



The Power of Collaboration: 1st Annual (Virtual) Day of Care and Healing



Please join us on

Wednesday, November 17, 2021

9:00 – 9:30: Traditional Opening

9:30 – 10:30: Elder Roberta Donna Della-Picca: Tobacco is a Sacred Medicine

Tobacco, as the first plant given to Humans by Creator, is the major Plant that Indigenous Peoples on Turtle Island use to communicate directly with Creator. It is the main Plant in the Four Sacred Medicines, which also include Sage, Cedar and Sweet Grass. Along our Life Journeys, when confronted with trauma, we sometimes turn to less than healthy ways to find solace and comfort. Tobacco abuse is a common unhealthy practice that Victims/Survivors turn to, in order to deal with resulting uncomfortable emotions. This Talk will explore this phenomenon, recalling Tobacco's Sacred Role.

10:30 – 10:45: Nutrition Break

10:45 – 12:00: Chrystal Toop: Welcoming the Winter Medicines

Community Justice Worker, Life Spectrum Doula and Matriarch Chrystal will share teachings of community, care and safety. Join us to learn more about Winter Medicines and learn how to embrace the wisdom of the Seven Grandfathers for the dark nights ahead.

12:00 – 1:00: Lunch Break & Tea - Medicine Teaching with Chrystal

1:00 – 2:00: Tasheena Sarazin: The Power of Using Your Voice

Join Tasheena as she shares teachings on the power of our voices. Speaking out against bullies and predators takes practice and Tasheena is a cycle breaker who is passionately working to make cultural spaces safe. This session will explore how to empower each other to use our voices, even when they shake. Tasheena will offer participants a song as a traditional singer and women's hand drummer.

2:00 – 2:15: Nutrition Break

2:15 – 4:15: Joseph Pitawanakwat: Creator's Garden

In this pre-recorded video we talk about the most appropriate medicines that help in our recovery from the traumas and stresses from violent crimes. The trauma is an ancient survival mechanism that helped our species survive for hundreds of thousands of years, when this system is on it is hard to turn off, medicine, and especially the two medicines I speak about in this session are powerful tools to help us tell our bodies and brains that everything will be okay. Importantly, I gesture to 2 other cultural components in this video that I think are the most powerful tools to help in our response to trauma healing. Together we come to an understanding that culture is necessary and the more of it we are engaging with the closer we will get to living the lives that our bodies are capable of. Chimiigwech for listening friends!

4:15 Closing

Please Register for this FREE Event by November 12th to:

justice.mhs@pikwakanagan.ca

Please note that the first 100 to register will be gifted with an Event Swag Bag and Bundle.

This event is a collaborative effort between
Algonquins of Pikwàkanagàn First Nation Mental Health Team and Victim Services of Renfrew County.

This event is financially supported by the
Victims & Survivors of Crime Awareness Week 2021, Department of Justice Canada