



Matawa Health Cooperative Youth Mental Health Summit 2023

Location: Kaministiquia Room
Best Western Plus Norwester Hotel & Conference Centre
2080 Hwy 61, Thunder Bay, ON P7J 1B8
Tel: (807) 473-9123

“Creating safe spaces to promote a sense of belonging & self-esteem among our First Nation youth”

DAY 1: Wednesday, June 7, 2023

8:30am – 9:00am	Registration & Continental Breakfast Provided - Kaministiquia Room
9:00am – 9:45am	Opening Ceremonies <ul style="list-style-type: none"> • Opening Drum: Walking Bear, Ginoogaming Youth Drum Group • Opening Prayer & Smudge– Ronnie & Evelyn Beaver • Land Acknowledgement • Welcoming Addresses – Matawa Health Cooperative Leadership • Introduction / Facilitator – Brent Edwards • Housekeeping Items
9:45am – 10:05am	Opening Remarks: Sol Mamakwa, MPP for Kiiwetinoong
10:05am – 10:20am	Break
10:20am – 10:40am	Breakout Discussion Question 1: Challenges Question: What are some of the main mental health and wellness challenges that Indigenous youth and young adults face? <i>Prompts to help you answer the question:</i> <i>-list themes</i>
10:40am – 11:00am	Share Responses to Question 1: Challenges
11:00am – 11:10am	Energizer
11:10am – 11:30am	Presentation: Thunder Pride
11:30am – 12:00pm	“Wellness Warrior” – Meghan Jourdain



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12:00pm – 1:00pm	Lunch (Provided)
1:00pm – 1:20pm	Community Showcase – Austin & Alysha from Constance Lake
1:20pm – 1:40pm	<p>Breakout Discussion Question 2: Successes</p> <p>Question 2A: What does healing and wellness look like in your community for youth/young adults? <i>Prompts to help you answer the question:</i> -how are youth in your community addressing mental health and promoting wellness? -what is working?</p> <p>Question 2B: What are some of the ways/how are the youth in your community promoting mental health & wellness? <i>Prompts to help you answer the question:</i> -talk about what is working well -share some youth-led initiatives that are happening in your community and making a positive impact</p>
1:40pm – 2:00pm	Share Responses to Question 2: Successes
2:00pm – 2:15pm	Presentation: Youth Outreach Workers (YOW's)
2:15pm – 2:30pm	Break
2:30pm – 5:00pm	<p>Keynote Speaker – Jordin Tootoo, Canadian Professional Hockey Player</p> <ul style="list-style-type: none"> • Keynote Address (30 mins) • Question and Answer -Q&A Period (30 mins) • Autograph and Photo Session (90 mins)

Evening Programming – Bowling	
5:30pm	<p>Bus Pickup</p> <p>Location: NorWester Hotel Main Entrance</p>
6:00pm – 7:45pm	<p>Bowling & Supper Provided</p> <p>Location: Galaxy Lanes, 636 Arthur St West</p>
8:00pm	<p>Bus Departure from Galaxy Lanes Main Entrance</p> <p>Return to NorWester Hotel</p>
8:15pm	<p>Bus Drop-off</p> <p>Location: NorWester Hotel Main Entrance</p>



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Day 2: Thursday, June 8, 2023

8:30am – 9:00am	Continental Breakfast Provided - Kaministiquia Room
9:00am – 9:20am	Opening Prayer & Smudge – Ronnie & Evelyn Beaver
9:20am – 9:40am	Opening Remarks: Anna Betty Achneepineskum Deputy Grand Chief, Nishnawbe Aski Nation (NAN)
9:40am – 10:30am	Ron Kanutski – Stand-up Comedy
10:30am – 10:45am	Break
10:45am – 11:00am	Presentation: Advisory Council Coordinator, Matawa Chiefs Council
11:00am – 11:20am	Breakout Discussion Question 3: Areas of Need Question: What do you think is missing in your community that would benefit the youth and contribute to improved mental health outcomes? <i>Prompts to help you answer the question:</i> -what is needed? -what would need to change? -what are the gaps in service; what is being missed or overlooked?
11:20am – 11:40am	Share Responses to Question 3: Areas of Need
11:40am – 12:00pm	Community Showcase – Dallas from Ginoogaming FN
12:00pm – 1:00pm	Lunch (Provided)
1:00pm – 1:30pm	Energizer – Peng You, Tai Chi
1:30pm – 1:50pm	Breakout Discussion Question 4: Safety & Belonging Question: How would you define a “safe space” or person? <i>Prompts to help you answer the question:</i> -what makes a space safe? -what makes a person, place, or thing feel safe to you? -when working with helpers- what qualities allow you to feel safe and welcomed?



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1:50pm – 2:10pm	Share Responses to Question 4: Safety & Belonging
2:10pm – 2:30pm	Presentation: Kanachihih Treatment Centres
2:30pm – 2:45pm	Break
2:45pm – 4:00pm	OKEMA – Motivational Speaker & Hip-Hop Artist <ul style="list-style-type: none"> • Keynote Address (30 mins) • Question and Answer -Q&A Period (15 mins) • Hip-Hop Performance (30 mins)
4:00pm – 4:30pm	Closing Ceremonies <ul style="list-style-type: none"> • Grand Prize Draws • Closing Addresses – Matawa Health Cooperative Leadership • Closing Ceremony & Prayer – Ronnie & Evelyn Beaver • Closing Drum: Walking Bear, Ginoogaming Youth Drum Group

Evening Programming – Paint Night	
6:00pm – 8:00pm	Paint Night & Snacks Provided Led by The Creative Company Location: Kaministiquia Room



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BREAKOUT DISCUSSION QUESTIONS

DAY 1

1. Challenges

Question: What are some of the main mental health and wellness challenges that Indigenous youth and young adults face?

Prompts to help you answer the question:

-list themes

2. Successes

Question 2A: What does healing and wellness look like in your community for youth/young adults?

Prompts to help you answer the question:

-how are youth in your community addressing mental health and promoting wellness?

-what is working?

Question 2B: What are some of the ways/how are the youth in your community promoting mental health & wellness?

Prompts to help you answer the question:

-talk about what is working well

-share some youth-led initiatives that are happening in your community and making a positive impact

DAY 2

3. Areas of Need

Question: What do you think is missing in your community that would benefit the youth and contribute to improved mental health outcomes?

Prompts to help you answer the question:

-what is needed?

-what would need to change?

-what are the gaps in service; what is being missed or overlooked?

4. Safety & Belonging

Question: How would you define a “safe space” or person?

Prompts to help you answer the question:

-what makes a space safe?

-what makes a person, place, or thing feel safe to you?

-when working with helpers- what qualities allow you to feel safe and welcomed?



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