions, talents and latent skills. We'll discover some of the internal and external obstacles you'll need to overcome in order to nurture these gifts. Finally, we'll give voice to your life purpose to create your personal vision. You will leave with three actions to take towards living your vision everyday! You will have a positive influence on the youth that you are working with and be able to help them create a personal vision that will inspire them.			

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