



WHAT'S NEW

Kluane First Nation Project Re-Building Cultural Connections and Identity

Healing Circles, developed by Kluane First Nation, is one of the many exciting projects funded by the Mental Wellness Innovation Fund.

Kluane First Nation has an existing counselling program, which has been very successful at primarily one-to-one counselling with all age groups. The Healing Circles project is building on the momentum from the program and providing monthly group sessions in the community in a variety of formats, such as workshops, for different audiences.

The objectives of the circles are to build family and community strength and collaborative coping models; to heal historic hurts through sharing, and heal historic family conflicts through sharing and developing goals for short and long-term resolution.

An exciting component of the project is that healing songs are being developed by elders and youth. Examples of some of the other events include a men's circle that was led by Phil Gatensby. A drum-making workshop was also held in the community, and some of the feedback was that people were pleasantly surprised to be talking about mental health in a drum-making workshop.

Most recently, Elder Chuck Hume from Champagne and Aishihik First Nations hosted a bone tool-making workshop, where people made bone-tools and listened to traditional stories from the land. One of the recommendations from the Kluane First Nation Wellness Manager that stems from the project is that cultural revitalization is an important part of wellness, particularly language. Not speaking traditional languages affects identity and results in a sense of disconnect for the community.

PEOPLE, PROGRAMS & EVENTS

National Inquiry into Missing and Murdered Indigenous Women and Girls

The National Inquiry into Missing and Murdered Indigenous Women and Girls was recently in Yukon. The National Inquiry travelled to some Yukon communities during the month of May in anticipation of hearings that were held in Whitehorse at the Kwanlin Dun Cultural Centre from May 29th – June 1st.

This process will have an impact on our communities, and on staff. It is important during difficult journeys to be aware of those around us who may be affected, and to offer support and resources when appropriate.

For more information, please visit www.mmiwg-ffada.ca/en/contact-us or contact Alana Boileau at 1-514-242-9915 or a.boileau@mmiwg-ffada.ca

JUNE – Upcoming Training

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

June 7 – Building Teams that Trust (Royal Roads)

June 7-9 – Acceptance and Commitment Therapy (ACT) Training

June 8 – Resilience and Change (Royal Roads)

June 12-14 – Acceptance and Commitment Therapy (ACT) Training

June 27 – Trauma-informed Training for Managers

June 29–30 – Trauma Aware Practice for Frontline Workers

Plan your summer - JULY Training

July 20 - Beyond Kale & Pedicures

In order to register for any of the trainings, please visit our new online system! Please note that you must pre-register to attend the training.

[Register Now](#)

Dimensions of Wellness

Mental Health Commission of Canada
Webinar: Does the Self-Directed Funding Model Work in Mental Health?

June 7, 2017
10:00 – 11:30
PST



(Click on the picture to visit the link)

Promising Practices

Science Says Your Pet is Good for your Mental Health -TIME



[READ MORE...](#)

[FEEDBACK](#)

Feedback is greatly appreciated. Please fill out a quick survey to help us learn about what you thought about this note and about what you would like to see in the future.