



## WHAT'S NEW

### Community Conversations

The Mental Wellness Implementation Team has been working closely with the First Nations Partners Committee to ensure that communities and First Nation Governments outside of Whitehorse are being reflected in the implementation work plans of the working groups. Team members have been travelling to each community with the goal that each community across Yukon will be involved in a participatory discussion to identify community-specific needs, experiences, goals, and to brainstorm collaborative activities that need to occur to achieve healthy, connected communities across Yukon.



Feedback from these sessions will be incorporated into the work plans for the working groups and will be used to inform priorities for new initiatives. To date, evaluations from community visits have been positive; participants appreciate “a feeling of working together” and encouragement “to share their ideas”.

## PEOPLE & PROGRAMS

### Updates from The Liard Aboriginal Women’s Society (Watson Lake)

The Liard Aboriginal Women’s Society (LAWS) is a community based, aboriginal organization providing social development services to the Kaska Nation in the Yukon and northern British Columbia. They had a busy summer, which included:

- A training session facilitated by Dr. Allan Wade to support those who have experienced traumatic events.
- Traditional healer Ralph King worked with the community to heal emotionally, physically, mentally and spiritually using the Four Sacred Medicines from Mother Earth.
- Leda Jules offered Kaska language classes including language lessons, continuing to build the Kaska dictionary and recording Elders.

Additionally, throughout the fall and during the school year, LAWS will be working with the schools in Watson Lake to:

- Run a Youth for Culture project for Grades 6 and 7 at the Johnson Elementary School, in partnership with teachers at the JES and community agencies. Two-day interactive workshops will be held monthly, including basic peer youth support, basic communications, Kaska traditions, basic life skills, dignity, compassion, and most importantly, having fun.
- Deliver the second year of Youth for Safety/Justice at Watson Lake Secondary School in partnership with community agencies. The broad goal is to engage youth in developing the skills and awareness needed to develop a safer community for children and youth and all residents.
- Traditional regalia will be proudly sewn this year for graduating Grades 7 and Grade 12 students. Another community celebration to honor youth is planned for the end of the school year.

### Monthly Webinar

Please follow the link below to pre-register for the free webinar & you’ll also receive a reminder e-mail closer to the event.

**\*Note:** We changed our webinar time to during lunch hour

**November’s webinar: Who is ISYY?**

**Date:** Tuesday November 8, 2016

@ 12:10pm – 12:50pm



### November – Upcoming Events

**November 15 & 16, 2016**

- **First Nations, History and Culture**
- 2 day training
- @ Yukon College



**November 22 & 23, 2016**

- **Leading Through Relationships**
- 2 day training
- @ Best Western (General Store)
- Only 20 spots available



### Dimensions of Wellness

**Physical Wellness:** Encourages the balance of physical activity, nutrition and mental well-being to keep our bodies in top condition.

Check out this short TED talk: *Got a meeting? Take a walk* (Nilofer Merchant):



### Promising Practices

An article from *Global News*. The first playground specifically tailored for seniors opened in Halifax. It’s designed to get seniors out and to help with their health.

