



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

*"Celebrating Our Nations & Traditions"*

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

March 25-27, 2009

## LIST OF WORKSHOPS

### **"Yeah, yeah It's Fright night"**

*Presenter: Shane Baker*

In this workshop Shane will discuss his experience living the Party life and all the harm that can go with it. Shane will also discuss how returning to the teachings of the Medicine Wheel and developing his own Recovery Plan to start his Healing Journey. Delegates will be encouraged to join in this sharing circle and look at the negative ways that this party life has on them and those around them. Participants will also develop their own action plan for alternatives to this lifestyle and really look to their culture and traditions to empower themselves and bring out their Warrior Spirit.

### **Creating a Youth Council**

*Presenter: Stacy Bear – Cree Nation Youth Grand Chief*

(Workshop information currently not available)

### **Cultural Teachings & Male Warriors**

*Presenters: Alex Diabo & Niso Bradford*

(Workshop information currently not available)

### **Traditional Teachings**

*Presenter: Eugene Harry*

This workshop will discuss traditional teachings similar to the medicine wheel – physical, emotion, mental & spiritual.

### **A Way Towards Diabetes Prevention**

*Presenters: Suzanne Johnson & the Penticton Youth Council*

Penticton Indian Band Youth will share their experiences and learnings of the impact of different diet choices on physical fitness training. We have measured the impact and will share our experiences with a 'junk food' way of eating, a 'healthy' way of eating that follows the advice of Canada's Food Guide and a 'traditional foods' way of eating. We will share what we have learned by talking with our elders about how diabetes effects people and how we can live in a healthy way to prevent or live strong with diabetes

### **My Medicine Bag – Building a Personal Tool Box**

*Presenter: Ron Kanutski*

This session is of cross-cultural benefit and the content may be used for working with children, teens and adults, in a traditional and/or contemporary setting. The seminar's purpose is to discuss the creation, implementation and importance of a personal toolbox or medicine bag for mental health and/or addiction-troubled individuals. The connection between the medicine bag and its connection to strength-based healing will be examined. This seminar will be delivered in a sharing circle format with allotted

time for questions and discussion. The presenter's personal experiences will be shared with the participants.

### **Moving from Hopelessness to Power**

*Presenter: Tessa Karangawai Fraser*

An empowering discussion about suicide with a focus on discovering solutions within our own communities. We discuss the knowledge that suicide is about the desire to end pain and our feelings of hopelessness. Every person has been impacted by the devastation of suicide; together we can bravely confront this beast and cultivate solutions and preventative strategies for one another, building up an army committed to a war on hopelessness and suicide.

### **Tipi Teachings**

*Presenter: Mary Lee*

(Workshop information currently not available)

### **Hearts@work**

*Presenter: Catherine North*

Have your cholesterol, glucose and blood pressure screened, along with height, weight and waist girth. Learn how to help protect yourself and your family from heart disease and diabetes at the follow-up workshop

### **Addressing the issue of Gangs in our Community**

*Presenter: Charlene Northwest*

(Workshop information currently not available)

### **Strong Path: Voices of Sto:lo Youth**

*Presenter: Jada-Gabrielle Pape*

"Strong Path" is an example of this year's Star In Your Own Stories film project! It is a creative and engaging process that brings healthy sexuality to youth.

### **Cultural Teachings & Female Warriors**

*Presenters: Elsie Paul & Jodie-Lynn Waddilove*

(Workshop information currently not available)

### **Star Scrapbooking**

*Presenter: Zandra Paul*

In this workshop delegates will create a scrapbook with personal photos. The scrap book will collapse from a star into a small book format. Please bring any photos from home, or if you wish, take your camera along with you, take your photos, get them developed and use the photos you just had developed.

### **Talking Circle**

*Presenter: Doreen Pelkey*

(Workshop information currently not available)

### **Balance Between Both Worlds (Live on the Rez/Streets)**

*Presenters: Red Power Squad*

This workshop is about the true history of Hip Hop Culture, combines with the traditions and teachings of First Nations culture and the importance of identity and how drugs and alcohol combined with suicide, gang violence and all other negative things prevent First Nations from truly knowing who they really are and being proud of that.

### **Igniting & Uniting Youth Leaders**

*Presenter: Jodie-Lynn Waddilove*

This workshop will help identify and promote the makings of young leaders from within our communities. Attendees will learn the appropriate skills to work with existing leadership and how their voice can be brought to government (First Nation, provincial, federal or international). The recommendations brought forth in small group discussions could lead to a new direction in how the leadership sees youth's roles.

### **Court is in Session with Judge Jodie-Lynn**

*Presenter: Jodie-Lynn Waddilove*

This workshop is divided into two parts. The first session will provide a general overview of the legal system, including discussing notable cases of aboriginal in the justice system, understanding the statistics of aboriginal people within the criminal justice system and what we can do to go forward in a good way. This workshop is assisting young people understand and learn what laws are, what they mean and how do they affect me. The second session will consist of a mock court session and be very interactive for participants. Aspiring judges, lawyers, police officers, jurors and witnesses are welcome!

### **BC Aboriginal Youth Sports & Recreation Declaration**

*Presenter: Ken Watts*

(Workshop information currently not available)