

Support week for the frontline workers

WE ARE HERE FOR YOU!

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.

ZOOM LINK :

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

