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 <u>will not</u> 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/Register-VC?eid=21998

To access this session from zoom:

https://fntn.zoom.us/j/816220

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Meeting ID: 816 2204 3667

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To join via internet browser

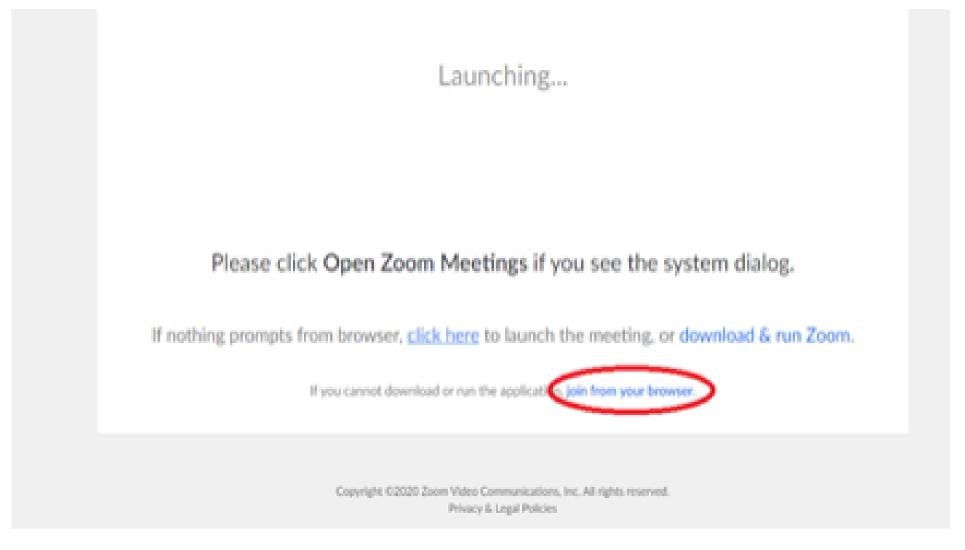
- Please click the link below to join the webinar: <u>https://fntn.zoom.us/join</u>
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- 4. Click the option "click here" (See image below)

Launching...

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



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.

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- 2. Enter Meeting ID: 816 2204 3667
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- 5. An executable file will be download, please run the file
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