



WHAT'S NEW

- Na-Cho Nyak Dun First Nation Launches Mental Wellness Initiative –

- Na-Cho Nyak Dun First Nation launched a Wellness Initiative, Dun K'éhté, on Thursday March 9, 2017.
- Meetings with Council members and Frank Patterson helped to inform the decision to approach wellness in a Na-Cho Nyak Dun holistic and traditional way.
 - Given this, the wellness initiative has been given a Northern Tutchone name: **Dun K'éhté**. Loosely translated, means, the People's Traditional Ways.
- The initiative approach pulls from the strength of the Na-Cho Nyak Dun people to overcome obstacles, to live healthily and to be self-sufficient and happy as was done for thousands of year prior.
- Dun K'éhté, "aims to take a significant step onto the path of healing much of the harms that remain with our people." The initiative is scheduled to last for a year.
- Over the course of the year, the goal is to engage the entire community about what wellness means to everybody, how to move together and how to support and strengthen each other in collective healing.
 - There will be workshops focusing on different areas of wellness, Mental Health First Aid training and 'Kitchen Table Talks' that will allow people to come together and connect over a meal with friends and family while sharing information.
- Through conversations and connection, it is the hope of the Initiative, to enable NND to "begin to reclaim our Selves," and that "Na-Cho Nyak Dun First Nation, can, as a community, truly celebrate our strength, our resilience and our love for each other and our land."

PEOPLE, PROGRAMS & EVENTS

World Autism Awareness Day - Sunday, April 2, 2017

Every year, autism organizations around the world celebrate the day with unique fundraising and awareness-raising events. How will you celebrate? Use #LIUB to share your experience across social media and help light the world up blue this April! [Learn More](#)

"There needs to be a lot more emphasis on what a child can do instead of what he cannot do."



Temple Grandin is coming to Whitehorse **May 18, 2017**. She will speak at a one day conference hosted by Autism Yukon. Go to [Autism Yukon](#) to learn more.

Monthly Webinar

Please click on the button below to pre-register for the free webinar!

April's webinar: National Collaborating Centre for Aboriginal Health – "Trauma Informed Health Practices Through an Understanding of Historic Trauma"

Date: Friday April 21, 2017
@ 10:00 am – 11:30 am



APRIL – Upcoming Training

April 10 – *Human Systems Dynamics (Sticky Issues)*

April 11 & 12 – *Non Violent Crisis Intervention (NVCI)**

** To register for this training, contact Joshua Klassen*

April 25 to 27 – *Mental Health First Aid: First Nations*



Dimensions of Wellness

A TedTalk: *We've stopped trusting institutions and started trusting strangers* (Rachel Botsman; 17:08min).

"Something profound is changing our concept of trust ..."

(Click on the picture to visit the link)



Promising Practices

How Nature Can Make You Kinder, Happier, and More Creative. (Jill Suttie).

"We are spending more time indoors and online. But recent studies suggest that nature can help our brains and bodies to stay healthy."

