

Miyo-mâmitoneyihcikan / Kedih ùùjón

“Good Mind” Learning Series: Young Adult Mental Wellness

July 2nd, 2020 13:00-14:30

Learning Objectives:

- Young Adult Anxiety
- Young Adult Depression
- Healthy Friendships
- Resources for referrals



Speakers:

Colleen Mustus has worked with Treaty 8 First Nation Communities for approximately 35 years. Colleen is from Sturgeon Lake Cree Nation and has held multiple roles such as instructing at Nechi, supporting inner city homeless youth, and supporting Elders from First Nation Communities across Alberta.

Sharon Rayment has worked in the field of mental health for close to three decades. Her current work focuses on helping children and families in Alberta's North to get connected with mental health supports.

Sharron Thomas is generalist Social Worker for 30 years Sharon Thomas MSW, RSW, has spent 8 years as a Mental Health therapist with AHS.

Helping children and their families learn to negotiate the often confusing world of mental health is a privilege and an honor that I don't take lightly

Please contact Laurie Belcourt
for Zoom connection
information at
LBelcourt@treaty8.org



Target Audience

Treaty 8 Health Directors,
Mental Health
Therapist, Community Based
Workers



VISIT THE FIRST
NATION PORTAL AT
<http://WWW.FNTN.CA>
TO REGISTER FOR THIS
SESSION



For Zoom
information, contact
LBelcourt@treaty8.org



FIRST NATIONS
TELEHEALTH
NETWORK
WWW.FNTN.CA
1.888.999.3356
VCHELP@FNTN.CA