

# Mental Wellness and Self-Care Featuring

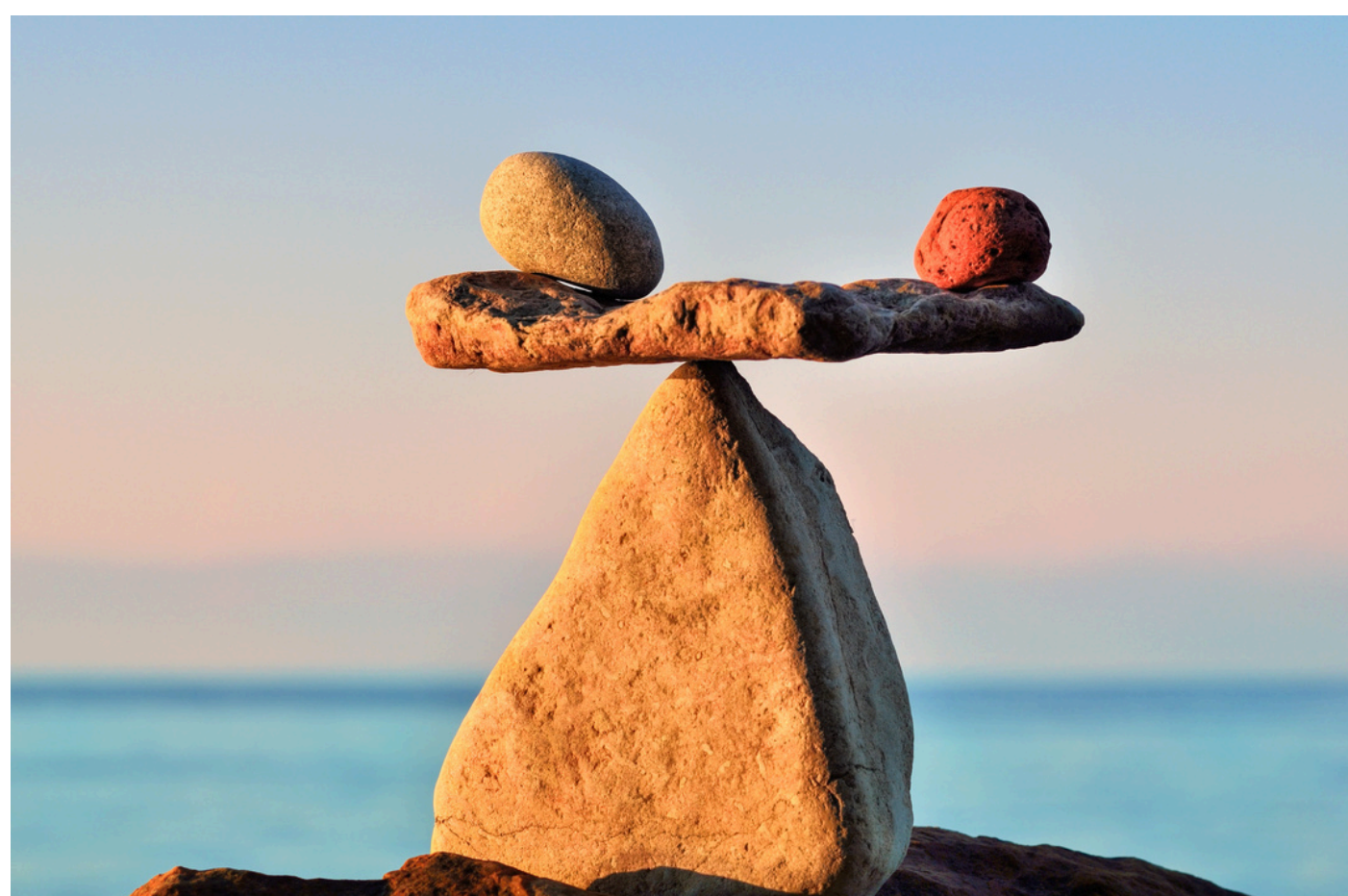
## Shina Nova

July 15, 2025

1:30-3:00pm MDT

Dive into the world of mental wellness and self-care with a Kids Help Phone (KHP) Indigenous Wellness Specialist and Shina Nova. The session will open with a pre-recorded message from Shina Nova, a content creator and public speaker. Shina will share her personal experience with self-care, including how she practices it. Then, our Indigenous Wellness Specialist will lead fun, practical activities to help teach participants all about taking care of their mental, emotional, physical and spiritual well-being.

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



### Learning Outcomes:

- Help young people understand what mental wellness is
- Help young people understand what self-care is
- Explore the importance of practising self-care
- Provide young people with skills, tools, strategies and resources to help them practise self-care

### 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/Register-VC?eid=22000>

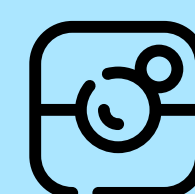
To access this session from zoom:  
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Meeting ID: 873 8666 7745  
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## To join via internet browser

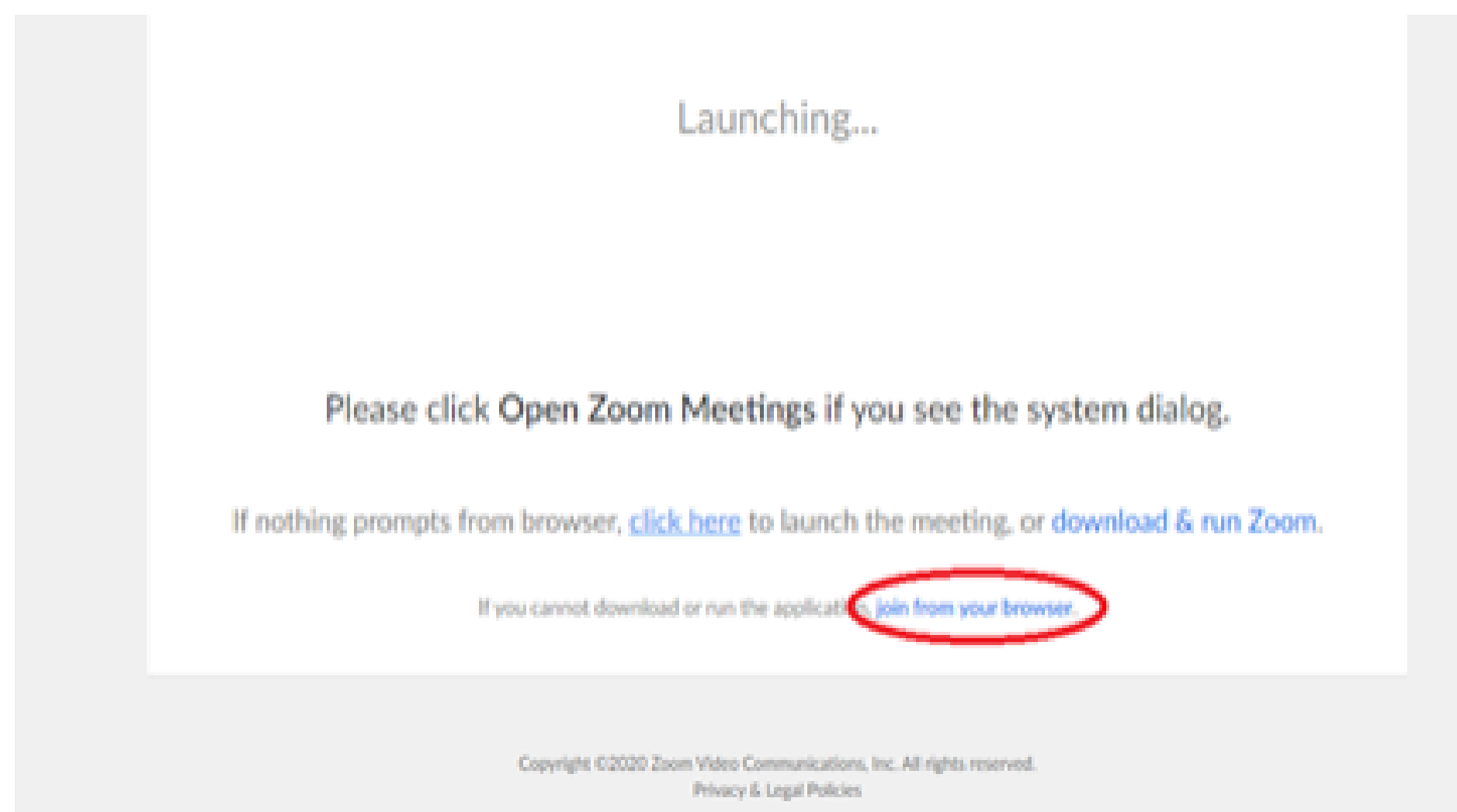
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4. Click the option “ click here” ( See image below)

Launching...

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