

***Council for Indigenous Education in Manitoba MTS PD Day***  
***October 20, 2023***

**Mental Health and Wellness**

**Viscount Gort Hotel – 1670 Portage Avenue, Winnipeg, Manitoba**

**Program**

- 9:00: Arrival, Optional Smudge, Registration, and Resource Fair
- 9:30: Welcome and Opening Prayer
- 9:45: Keynote Presentation
- 11:45: Break
- 12:00: Lunch and AGM
- 1:00: Networking Time and Resource Fair
- 1:30: Afternoon Sessions
- 2:30: Closing and Door Prize Draws

**Morning Keynote**

**Dr. Lindsay Woods** is a Registered Clinical Psychologist and the Director of Clinical Services with the Multidisciplinary Assessment and Consultation Centre (MACC). She has worked at New Directions since 2015, starting as the Clinical Administrator in Community Homes for Children service area. She then took on the role of Manager of Clinical Supports in Home Services before moving to her current position. Dr. Woods has training and experience using a variety of psychotherapy models such as Cognitive Behaviour Therapy (CBT) and Dialectical Behaviour Therapy (DBT) but views the foundation of therapy from a client-centred and strength-focused perspective.



Dr. Woods has been supporting adults, adolescents, children, parents and families for a wide variety of goals and challenges for almost 20 years. She is passionate about mentorship and supervision of students and early career therapists. A special area of interest and advocacy over the last few years is to increase the cultural literacy in Psychology on issues related to supporting Indigenous peoples and increasing the number of BIPOC students in the Clinical Psychology graduate programs in Manitoba and across Canada. Dr. Woods has recently taken on the role of President-Elect for the Manitoba Psychological Society and is looking forward to continuing to advocate for and represent Psychology in the Province of Manitoba.

Growing up in Thunder Bay, ON, with mix settler (French and Irish) and Indigenous ancestry, Dr. Woods was not immersed in Indigenous culture, but this has been a pathway of exploration and re-connection as an adult. Attending ceremonies and community events has been an important part of her spiritual journey for the last few years. Dr. Woods completed her first year of Sundance in 2023 and is looking forward to continuing her Sundance path.

## Breakout Sessions

### **Session A1: Finding Inner Peace: Yoga for Mental Health and Wellness**

**Jeannine Roy**

**Viscount Room (20 maximum)**

Yoga, an ancient mind/body/spirit tradition, is fundamentally a practice to relieve individual and collective suffering. One of the key teachings of yoga is that peace is found within. Join *Yoga Wellness Educator*, Jeannine Roy, for a 60 minute yoga practice. The gentle vinyasa flow sequence will include a thoughtful blend of poses to help balance the emotional and physical body. The class will conclude with guided meditation and full-body muscle relaxation. Bring your yoga mat and a blanket, and dress in layers. A limited number of yoga mats will be available for those who require one.

### **Session A2: Mamahtawisiwin**

**Jill Fast and Brenda Muswagon**

**Windsor Room (20 maximum)**

Mamahtawisiwin – The Wonder We Are Born With – learn about this Indigenous Education Policy Framework that supports the holistic achievements of First Nations, Metis, and Inuit learners by helping educators to incorporate Indigenous languages, cultures, and identities into their teaching.

**Session A3: Cancelled**

**Session A4: Beading is Healing**  
**Sylvia Wastesicoot**  
**Kensington Room (20 maximum)**

There is magic in beading. When I pick up the needle and touch the tiny colored beads, the magic begins. It starts at the beginning with the perfect colored bead. From there, the magic seems to travel through the needle, the thread and into the point of my thumb and forefinger. If you have ever beaded, you know this. Beading is like an escape from the stresses of life. It puts you in a meditative state. When you are healing yourself that good energy spreads out and has a profound effect on the people around you.

**Session A5: Our Four Beings: Teachings of Balance and Interconnectedness**  
**Marika Schalla**  
**Regal Room (20 maximum)**

In this interactive workshop, participants will learn about the importance of our Four Beings, their interconnectedness of the Beings, and ways to keep ourselves in balance. Our Four Beings are our physical, emotional, mental, and spiritual selves. Also known as our bodies, hearts, minds, and spirits. Participants will explore ways we, and our students, can take care of ourselves through each Being through the Medicine Wheel. Teachings in this workshop stem from Red River Metis and Anishinaabe cultures.

**Session A6: Create a Mindfulness Jar for Your Classroom**  
**Liana Ferreira & Beth Usiskin**  
**Hanover Room (20 maximum)**

Research suggests that mindfulness in the classroom can reduce the negative effects of stress and increase students' ability to stay engaged, helping them stay on track academically and avoid behaviour problems. A calming jar can help students learn how to control their emotions and learn how to self-regulate. In this session, you will make a mindfulness jar for your own classroom.

**Session A7: Cancelled**

**Session A8: Making Sense of Mindfulness**

**Keith Macpherson**

**Ballroom (150 maximum)**

With an alarming number of reported cases of stress, anxiety, and depression in the current workplace, mindfulness is becoming a very important practice to build resiliency and balance.

In his presentation, Keith Macpherson offers an engaging and interactive experience to assist with making sense of mindfulness and offers benefits and tangible strategies to integrate the practice into daily life. Known for his ability to entertain, educate, and evoke transformation, Keith will leave an audience feeling renewed and inspired to rise up to a greater vision for themselves and their company.

In the presentation, Keith will unlock 3 key principles in the practice of mindfulness including Inner visioning, exposing the saboteur (limiting beliefs), and opening to a growth mindset (which invokes balance and resilience). The presentation assists with moving participants from a reactive mindset that is fueled by limiting beliefs to a creative framework that expands leadership, communication, resiliency and balance.

Outcomes of the presentation will include:

- Strategies to assist and counter stress and anxiety and provide more inner balance.
- Strategies to assist our students with countering depression and anxiety.
- New strategies to shift reactive beliefs and stimulate creativity.
- Relaxation practices to re-focus the mind and build awareness.
- Raise awareness of limiting beliefs and tools to re-frame them.
- A greater set of tools and language to encourage team building and more positive mindset.

**Walks-ins are welcome, until we reach our maximum allowed capacity of 300 people. Thank you for understanding.**

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