

Managing Anxiety Featuring Notorious Cree

April 29, 2025

1:30-3:00pm MDT

Join a Kids Help Phone (KHP) Indigenous Wellness Specialist and Notorious Cree as they teach participants all about managing anxiety. Notorious Cree, a renowned traditional hoop dance artist, will open the session in a pre-recorded video by sharing his personal experience with anxiety. Then, using fun and engaging activities, a KHP Indigenous Wellness Specialist will teach participants about different types of anxiety, and guide them through ways to cope.

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



Learning Outcomes:

- Destigmatize anxiety
- Increase understanding of anxiety and its common forms
- Provide young people with the skills, tools and resources to manage stress and anxiety
- Convey strategies for young people to help other people in their lives who are experiencing high levels of stress or anxiety
- Guide young people to additional resources that can assist them with anxiety-related questions and concerns

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 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 geared for those 16 and up

Please register for session at:
<https://fntn.ca/Home/Registrar-VC?eid=21998>

To access this session from zoom:
<https://fntn.zoom.us/j/81622043667>
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To access this session from an audio line:
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4. Click the option "click here" (See image below)

Launching...

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