

Creating Mental Wellness through traditional wisdom, teachings and Sharing

March 24, 2021

10:00-13:00



This session is a casual seminar that gives you a chance to share your emotional stressors and challenges during Covid. It will provide teachings and practical strategies to deal with your mental health concerns in a supportive manner.

Learning Objective:

- Will experience the value of releasing negative emotions in a safe supportive manner.
- Will gain appreciation of the teachings of Covid.
- Will learn Practical Strategies to deal with their mental health concerns.
- Will learn some wisdom teachings to create their best life.

Speaker:

Bearwoman (Adele Arcand) is a Cree/Mohawk Wisdom Keeper, Educator, Healer. She has developed and implemented two trauma-based drug treatment programs in Alberta and Saskatchewan. Adele has also developed a spiritual guided trauma process which First Nations she has worked with have been recognized as transformational. She has worked for the past 30 years sharing her knowledge, her teachings and her healing gifts with thousands of First Nations people across Canada.

Honored by the experience, she has developed a unique spiritually guided method, to support traumatized clients heal and integrate past trauma. Bearwoman believes we must take our rightful place as Healers of our people's hearts and spirits and build our Nations Home fires.



Target Audience:
Youth and Adults

Please register for session at:
<http://WWW.FNTN.CA>

To access this session
from zoom:
<https://fntn.zoom.us/join>
Meeting ID: 976 9629 2136
Passcode: 620055

To access this session
from an audio line:
1-587-328-1099
Meeting ID: 976 9629 2136
Passcode: 620055



First Nations
Telehealth Network
WWW.FNTN.CA
1.888.999.3356
VCHELP@FNTN.CA

To join via internet browser

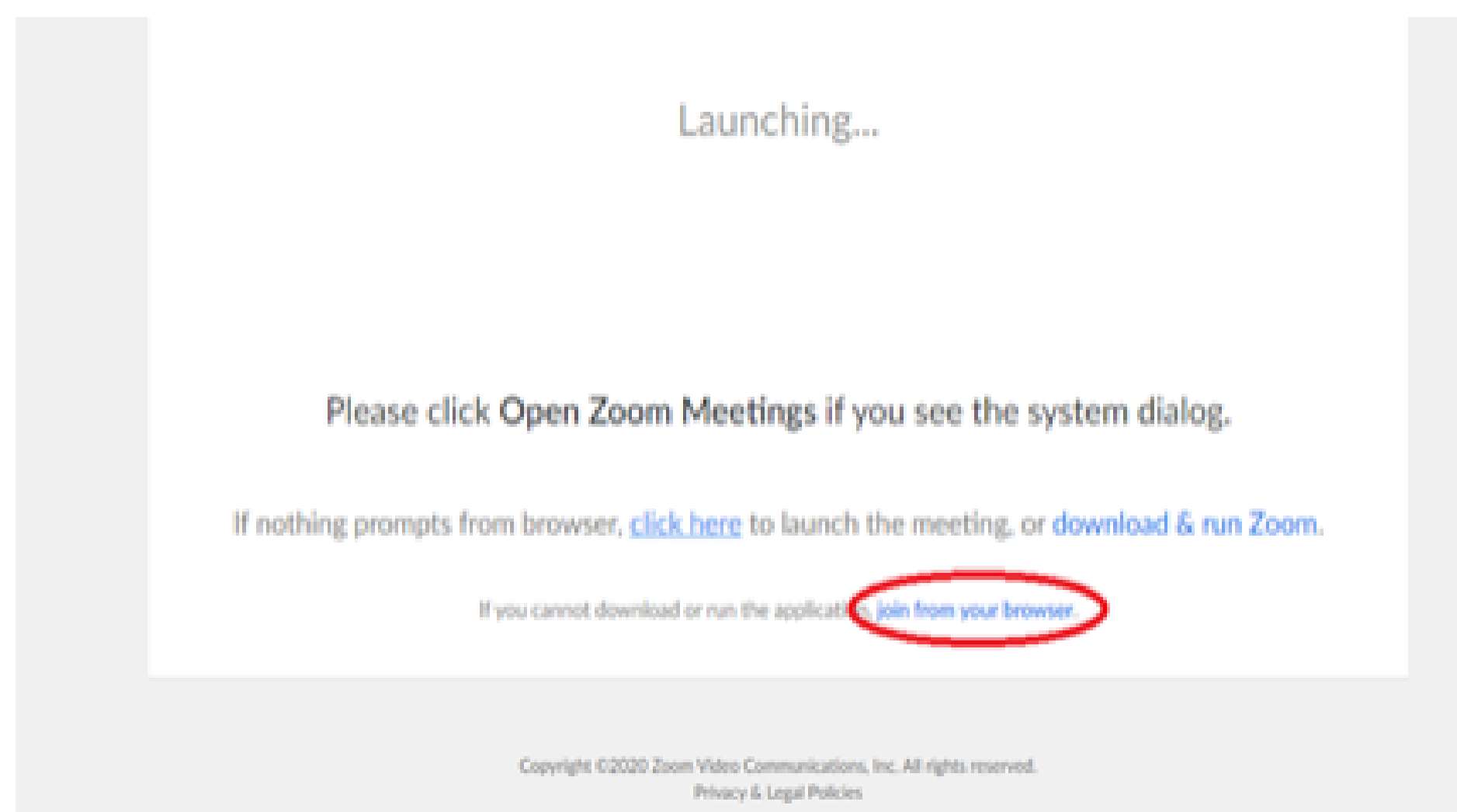
1. Please click the link below to join the webinar:
<https://fntn.zoom.us/join>
2. Enter Meeting ID: 976 9629 2136
3. Passcode: 620055
4. Click the option "click here" (See image below)

Launching...

Please click Open Zoom Meetings if you see the system dialog.

If nothing prompts from browser, [click here](#) to launch the meeting, or [download & run Zoom](#).

5. Another option will show up on the bottom, please click "join from your browser" (See image below)



6. You will now join the webinar, by default all attendees of the webinar are muted.

To join Via Zoom apps:

1. Please click the link below to join the webinar:
<https://fntn.zoom.us/join>
2. Enter Meeting ID: 976 9629 2136
3. Passcode: 620055
4. Choose "download and run Zoom"
5. An executable file will be download, please run the file
6. After the file has been installed, you will be ask to enter your "email" and your "name"
7. You will now join the webinar, by default all attendees of the webinar are muted.