



Support week for the frontline workers

JUNE 26 TO 30, 2023

WE ARE HERE FOR YOU!



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As our communities have been greatly impacted by forest fires, we understand that the wellness week for frontline workers may no longer be realistic due to our current situations. We made the decision to modify the wellness week to better meet the current front line realities. The Wanaki team wishes to extend our services and provide support to frontline workers to the best of our abilities. We have created a special schedule that we hope can meet your needs and provide you with a moment for yourself. No application is necessary, you simply join us directly on zoom at your convenience. As you connect, we will send a short questionnaire requesting some basic information.

Each morning the Wanaki team will be on the Zoom platform where we will have a sharing circle from 9:30 to 12:00. You can log in whenever you want and for however long you can, whether it's a few minutes or the whole morning. We will be there to listen.

And each afternoon the Wanaki team will present one workshop. (Details further down in the document)

ZOOM LINK :

[HTTPS://CEPN-FNEC.ZOOM.US/J/5981160076](https://CEPN-FNEC.ZOOM.US/J/5981160076)



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As mentioned above, the mornings will be reserved for the sharing circle which will start at 9:30 a.m. until 12:00 p.m.

From 1:30 p.m. each afternoon you will also have one workshop available if you can attend.

The following is the list of workshops, accompanied by a short description.

*Please note that for each workshop you attend a certificate of completion will be sent to you by email. **As these are live workshops, if you wish to participate it is important that you are logged in on time, we suggest that you log in between 1:15 and 1:30 p.m.**

MONDAY JUNE 26 1:30P P.M.

HARM REDUCTION

This workshop reviews historical government documents that greatly impacted Indigenous health. It also discusses how social determinants and systemic racism deeply affect Indigenous health. 3 levels of prevention in the community are also discussed with a focus on tertiary prevention. Harm reduction tools are presented and discussed. Indigenous ways of living are highlighted with a focus on healing and understanding in a non-judgemental way.

TUESDAY JUNE 27 1:30P P.M.

MWT PRESENTATION

MWT offers a range of services to build capacity in the field of holistic wellness (post secondary program, front line training, clinical supervision). This work goes hand in hand with our virtual and residential programs as well as offering support to front-line workers.

In this presentation, you will learn more about what exactly MWT does, as well as the services and training offered for frontline workers.

WEDNESDAY JUNE 28 1:30P P.M.

SELF-CARE FOR CONTINUED BALANCE

This workshop was created strictly for front line workers, it is a tool to support;

- Wellness from a Strength-Based Wholistic Approach
- Connecting with What Matters Most
- Self-Compassion

THURSDAY JUNE 29 1:30P P.M.

WELLNESS PLAN

The wellness plan workshop was designed to support individuals with a guide to enhance wellness moving forward. It looks at our four aspects and how we can maintain a healthy balance in our lives.

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