

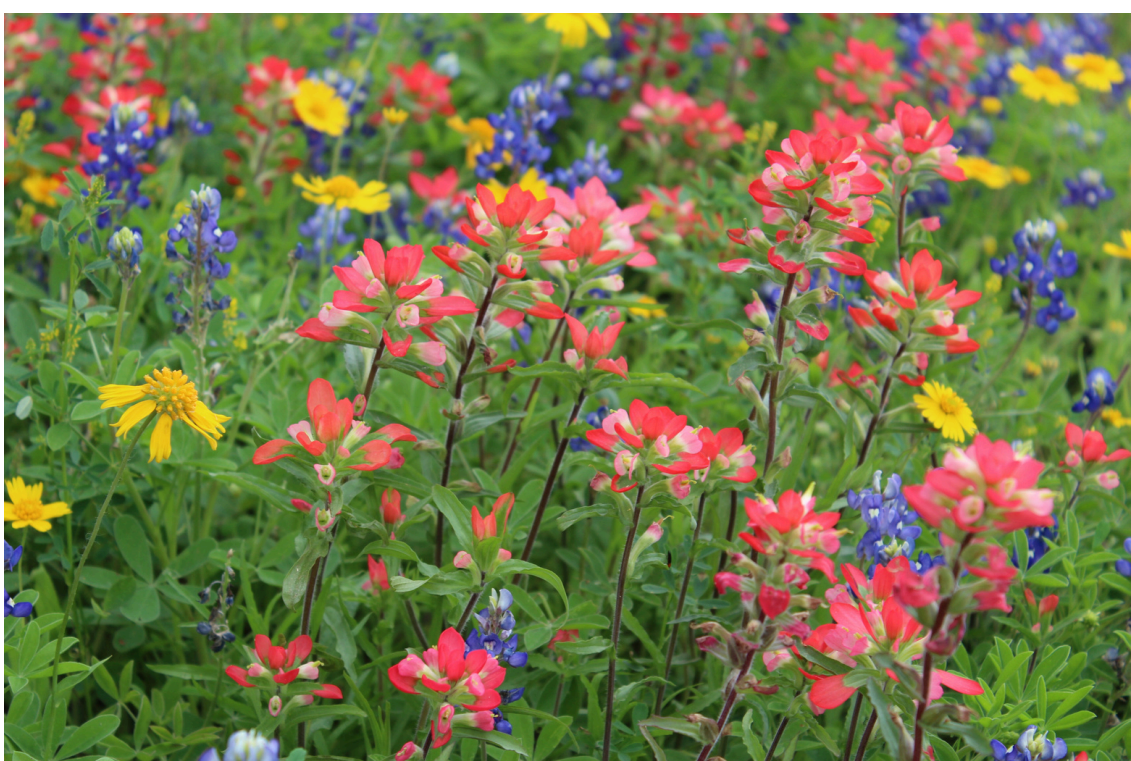
Rooted Kinship: Nurturing Connections to Our Plant Relatives

August 10, 2026

10:00-11:30am MT

Join as we gather to explore how Indigenous communities nurture holistic health and wellbeing through connection to land, place, community and culture with emphasis on the contributions of our rooted relatives. Through story sharing and dialogue participants will deepen their understanding of the meaningful contributions that our Indigenous plants and plant medicines make to our collective wellbeing. Together, we will examine how Indigenous teachings of reciprocity, respect, and kinship can help participants establish, strengthen, nurture, and sustain their own relationships with our more-than-human relatives

***Please note this session may or may not be recorded/uploaded to our website*



Learning Outcomes:

- Explore holistic Indigenous perspectives on health, well-being, and the relationships that sustain and support all life
- Recognize how Indigenous communities nurture health and well-being through connections to land, place, culture, community, and our more-than-human relatives
- Examine the concept of ilagiittuinnaugatta (inter-relatedness) and its role in fostering reciprocal relationships among people, plants, animals, and the environment
- Become familiar with Indigenous plant relatives commonly encountered in our everyday environments and their cultural significance
- Identify some of the original medicines shared by Indigenous plant relatives and understand their contributions to individual and collective well-being

Speakers:

Jeanien Cooper - Guided by Inuit Maligait and Qaujimagatuqangit principles, Jeanien Cooper is a Nunatsiavumiut hunter, harvester, fisher, educator, artist, author and advocate who proudly lives according to the ice, water, and land-based traditions of her Inuit Ancestors. Committed to upholding relational obligations, she serves as AngajukKâk of the Inuit Edmontonmiut Community, Founder of the Alberta Inuit Association, is the Indigenous Education Ikajuqti for the Faculty of Arts & Sciences and a course developer and instructor in the Indigenous Studies Program at NorQuest College.



Target Audience: This session will benefit anyone seeking to establish, build and nurture a deeper relationship with our rooted plant relatives

Please register for session at:
<https://fntn.ca/Home/Registrar-VC?eid=22960>

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