

STORYTELLING & LISTENING: AN INDIGENOUS UNDERSTANDING

An interactive workshop where participants will have the opportunity to engage in different life promotion activities from the Feather Carriers: Leadership for Life Promotion initiative. Activities include:

- An introduction the Miikaans (Little Roads) Teaching.
- Reflection of the four essential questions and four wellness outcomes outlined in the First Nations Mental Wellness Continuum Framework.
- Storytelling as a means for Indigenous understanding and ways of being.

Through this experience, participants will gain hands on knowledge of life promotion tools they can utilize within their own personal lives, as well as with their families and communities.

2 Sessions are being offered with a maximum of 30 participants per session. Please choose a session and follow the link to register. Registration is required, Please chose **one** of the following links:

Registration Link: [**November 16th @ 1:00 pm to 4:00 pm**](#)

Registration Link: [**November 16th @ 6:00 pm to 9:00 pm**](#)