

Mental Health Awareness Week

Tuesday, May 23rd - Saturday, May 27th, 2017

“Family Wellness: It starts at Home”



Tuesday, May 23rd, 2017

2:00 pm- Movie - Inside Out
@ JRDYC



1:00 pm- Mental Health Fair (Booth Displays)
3:00 pm @ TCJMC

2:00 pm Elder's Medicine Bag Making
@ Moose Cree Health Centre

3:00 pm- “Intergenerational Trauma”
with Brittany Biedermann & Victor Weapenicappo
@ EPR Centre

5:00 pm- Family Well-Being Program Kick Off
6:30 pm Introductions & Engagement Dinner
@ TCJMC



7:00 pm- Music Entertainment by
9:00 pm Country Mayhem
Food/Bake & Beverage Sale by DDECS Grade 8 Class

Wednesday, May 24th, 2017

9:00 am- Mental Health First Aid (Day 1 of 2)
4:00 pm with Warren Kapashesit
@ JRDYC

9:00 am- “How Trauma Affects Your Mental Health and How
12:00 pm Positive Self Care can Improve your Mental Health”
with Terrence Hardisty
@ EPR Centre

12:00 pm- Lunch & Learn hosted by MoCreebec
“Everyone Needs a Healthy Family”
with Mervin & Carol Cheechoo
@ EPR Centre

1:00 pm- “Addictions affect the Family”
2:15 pm with Brian Linklater @ Moose Cree Healing Centre

2:30 pm- “The Key to Family Wellness - Healthy Connections”
4:00 pm with Mervin & Carol Cheechoo @ EPR Centre

6:00 pm- Family Yoga with Deva Little Mustache
@ DDECS Gym



6:00 pm- “Blended Families, Blending Together Successfully”
7:45 pm with Mervin & Carol Cheechoo @ EPR Centre

8:00 pm- “Trauma Sensitive Yoga” with Brittany Biedermann
@ EPR Centre

Thank you to the following organizations for your commitment:



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

Thursday, May 25th, 2017

9:00 am- Mental Health First Aid (Day 2 of 2) with Warren Kapashesit
4:00 pm @ JRDYC

9:00 am- Front Line Workers Workshop
12:00 pm “The Key to Taking Care of Others: Taking Care of Yourself”
with Mervin & Carol Cheechoo @ EPR Centre

12:00 pm- Lunch & Learn hosted by Home Care
for Mooshums, Gookums & Jabans
“Elders Doing Well & Being Well”
with Mervin & Carol Cheechoo @ EPR Centre

1:00 pm- Parenting Workshop: “Parenting with Purpose & Passion”
3:30 pm with Mervin & Carol Cheechoo
@ EPR Centre

6:30 pm Yahtzee Walk Hosted by Moose Cree Health Centre



Friday, May 26th, 2017

9:00 am- “You Can Do It!” Seven Things That Will Make You a
10:15 am Better Person, Student, Athlete, Family Member”
#1 of 2 with Mervin & Carol Cheechoo @ EPR

10:30 am- “You Can Do It!” Seven Things That Will Make You a
11:45 am a Better Person, Student, Athlete, Family Member”
#2 of 2 with Mervin & Carol Cheechoo @ EPR

9:00 am- Sharing Circle with Lucy Tapas-Faries
@ Moose Cree Healing Centre

12:00 pm- Lunch & Learn
hosted by Victim Services & Mose Cree Healing Centre
“It Takes a Village to Raise a Child”
with Mervin & Carol Cheechoo @ EPR Centre

1:00 pm- “Meet N Greet” @ 5 Niskaway
Child & Youth Milopemahtesewin Services
Bannock Making in Cook Tent



3:00 pm “Worry Warriors: Supporting our Children through Big
Worries or Anxiety” with Deva Little Mustache
@ Moose Cree Healing Centre

6:30 pm- Drum Social @ EPR Centre

Saturday, May 27th, 2017

6:00 am- Walking Out Ceremony
**Watch out for Poster

2:00 pm Family Kindness Photo Scavenger Hunt
Starting @ JRDYC

7:00 pm- Family Dance
10:00 pm Music by DJ Solstice
@ EPR Centre

Be the change
you wish
to see in the world. *-Gandhi*