

L̓Ɂp̓Ɂ Maskihkiy Wellness - Mental Health

Rooted in Indigenous Best Practices

October 8, 2026

1:30-3:00pm MT

What does wellness look like when Indigenous knowledge, culture, ceremony, land, and relationships aren't simply added onto Western model - but are the roots? Join L̓Ɂp̓Ɂ maskihkiy wellness for an introduction to who we are, how we approach wellness differently, and the growing range of Indigenous-led clinical, cultural, educational, organizational, and community supports we offer. We'll share how maskihkiy brings Indigenous best practices into action with individuals, families, organizations, and communities—and explore possibilities for working together toward wellness that is culturally grounded, relational, and rooted in Indigenous ways of knowing and being.



Learning Outcomes:

- Meet L̓Ɂp̓Ɂ maskihkiy wellness and learn about the vision, values, teachings, and relationships that guide our work
- Explore a different way of understanding “mental health” through genocide-informed, wholistic Indigenous approaches to wellness that honour spirit, mind, emotion, body, family, community, culture, land, and the impacts of colonization
- Discover what maskihkiy offers, including Indigenous-based counselling and clinical supports, cultural and kihtehayak (Elder) supports, circles and gatherings, education and workshops, organizational consultation, program development, research, and land- and ceremony-based approaches to healing
- Imagine possibilities for partnership and learn how First Nations, organizations, service providers, families, and communities can connect with maskihkiy to develop supports responsive to their own needs, priorities, and ways of knowing

Speakers:

Dr. Karlee Fellner, PhD | Otipemisiwak Métis Nation of Alberta | okimâw (CEO) & Founder, L̓Ɂp̓Ɂ maskihkiy wellness - Dr. Karlee Fellner is the founder and okimâw of L̓Ɂp̓Ɂ maskihkiy wellness and an internationally recognized leader in Indigenous and land-based approaches to wellness and healing. Drawing on more than 15 years of Indigenous community-driven research and clinical practice, Dr. Fellner founded maskihkiy to move Indigenous best practices beyond research and into living, accessible services for individuals, families, organizations, and communities. She and her team have served countless Indigenous communities and organizations, including urban, rural, remote, and reserves.



Target Audience: This session will be especially relevant to First Nations community members, health and wellness teams, leadership, counsellors and clinicians, frontline helpers, educators, program managers, community organizations, and anyone interested in Indigenous-led approaches to holistic wellness.

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<https://fntn.ca/Home/Register-VC?eid=23100>

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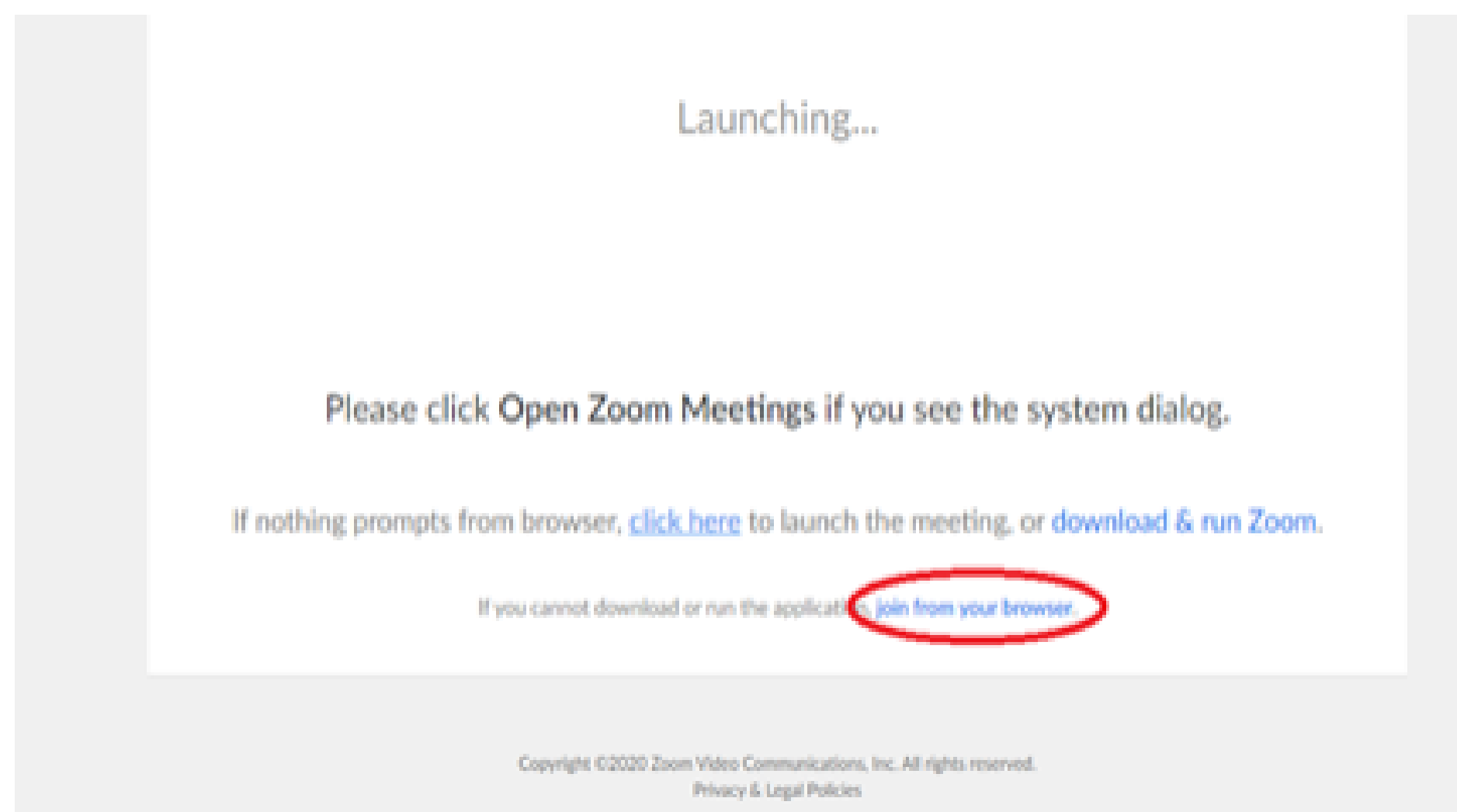
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