

# Understanding Abuse Featuring Mary Black

June 10, 2025

1:30-3:00pm MDT

Learn about abuse and safety from a Kids Help Phone (KHP) Indigenous Wellness Specialist and Mary Black. Actress and poet Mary Black will open the session in a pre-recorded video by sharing a poem and reflecting on her own experience with abuse. Then our Indigenous Wellness Specialist will engage participants in activities and discussion about abuse and safety. They'll emphasize that if a young person is living with abuse, they're not alone, and help is available.

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



## Learning Outcomes:

- Help young people understand what abuse is
- Help young people recognize when they or other youth may be experiencing abuse
- Outline actions young people who are experiencing abuse can take to help increase their safety
- Provide strategies that may help create safer spaces
- Help young people develop confidence in reaching out for support from trusted organizations

## 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=21999>

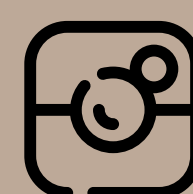
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Launching...

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