

# Pathways to Healing Conference

January 22-23-24-25, 2014

EPR Conference & Training Centre

Moose Factory

Master of Ceremonies: Lawrence Martin



## Keynote Speakers & Presentations

Andrew Koornstra

Darrell Tonemah

Eddy Robinson

Kevin McPhee, MSW, RSW, AAMFT

John Turner

Warren Kapashesit

Patrick Solomon

Cheryl Moore & Christina Linklater

**Physical Self Care & Well Being: "Lemon Cree" with Jocelyn Cheechoo**

## Self Care

Women's Teachings & Ceremonies with Jean Aquash

Men's Teachings & Ceremonies with Peter Wynne

Medicine Teachings with Patricia Toulouse

Seated Massage with Frank & Julie Ozawagosh

**Counseling Available: one on one, couple and family sessions**

## REGISTRATION

Wednesday, January 22, 2014

from 9 am — 11 am

@ EPR Conference & Training Centre

No Registration Fee

For any inquiries please contact:

Moose Cree Health Services

Gail Tomatuk @ 705-658-4619 Ext 316 or Joy Anne

Cheechoo @ 705-658-4619 Ext 283



Moose Cree Healing  
Centre  
Aka KAAP Office

**Saturday, January 25th, 2014**

- 10:00 am - Launching of Health & Wellness Group  
12:00 pm @ EPR with Jocelyn Cheechoo  
**\*\*Bring your Indoor shoes and wear comfortable clothes for this activity**
- 12:00 pm- **Lunch @ EPR for PTH Participants/ Presenters**  
1:00 pm Keynote Speaker Darryl Tonemah
- 1:15 pm- **EPR Conference Centre**  
with Eddy Robinson  
Aboriginal Education and Impacts of Contact”
- 2:30 pm- HEALTH BREAK  
2:45 pm
- 2:45 pm- continuation/  
4:00 pm by Eddy Robinson  
@ EPR Conference Centre
- 4:00 pm- **Lemon Cree with Jocelyn Cheechoo & Friends**  
5:00 pm @ **Ministik School**
- 1:00 pm **Women's Sweat Lodge Ceremony**  
Conducted by Jean Aquash  
@ Bob Sutherland's  
Hospital Drive, Moose Factory
- 1:00 pm- **Men's Sweat Lodge Ceremony**  
Conducted by Peter Wynne  
@ 2 Niskaway  
Moose Factory
- 5:00 pm- **Community Feast - Potluck Style**  
6:30 pm @ **TCJMC**
- Closing Remarks & Prayer by Pauline Rickard
- 7:00 pm- Social @ TCJMC  
10:00 pm Host Drum High Ridge Singers

**The secret of health for both mind and body is not to mourn for the past, not to worry about the future...but to live the present moment wisely and earnestly.**

**-- Siddhartha Gautama Buddha**

### **Self Care**

#### **Andrew Koornstra**

Andrew Koornstra, will be available for counseling services as follows:

- One on One Counselling
- Couple Counselling
- Family Counselling

To book an appointment contact Moose Cree Health Services @ 705-658-4619 Ext 256

**Medicine Workshops** - Limited seats available  
Patricia Toulouse of Sagamok First Nation also known as the Medicine Lady will provide teachings on earth medicines, remedies and recipes using natural earth medicines.

#### **Moose Cree Healing Centre (aka KAAP office)**

Wed, Jan 22nd	9:00 am - 11:45 am	1:15pm - 4 pm
Teaching	Kinick Kinick	Field Trip
Thurs, Jan 23rd	9:00 am - 11:45 am	1:15pm - 4 pm
Teaching	Cedar	Footsoak
Fri, Jan 24th	9:00 am - 11:45 am	1:15pm - 4 pm
	Self Care	Self Care
Sat, Jan 25th	9:00 am - 11:45 am	1:15 pm - 4 pm
Teaching	Traditional Approach to the Flu	

#### **Traditional Health & Well Being**

Jean Aquash - One on One Appointments  
@ WAHA Traditional Healing Room  
Contact Stella Schimmens to schedule an appointment @ 705-658-4544 Ext 2245

Peter Wynne - One on One Appointments  
@ Moose Cree Health Services  
705-658-4619 Ext 256 to schedule an appointment

#### **Seated Massage with Frank & Julie Ozawagosh** **Location: 8 Achimist, Moose Factory**

Frank and Julie will be available for Seated Massage and Foot massage from January 23-24-25.

For more information or to schedule an appointment please contact Erin Davey @ 705-658-4619 Ext 226

**Maximum appointments available daily**



*“Creating Balance  
through positive  
Self Care”*

**Tuesday, January 21 -  
Saturday, January 25, 2014**



Health Services Department

In every community, there is work to do be done.

In every nation, there are wounds to heal.

In every heart, there is the power to do it.

*-- Marianne Williamson*

## Tuesday, January 21st, 2014

6:00 pm- **Moose Factory Lemon Cree Team**  
7:00 pm Bounce Fit @ Ministik School

7:00 pm- Social with High Ridge Singers  
9:00 pm @ EPR Conference Centre

## Wednesday, January 22nd, 2014

9:00 am- Early Bird Registration  
11:00 am @ EPR Conference Centre

11:00 am- **Opening**  
11:45 am Master of Ceremonies Lawrence Martin  
Opening Prayer Peter Wynne  
Opening Drum Song - High Ridge Singers

12:00 pm- **Lunch @ EPR for Participants/Presenters of PTH**  
1:00 pm Keynote Speaker - Warren Kapashesit  
"The Just Kidding Effect"

1:15 pm- **ELDERS CENTRE with Eddy Robinson**  
4:00 pm "Aboriginal People Today"

1:15 pm- **EPR Conference Centre**  
2:30 pm "Doing Life Together"  
with Andrew Koornstra

2:30 pm- HEALTH BREAK  
2:45 pm

2:45 pm- "Doing Life Together"  
4:00 pm Continued

6:00 pm- **JRDYC with Darryl Tonemah**  
7:30 pm "P.L.A.Y. Activity & Wellness "

6:30 pm- Drum Teaching & Dream Catcher Teaching  
8:30 pm 1 Niskaway (Old Awashishuk), Moose Factory

7:30 pm - "Youth, Leadership & Wellness"  
9:00 pm with Darryl Tonemah

6:30 pm **Sweat Lodge Ceremony**  
Conducted by Kane Faries  
28 Mahkeshoo  
Moose Factory

7:00 pm **EPR - Sharing of...**  
Personal Success Stories of Hope & Inspiration  
with Special Guest Speakers:  
Elaine Maybee  
Terrence Hardisty

## Thursday, January 23rd, 2014

12:00 pm- **Lunch @ EPR for Participants/Presenters of PTH**

1:00 pm Keynote Speaker - Eddie Robinson

1:15 pm- **ELDERS CENTRE with Darryl Tonemah**  
Exercise, Wellness & Aging

2:45 pm- HEALTH BREAK

3:00 pm- P.L.A.Y. Activity & Wellness for Elders  
4:00 pm

1:15 pm- **EPR Conference Centre**  
2:30 pm Traditional Teachings with Jean Aquash  
\*Roles of Women

2:30 pm- HEALTH BREAK  
2:45 pm

2:45 pm- Traditional Teachings with Peter Wynne  
4:00 pm \*Feasting Ceremony & Medicine Teachings

6:00 pm- **Moose Factory Lemon Cree Team**  
7:00 pm Bounce Fit @ Ministik School

6:30 pm- **Youth Engagement on Self Care**  
7:30 pm 8 Achimist, Moose Factory

6:30 pm- **ELDERS CENTRE with John Turner**  
Nutrition: from a Cultural Perspective

7:00 pm- **John R. Delaney Youth Centre**  
7:30 pm "The Just Kidding Effect"  
By Warren Kapashesit

7:30 pm "Bullying Presentation" By Patrick Solomon

7:00 pm- **EPR Conference Centre**  
9:00 pm Live Band Musical Entertainment

### Color Codes for Venues

**Red** - John R. Delaney Youth Centre  
**Blue** - EPR Conference Centre  
**Black** - Elders Centre Common Room  
**Green** - Ministik School Gymnasium  
**Brown** - Thomas Cheechoo Jr Community Centre  
**Purple** - Self Care and Sweat Lodge Ceremony

## Friday, January 24th, 2014

12:00 pm- **Lunch @ EPR for Participants/Presenters of PTH**

1:00 pm Keynote Speaker : John Turner  
Nutrition: from a Cultural Perspective

1:15 pm- **ELDERS CENTRE with Andrew Koornstra**  
"Reshaping your Mindset"

1:00 pm- **EPR Conference Centre with Darryl Tonemah**  
3:00 pm **Presentation 1:** "Trauma & Health "

3:00 pm HEALTH BREAK  
3:15 pm

3:15 pm **Presentation 2:** "Motivating ourselves for change"  
5:00 pm with Darryl Tonemah

6:30 pm- **Youth Engagement on Self Care**  
7:30 pm 8 Achimist, Moose Factory

6:30 pm- **Magic 123 with Cheryl Moore @ EPR**

**Parenting with Blended Families @ EPR**  
with Cheryl Moore & Christina Linklater

7:30 pm- Parenting with Blended Families / Parents &  
8:30 pm Teen Conflict with Kevin McPhee @ EPR

7:00 pm- **JRYDC with Eddy Robinson**  
8:30 pm "Cultural Identity today"

Thank you to the following organizations for your support and for making this event happen:

John R. Delaney Youth Centre  
Moose Cree Healing Centre  
Moose Factory Health Centre  
Moose Cree Health Services

Moose Cree First Nation Language & Cultural Program