

Exploring Indigenous Cultural Identity & (Re)connecting

December 12, 2025

1:30-2:45pm MT

This presentation will discuss how one can explore their Indigenous cultural identity, while acknowledging how various impacts of disconnection have resulted from colonialism/colonization. We will explore how to support ourselves, each other, and our communities, with the consideration that every Nation comes with their own traditions, ceremonies, and culture. There will be space at the end of the presentation for discussion/reflections/questions



Learning Outcomes:

- Exploration of how disconnect from culture can be felt/experienced
- Ways to foster connection with culture & cultural identity
- Two-Spirit/Indigiqueer Identity Exploration
- Supporting ourselves, others, and community

Speakers:

Mackenzie Kuzyk (They/Them) - BA, BSW, MSW, RSW; Our Landing Place, Counsellor. Mackenzie has helped support Indigenous folks in different contexts throughout the years in their role as a social worker. They worked as an Indigenous Support Advisor with the University of Calgary (Student Wellness Services/Writing Symbols Lodge) from 2021-2023, where they provided mental health support, outreach, and resource navigation to Indigenous students. They completed their 8-month practicum in their MSW with Indigenous Mental Health (AHS), and have been supporting Indigenous (predominantly Two-Spirit and Indigiqueer folks) as a Counsellor since August of 2023.



Target Audience: Indigenous folks looking to re-connect with their Indigeneity or folks who support folks in doing so

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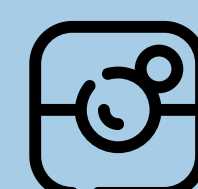
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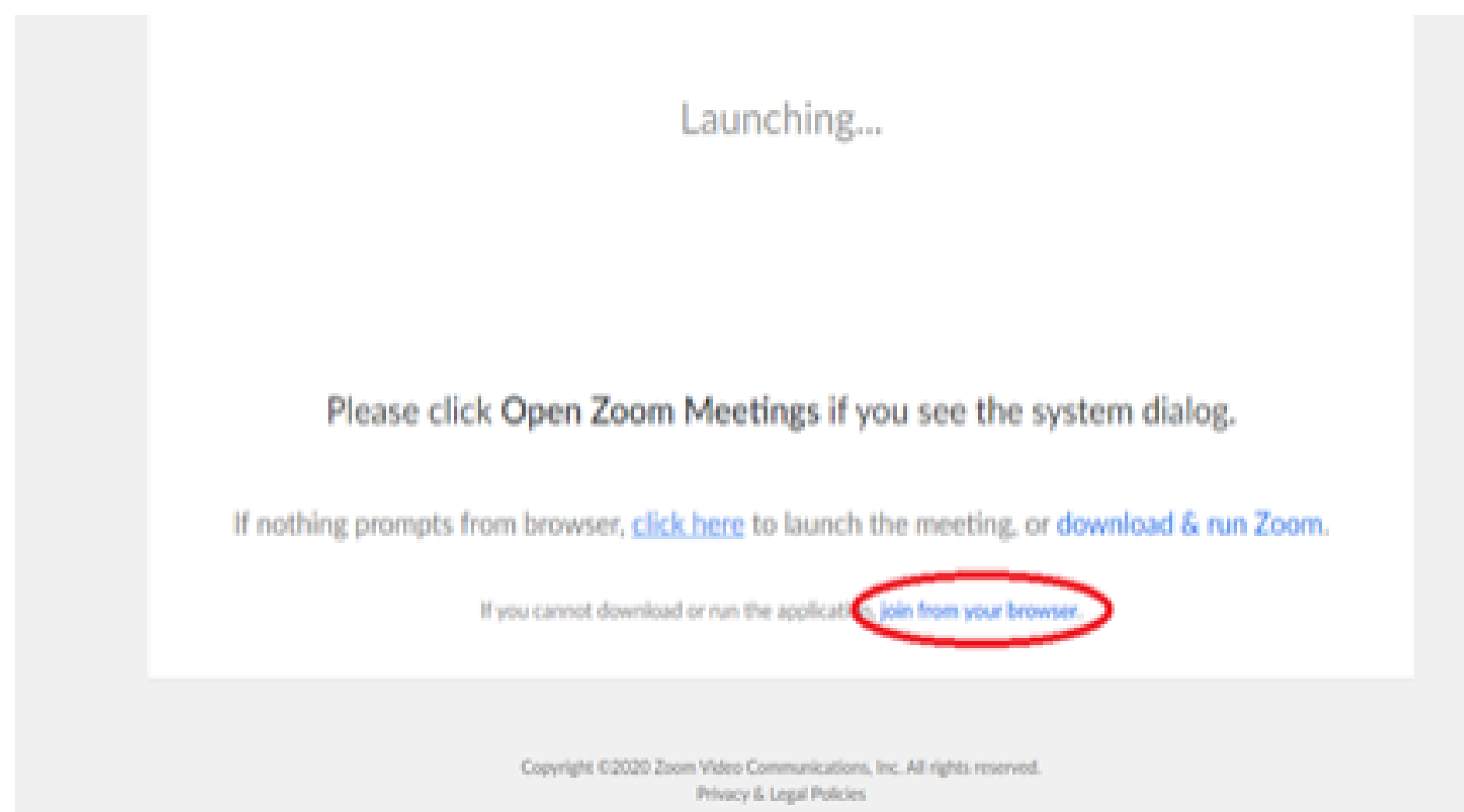
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