

YOUTH MENTAL HEALTH SUMMIT



**MATAWA HEALTH
CO-OPERATIVE**



JUNE 12 & 13, 2024

“Coming together to amplify our voices for future generations by embracing one’s identity and celebrating our differences”

PHOTO VIDEO RELEASE



By participating in the MHC Youth Mental Health Summit and affiliated programming, participants consent to Matawa Health Cooperative, and/or parties designated by Matawa Health Cooperative to photograph/video participants and use such photograph(s)/video(s) in all forms of media, for any and all promotional purposes including advertising, display, audiovisual, exhibition or editorial use. Participants will not receive any payment for their time or expenses or any royalty for the publication of the photograph(s)/video(s).

QR CODES

MATAWA HEALTH COOPERATIVE WEBSITE

Check out our Matawa Health Cooperative Website



MATAWA HEALTH COOPERATIVE FACEBOOK PAGE

Like our Facebook Page, to stay up to date on all Matawa Health Cooperative's contests, events, and travel plans!



LAND ACKNOWLEDGEMENT

"We are gathered on the traditional lands of Indigenous Peoples. We are located on the traditional lands of Fort William First Nation, Signatory to the Robinson Superior Treaty of 1850".

MATAWA HEALTH COOPERATIVE

"Working harmoniously with Matawa First Nations people, families and communities to support their health and vibrancy."



"Incorporated in 2017, the Matawa Health Cooperative (MHC) is a Matawa First Nation owned and controlled health cooperative that provides complimentary health care services to enhance existing services to our nine (9) Matawa First Nation communities.

Overseen by a Board of Directors, the MHC is community led, community driven, with service delivery that aims to address the individualized needs of each community while achieving long-term health and well-being for our members.

The MHC works to incorporate traditional healing and medicines in addressing the holistic health needs of the Matawa First Nations focusing on the priorities of mental health and addictions, diabetes, and chronic diseases. It oversees an Inter-Professional Primary Care Health Team providing direct services in the Matawa First Nations.

YOUTH RECREATION PROGRAM

Our Youth Recreation program is designed to engage Matawa youth in a variety of activities that not only promote physical health but also foster essential life skills such as teamwork, leadership, and cultural awareness. By participating in our program, children will learn firsthand how staying active contributes to a healthy lifestyle, the power of effective communication in building relationships, and rich heritage of First Nations culture.

We believe that by instilling these values early on, we can empower youth to lead happier and healthier lives, with a positive outlook on future goals. This program will work to ensure youth learn more about their culture and gain a connection to the land. The MHC Youth Recreation Program is dedicated to creating a supportive and inclusive environment where children can thrive and grow.



MENTAL HEALTH & WELLNESS SERVICES

Matawa Health Cooperative's Mental Health & Wellness Team provides mental health and wellness support specifically to Matawa members residing in community. With a full complement of staff- our team has both a youth and adult mental health worker who travel regularly to each of the nine Matawa communities.

Our team offers preventative mental health service delivery from a holistic perspective; seeking to address all areas of wellness including: physical, mental, emotional, and spiritual. Our team aims to provide support and education to our members (children, youth, adults, elderly, and their families) in dealing with and managing mental health related issues and challenges, such as:

- o anxiety
- o child & youth services
- o depression
- o domestic & family violence
- o harm-reduction
- o managing grief and loss
- o mental health programming (individual & group-based)
- o one on one work/counselling
- o referral and service navigation
- o self-esteem and belonging
- o self-harm
- o substance misuse
- o suicidal ideation and attempts
- o school-based services
- o wellness checks /safety planning



Visit our MHC website to learn more about our services and to access our fillable referral form.
<https://www.matawa.on.ca/corporations/matawa-health-co-operative/>



**MATAWA HEALTH
CO-OPERATIVE**



SCOTT WABANO



Preferred Pronouns: He/Him, They/Them

IndigiQueer Creative Director & Stylist
Fashion Sustainability Advocate
CEO & President, WABANO

Often incorporating traditional storytelling with modern and digital concepts within fashion to advocate for the lives of Indigenous and 2SLGBTQ+ peoples, Scott Wabano is an award-winning Fashion Stylist & Designer, Creative Director and Content Creator.

A 2Spirit Cree from the Mushkegowuk & Eeyou Istchee territories, Scott grew up with a strong admiration for traditional and mainstream fashion and a passion for bringing authentic Indigenous representation to the industry.



With features in Vogue, Forbes, ELLE, FASHION, The National Post and more, Scott has become an advocate for sustainable and Indigenous fashion while also advocating for the rights of Indigenous 2SLGBTQ+ youth on Turtle Island.

Scott is the owner of the genderless brand 'Wabano', an Indigenous-owned, sustainable fashion brand used to educate society about the impacts of colonization on Indigenous communities. Scott is also one of the co-founders of the non-profit organization, Two Spirits of Eeyou Istchee and was recently featured on Forbes' 30 Under 30 List for Toronto.

Scott uses their voice and presence to advocate for Indigenous 2SLGBTQ+ youth and remind them of the power of their identity, the power of their existence, and the power we all carry as individuals.

OCEAN KIANA

Ocean Kiana is a Nishinaabe fashion designer and artist from Northwestern Ontario, nurtured by the matriarchs of her family. She carries the *Nishinaabe name Waabshki Memegwans, which means White Butterfly*, and she belongs to the Wolf Clan. Ocean grew up on her home reserves, Biigtigong Nishnaabeg (Pic River First Nation) and Netmizaagamig Nishnaabeg (Pic Moberg First Nation), where she participated in ceremonies, powwows, and spent significant time on the land with her grandparents, aunties, uncles, cousins, mother, and sister. She holds a Bachelor of Arts in Anishinaabe Studies with a Minor in Visual Arts from Algoma University and Shingwauk Kinoomaage Gamig.

Throughout her years, Ocean is actively involved in her home community of Biigtigong Nishnaabeg, working in roles dedicated to reclaiming the traditional waterways used by her ancestors. Initially, her work focused on revitalizing the Nishinaabe languages of her communities and reclaiming their traditional territories.

Her deep connection with the land has shaped her into a visual arts storyteller and an interdisciplinary artist specializing in drawing, beading, and design, with a primary focus on fashion design.



Ocean's art, strongly influenced by her Anishinaabe territory, community, and identity, features vibrant colors, florals, and woodland dancers. She credits many Anishinaabe artists before her for their mentorship and inspiration, which have played a pivotal role in her artistic journey. Passionate about community engagement, Ocean loves teaching art and sharing her knowledge through workshops and public speaking.

A respected advocate for Indigenous peoples, Ocean has been recognized with two prestigious awards from Trent University: the "Louise Garrow Prize" from Peter Gzowski College and the First People's House of Learning (2019), and the "Peter Gzowski Student Excellence Award" from Peter Gzowski College (2019). Ocean continues to champion and serve her communities through her diverse artistic expressions and community involvement.

WALKING BEAR



WALKING BEAR IS A GROUP OF YOUNG ANISHINAABE MEN FROM GINOOGAMING FIRST NATION.

Walking Bear have been drumming and singing from a young age. Within the past few years, the group began practicing consistently. Their group members are also partaking in ceremony.

Walking Bear sing for many reasons. They sing in honour of truth and reconciliation, to empower youth to use their voices, and most importantly to bring awareness to suicide and to commemorate one of their singers who passed on, Rayn Fisher.



GINOOGAMING FIRST NATION

Like their Facebook Page, to stay up to date on what they are up to!

ELDERS

Arthur Moore is a member of Constance Lake First Nation and a resident of Thunder Bay, ON.

He previously served his community as a band administrator, then as Chief for the next 12 years. Some of his other work history includes being a Senior Engagement Advisor (Northwest) for the Nuclear Waste Management Organization, Private Sector Development Consultant/Advisor, and a Professor at Confederation College teaching numerous courses and developing the Business Management Aboriginal Program.



ARTHUR MOORE

Arthur and his wife Elizabeth are proud parents and grandparents, and recently celebrated their 48th wedding anniversary.

Elizabeth Moore is originally from Lac des Mille Lacs First Nation in Treaty 3 Territory and a resident of Thunder Bay, ON.

She is now retired after having worked in various positions in the health field. She helped facilitate with the Health Transfer project for Constance Lake First Nation.

As an Elder, her guidance, instruction and teachings are sought from Thunder Bay area organizations, and more recently from schools. Her traditional learnings are credited to her mother who instructed her on teachings, women's teachings and child rearing, berries, plants, medicines, family life, and traditional ceremony.



ELIZABETH MOORE

Elizabeth and her husband Arthur are proud parents and grandparents, and recently celebrated their 48th wedding anniversary.

ELDERS

Peter Sackaney is a survivor of Residential School. Peter attended St. Anne's School in Fort Albany, Ontario as well as St. Joseph in Fort William, which is now part of Thunder Bay, Ontario.

"Life has been challenging." He speaks. From the beginning of foster homes to Residential school, life has been a struggle. Peter is also a survivor of the sixties scoop.

With all his life experiences, there is so much he needed to address with his personal healing. He put away the alcohol and drugs and cleaned up his life. He made positive changes to his life which lead to his Spiritual walk.



PETER SACKANEY

The sweat lodge is Peter's go to for Spiritual rejuvenation. He is well in ceremony and with his walk of life. He walks in wellness.

Being a survivor of Indian Residential School (IRS), Peter advocates and acts as a voice, as many are still afraid to share their story. His story is their story.

He has worked in the criminal justice system, and in places of incarceration. Peter has helped many with one-to-one counselling and through group work.

Peter is often called to speak in places of higher learning such as various universities. These days, Peter's work stands out with his cultural walk. He loves who he is, and is proud of his people, stating "we are a strong nation". His heart is always with the Indian Residential school survivors. It will always be.

RON KANUTSKI

MASTER OF CEREMONIES



RSW, Comedian, Musician, MC, College
Instructor and Healing & Wellness
Facilitator

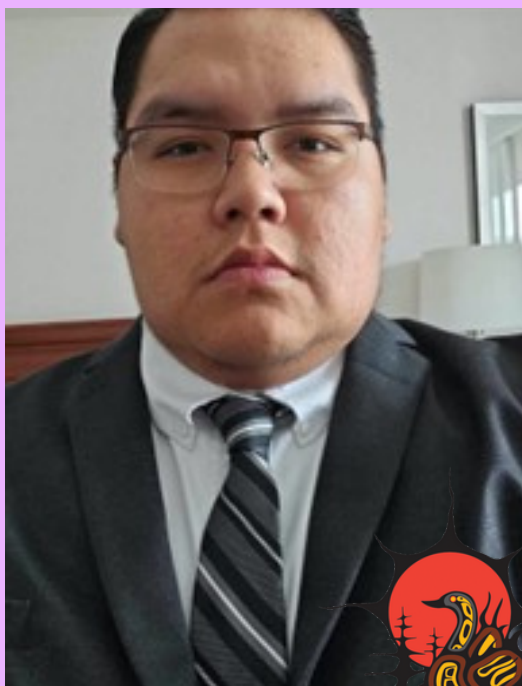
Ron Kanutski is an individual of many talents. He has been a professional comedian for 12 years, an energetic social worker, cultural teacher, group facilitator, college instructor, promoter, and musician who is a long-term resident of the Ogden East End community in Thunder Bay, ON.

He is the sole proprietor of With Care Consulting and Ron Kanutski Comedy working diligently throughout Canada and the USA to wherever he is called.

Ron is of Ojibway and Cree roots and is from the Bear Clan. He is a band member of the Red Rock Band (Lake Helen 1st Nation) with roots from Moose Cree Nation.

TYLER SHEWAYBICK

COMMUNITY SHOWCASE



Tyler is a Band Councillor for his community of Webequie First Nation. He is 22 years old, and was born in Thunder Bay, Ontario but raised in Webequie First Nation.

He was first elected in February of 2022 and re-elected in February 2024 for a 2-year term. He was a crisis coordinator for about 2.5 years after graduating from Simon Jacob Memorial Education Centre in 2019.

His goal is to further his education in social work, and to continue helping his community.

“Setting goals is the first step in turning the invisible into the visible.” – Tony Robbins

OSHKAATISAK (ALL YOUNG PEOPLE'S) COUNCIL

The Oshkaatisak (All Young People's) Council represents the youth of Nishnawbe Aski Nation (NAN). The Oshkaatisak Council strives to promote youth empowerment and engagement with the goal of improving the livelihood and hope for the future of all NAN Youth.



Preferred pronouns: They/Them

Ani Mallory nindizhinikaaz. Gohn Gazhed Mtigwakii Kwe nindigoo ojibwemong. Mushkoode bishike nindiodem.

Hello, my name is Mallory Solomon, my spirit name is Snow-Covered Forest Women. My clan is the Buffalo.

Mallory is from Constance Lake First Nation, and is 27 years old. Mallory is an Oji-Cree person who identifies as Two-Spirit. Mallory is a daughter, sister, cousin, auntie, student, and community leader. They have a Bachelor of Arts Honours degree in Psychology from Algoma University, and are currently working towards a Master's degree in Clinical Psychology at Lakehead University.

MALLORY SOLOMON OSHKAATISAK COUNCIL REP & COMMUNITY SHOWCASE

Andrea Yesno-Linklater is a proud member of Eabametoong First Nation, with deep family ties to the James Bay Coast area. She has earned a Bachelor's degree in Psychology from Lakehead University in 2021.

In addition to her dedicated service on the Youth Council, Andrea actively collaborates with various grassroots organizations, employing her diverse skills and talents to support their missions.

Furthermore, she plays a crucial role on the Youth Opportunities Fund Grant Review Committee, through the government of Ontario, and facilitates impactful initiatives that empower youth and communities alike.



ANDREA YESNO-LINKLATER OSHKAATISAK COUNCIL REP



Matawa Health Cooperative Youth Mental Health Summit 2024

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

“Coming together to amplify our voices for future generations by embracing one’s identity and celebrating our differences”

DAY 1: Wednesday, June 12, 2024

8:30am – 9:00am	Registration & Continental Breakfast Provided: Kaministiquia Room
9:00am – 9:30am	Opening Ceremonies <ul style="list-style-type: none"> Opening Drum: Walking Bear, Ginoogaming Youth Drum Group Land Acknowledgement & Prayer: Elder Peter Sackaney Prayer & Smudge: Elders Elizabeth & Arthur Moore Introduction / Master of Ceremonies (MC): Ron Kanutski Welcoming Addresses: Matawa Health Cooperative Leadership Deputy Grand Chief Anna Betty Achneepineskum Housekeeping Items & QR for Feedback Form
9:30am – 9:50am	Morning Icebreaker: Cassandra Voets, Matawa Health Cooperative
9:50am – 10:20am	Community Showcase: Mallory Solomon, Constance Lake First Nation
10:20am – 10:35am	Break
10:35am – 10:50am	Energizer
10:50am – 11:00am	Breakout Discussion: Directions & Create Focus Groups
11:00am – 11:30am	Breakout Discussion Question #1 Q. How does your community celebrate your uniqueness and what makes you different? <i>Prompts to help you answer the question:</i> <i>How are you included?</i> <i>What are some of the ways you feel you/your values are reflected in your community?</i> <i>What are some safe places of belonging in your community?</i> <i>Who makes you feel included?</i>



- CIRCLE OF BELONGING -

11:30am – 12:00pm	Regroup & Share Responses to Breakout Discussion Question #1
12:00pm – 1:00pm	Lunch Provided: Kaministiquia Room
1:00pm – 1:15pm	Energizer
1:15pm – 1:45pm	Dr. John Hodson & Nadine Hedican “Investing in First Nation Youth”
1:45pm – 2:00pm	Break
2:00pm – 2:30pm	Community Showcase: Tyler Shewaybick, Webequie First Nation
2:30pm – 2:40pm	Energizer
2:40pm – 3:40pm	Keynote Speaker: Scott Wabano Workshop: “Self Love: Hope, Culture & Strength” <i>What to Expect: Inspiring the next generation of allies, Scott Wabano educates and connects audiences like few others. Scott focuses on finding a path to self-love and speaks to the challenges and hardships and how those experiences have helped them regain power. Perfect for youth, this workshop will educate younger audiences about generational trauma, mental health, and the importance of embracing your true identity to love yourself.</i>
3:40pm – 4:00pm	Closing Comments for the Day: MC Ron Kanutski <i>Reminder: QR for Feedback Form</i>

DAY 1: Wednesday, June 12, 2024

EVENING PROGRAMMING

5:00pm – 6:00pm	Dinner Provided: Kaministiquia Ballroom
6:00pm – 9:00pm	Option 1: Sports (Recreation Activities) Location: Tournament Centre <i>Popcorn and refreshments will be available.</i>
	Option 2: Craft Night (Tie Blankets, Beading & Painting) Location: Kaministiquia Ballroom



- CIRCLE OF BELONGING -

Day 2: Thursday, June 13, 2024

8:30am – 9:00am	Continental Breakfast Provided: Kaministiquia Room
9:00am – 9:20am	Morning Prayer & Smudge <ul style="list-style-type: none"> Elder Peter Sackaney Elders Elizabeth & Arthur Moore
9:20am – 9:30am	Recap of Day 1 <ul style="list-style-type: none"> <i>Reminder: QR for Feedback Form</i> Master of Ceremonies (MC): Ron Kanutski
9:30am – 9:45am	Energizer
9:45am – 10:15am	Community Showcase: Walking Bear Drum Group, Ginoogaming First Nation
10:15am – 10:30am	Break
10:30am – 11:00am	Oshkaatisaak Youth Council Address: Andrea Yesno-Linklater
11:00am – 11:40am	Breakout Discussion Question #2
11:40am – 12:00pm	Regroup & Share Responses to Breakout Discussion Question #2 Q. What do you need to embrace your identity? <i>Prompts to help you answer the question:</i> <i>What do you need to feel seen, heard and valued?</i> <i>From you community?</i> <i>From Matawa Health Cooperative?</i> <i>What will help you increase your confidence?</i>
12:00pm – 1:00pm	Lunch Provided: Kaministiquia Room
1:00pm – 1:15pm	Energizer
1:15pm – 2:25pm	Thunder Bay Indigenous Friendship Centre Workshop: “Creating Safer Spaces – Supporting 2SLGBTQ+ Community”
2:25pm – 2:40pm	Break
2:40pm – 3:50pm	Keynote Speaker: Ocean Kiana “Visual Artist & Storyteller” <i>What to Expect: Passionate about community engagement, Ocean Kiana loves teaching art and sharing her knowledge through workshops and public speaking. Her deep connection with the land has shaped her into a visual arts storyteller and an interdisciplinary</i>



- CIRCLE OF BELONGING -

	<i>artist specializing in drawing, beading, and design, with a primary focus on fashion design.</i>
3:50pm – 4:00pm	Closing Comments for the Day: MC Ron Kanutski
4:00pm – 4:30pm	Closing Ceremonies <ul style="list-style-type: none"> • <i>Reminder: QR for Feedback Form</i> • Grand Prize Draws • Closing Addresses: Matawa Health Cooperative Leadership • Closing Prayer: Elder Peter Sackaney, Elders Elizabeth & Arthur Moore • Closing Drum: Walking Bear, Ginoogaming Youth Drum Group

DAY 2: Thursday, June 13, 2024

EVENING PROGRAMMING: YOUTH SOCIAL POW-WOW

5:00pm – 5:30pm	Dinner Provided: Kaministiquia Ballroom
5:30pm – 6:00pm	Registration Opens for Youth Social Pow-Wow Location: Kaministiquia Ballroom
6:00pm – 8:30pm	Grand Entry
8:30pm – 9:00pm	Raffles/ Penny Auction
9:00pm	End of Event

Attendee Feedback Form MHC
Youth MH Summit 2024



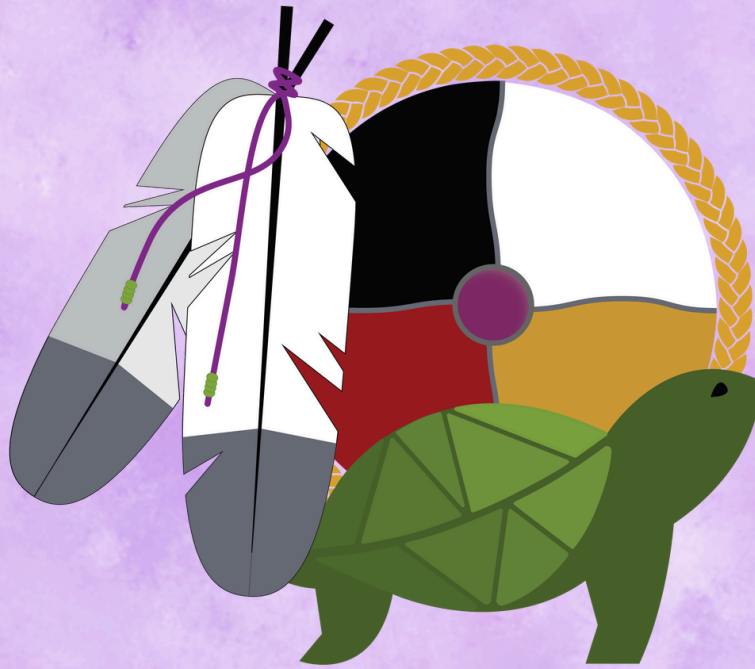
Your feedback matters!

Tell us what you thought about our 2024 Youth Mental Health Summit!

Scan the QR code to complete our feedback form.



- CIRCLE OF BELONGING -



MATAWA HEALTH CO-OPERATIVE

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“Circle of Belonging”

matawa.on.ca/corporations/matawa-health-co-operative/

