

Strengthening Family Dynamics

Miyo-mâmitoneyihcikan / Kedih ùùjón "Good Mind" Learning Series

September 17th, 2020

10:30 - 12:00

Learning Objectives:

- Boosting Mood Strategies
- Coping with Stress (Family)
- Understanding Over Crowding and Poverty and its Impacts on the Family
- Healthy Family Dynamics



Target Audience
Health Directors,
Community Based Workers,
Interested Learners



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Speaker:

Gaille Dillabough, a mental health therapist with Alberta Health Services. In addition to her current role, she has been fortunate to work with several Indigenous agencies. These include Native Counselling Services of Alberta, Night Wind Treatment Centres, Prince Albert Grand Council and Red Earth Cree Nation in Saskatchewan. Within all of these organizations, Gaille has provided presentations and seminars involving healthy relationships, family wellness, recovery programs, grief work and team building, Gaille is a Metis woman originally from Manitoba. She holds a Bachelor of Indian Social Work from the First Nations University of Canada and is currently studying to obtain her Masters of Social Work with the University of Calgary. Gaille is the proud mother of two adult daughters. Finally, she enjoys spending time with family, in addition to music, crafts, reading and walking.

Please contact

Darcy Jagodzinsky for
additional information at
DJagodzinsky@treaty8.org



To join via internet browser

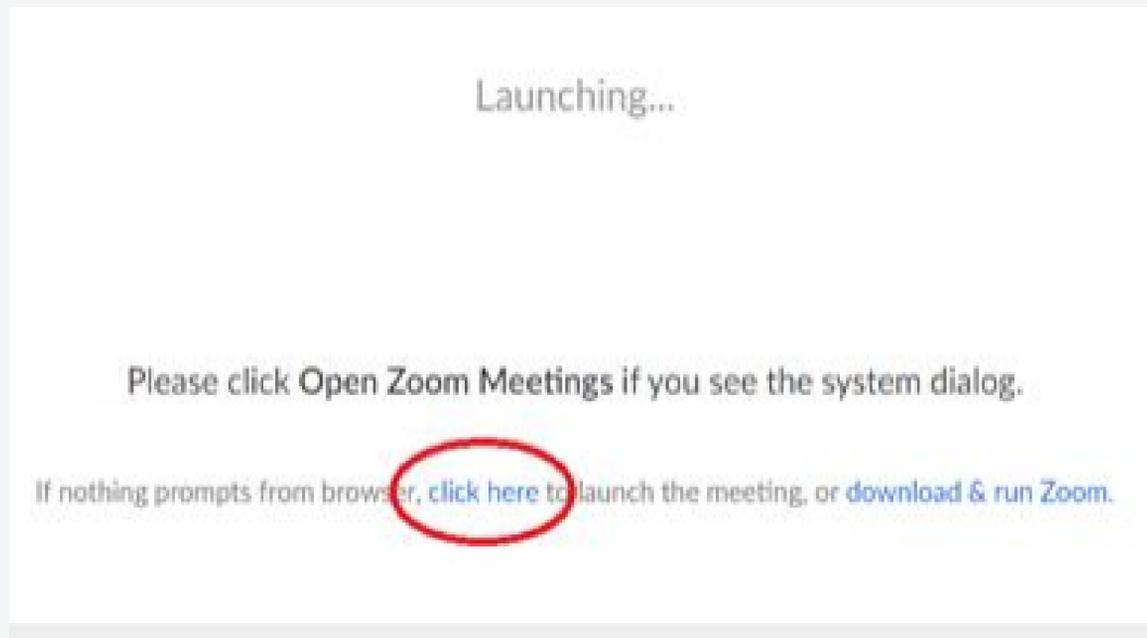
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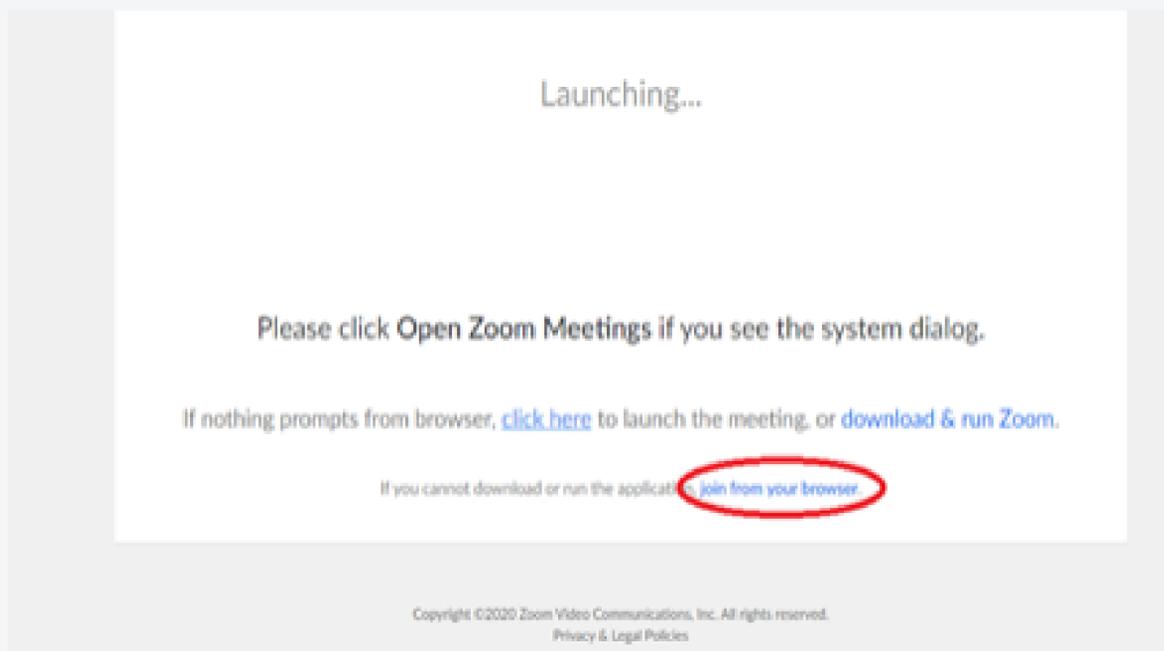
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