

Introduction to Kids Help Phone Featuring

Jordin Tootoo

April 22, 2025

1:30-3:00pm MDT

This session of the Brighter Days: An Indigenous Wellness Program supported by Sun Life, aims to demystify the services offered by Kids Help Phone (KHP) and promote help-seeking behaviors among Indigenous youth. Facilitated by a KHP Indigenous Wellness Specialist, this engaging and informative conversation will explore community resources and provide answers to any questions about KHP services, all within a fun, safe, and supportive virtual environment.

****Please note that this session will not be recorded or uploaded to our website.**

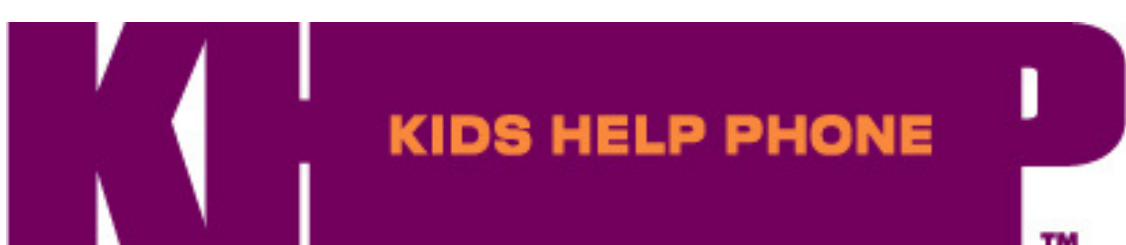


Learning Outcomes:

- Provide young people with the tools and resources to support their well-being
- Increase awareness and understanding of KHP services and other community resources
- Encourage help-seeking behaviours and reduce stigma around mental health

Speakers:

Matthew Lutz, Mainland Mi'kmaw First Nation Bear River Nova Scotia, Indigenous Wellness Specialist with Kids Help Phone. Experience working with Indigenous and non-Indigenous children, youth, and adults since 2015. I have worked with both urban and on-reserve Indigenous populations. Experience working in multiple settings including youth justice, mental health, education, medical and social needs including child welfare



Target Audience: The KHP Brighter Days program is designed for Indigenous youth. The target audience includes First Nations, Inuit, and Metis young people aged 6 to 29 years old. However, this session will be targeted for those 16 and up

Please register for session at:
<https://fntn.ca/Home/Registrar-VC?eid=21997>

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4. Click the option "click here" (See image below)

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