

# Building Wellness and Leadership through the Indigenous Youth Mentorship Program

August 19, 2026

1:30-3:00pm MT

The presentation highlights the Indigenous Youth Mentorship Program (IYMP), detailing how this community-led initiative uses cultural roots to build leadership and healthy habits in Indigenous youth. IYMP is a relationship-based, communal afterschool program led by high school students that are trained and empowered to become mentors to elementary aged students in their communities. Students design and lead a 90 minute program that includes a healthy snack, physical activity, cultural connections and relationship building.



## Learning Outcomes:

- How IYMP provides practical leadership and mentorship skills
- Develop a deep understanding of how the 4R's and the Circle of Courage apply to daily life and community relationships
- How youth cultivate a foundation of wellness by learning practical components of health
- How to use peer-led culturally grounded models as an effective, sustainable intervention strategy to combat long term health risks like type 2 diabetes

## Speakers:

Dr. Teena Starlight, Indigenous Youth Mentorship Program housed under Ever Active - Teena brings extensive experience in Indigenous education and leadership. She blends land-based learning, mentorship, and cultural knowledge to empower Indigenous youth across Canada. With advanced studies in curriculum and leadership, including a doctorate from the University of Calgary, she champions Indigenous-led wellness and education



Target Audience: Community Leaders, Health Directors, Wellness workers, Educators, Recreation workers, community members, and youth

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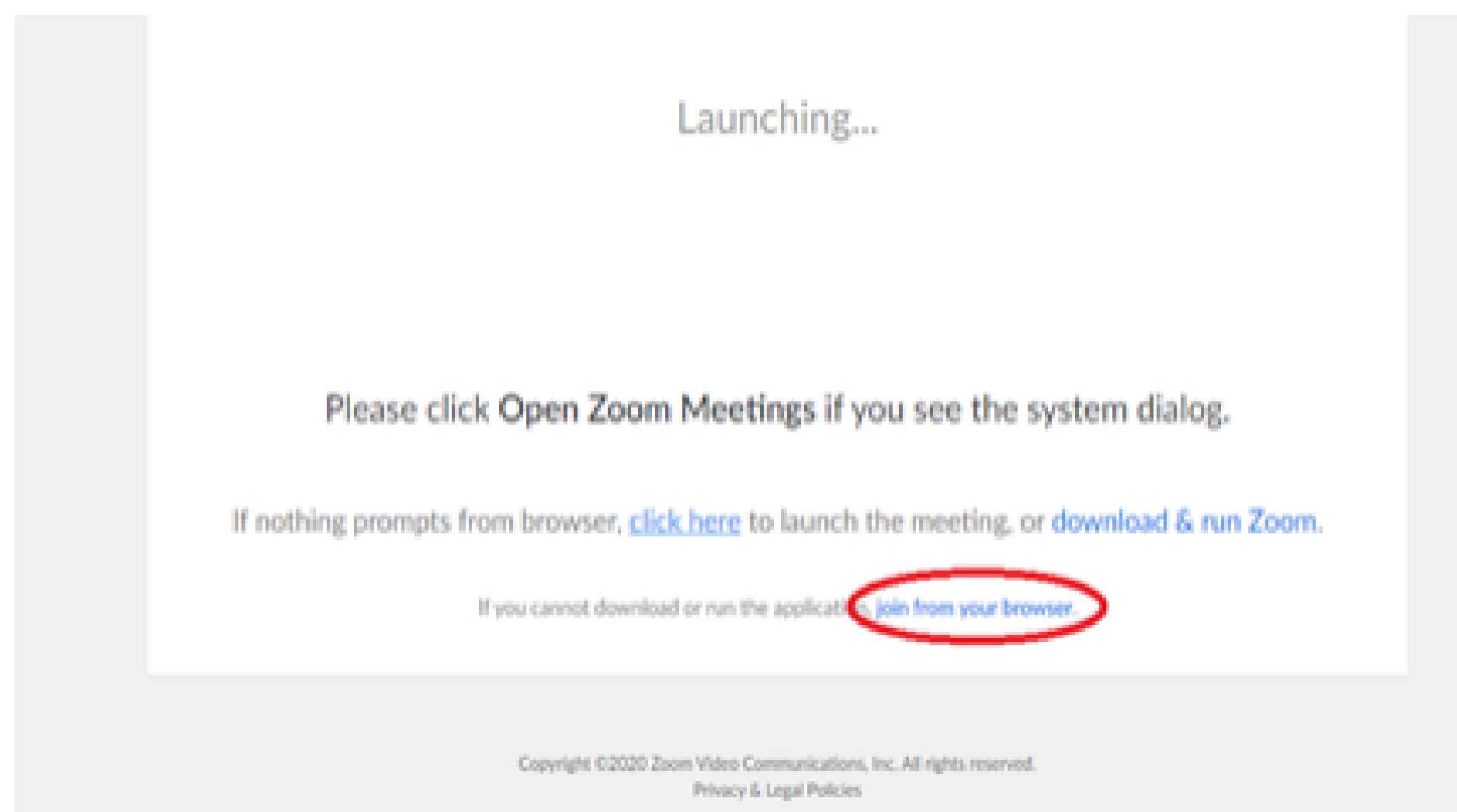
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