

Walking with Our Grief: First Nations Teachings for the Winter Holidays

November 26, 2025

10:00-11:30am MT

This telehealth session offers a supportive space for participants to explore teachings, practices, and community connections that nurture healing. Through guided reflection, grounding exercises, and sharing circles, participants will learn to navigate the emotional challenges that can arise during the holiday season with compassion, safety, and strength drawn from culture and community.



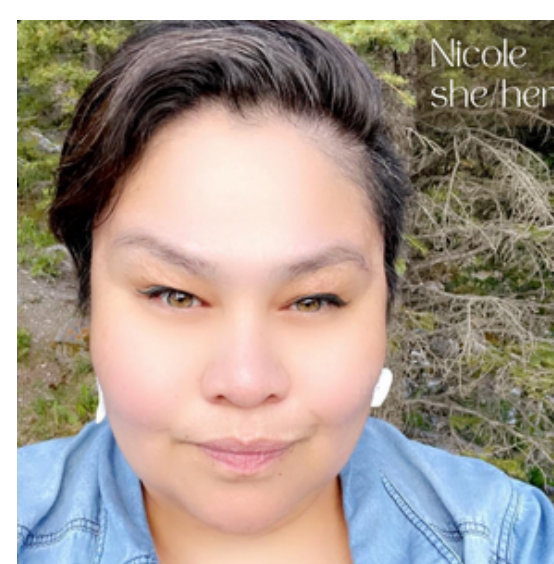
Learning Outcomes:

- Develop personal grounding and safety practices to support emotional well-being during times of grief and loss
- Identify personal and community-based protective factors that foster resilience and healing
- Learn and share culturally-relevant teachings that offer comfort and perspective through challenging times
- Create a personal "Coping Bundle" of supports, (e.g., people, practices, and cultural connections) to carry forward beyond the session

Speakers:

Chey Johns - Student Counsellor at Canmore Counselling, currently completing her Master of Counselling degree. Chey (Anishnaabe from Wiikemkoong Unceded Territory) is a First Nation and has experience supporting First Nations individuals, families, and communities

Nicole Lightning-Strongman - Student Counsellor at Canmore Counselling, currently completing her Master of Counselling degree. Nicole (Cree from Ermineskin Cree Nation) is a First Nation and has experience supporting First Nations individuals, families, and communities



Target Audience: Individuals, families, and community members who are coping with grief or loss, especially during the winter holidays. It will also benefit helpers, frontline workers, and service providers working with First Nations communities who wish to deepen their understanding of culturally grounded approaches to healing and support

Please register for session at:
<https://fntn.ca/Home/Register-VC?eid=22565>

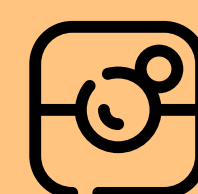
To access this session from zoom:
<https://fntn.zoom.us/j/89138375945>
Meeting ID: 891 3837 5945
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To access this session from an audio line:
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First Nations
Telehealth Network
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To join via internet browser

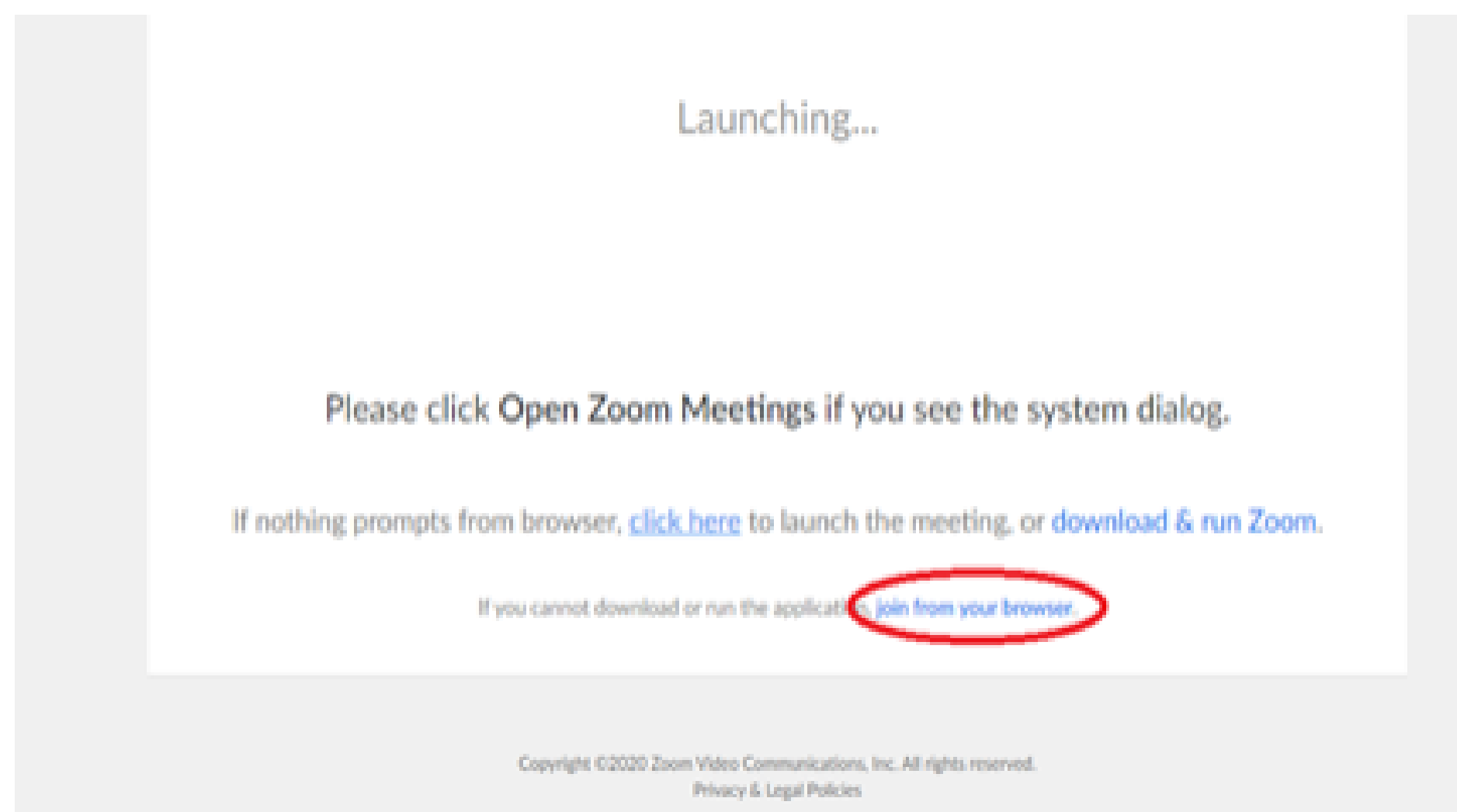
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