

3rd ANNUAL

MIYOOAYAAN

WELLNESS SUMMIT



NOVEMBER 7-8

DoubleTree by Hilton
Calgary, Alberta



@ABMetisYouth

FRIDAY SCHEDULE

4:00-10:00PM

Registration (Lobby)

Alberta College of Massage Therapists (Selkirk A & B)

Artist Market & Info Fair (Cascade Mountain)

6:00-7:00PM

••••• **Dinner** •••••

7:00-10:00PM

Métis Mixer sponsored by OMSA & RLI

(Rocky Mountain A,B, & C)

Music: Kinley Paul & friends

Jigging: Cam Bouvier

SATURDAY SCHEDULE

8:00-9:00AM

•••• **Breakfast and Registration** ••••

Opening blessings

9:00-9:30AM

Opening Ceremonies (Rocky Mountain A,B, & C)

9:30-11:45 AM

Keynote Presentation

Leah Dorion and Elder Curtis Breaton

12:00-12:40 PM

••••• **Lunch Break** •••••

1:00-5:15 PM

WELLNESS WORKSHOPS

Reconnecting Through Storytelling

Facilitator: Cree Nomad

Location: Rocky Mountain A

Yoga

Facilitator: Wanita Demman

Location: Rocky Mountain B

Wellness Grows Both Ways

Facilitator: Environment & Climate Change Department

Location: Rocky Mountain C

Healing Hands

Facilitator: Kalyn Kodiak & Kelsey Olson

Location: Selkirk A

The Art of Feeling

Facilitator: Kiyam Counselling

Location: Selkirk B

6:00-7:00PM

••••• **Dinner** •••••

6:30-10:00 PM

Artist Market & Info Fair (Selkirk A & B)

7:00-10:00PM

Kitchen Party (Rocky Mountain A,B, & C)

Southern Jigging Groups Show Case

Interactive Group Jigging

Dance Party with DJ Robbie

SUNDAY SCHEDULE

8:00-9:00AM

••••• **Breakfast** •••••

Closing blessing

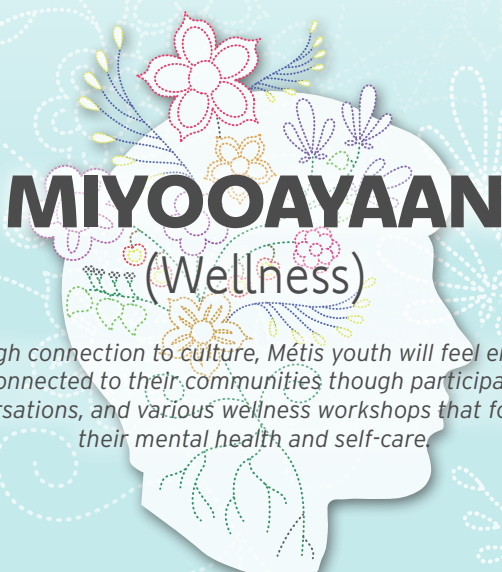
Otipemisiwak Métis Government's YOUTH PROGRAMS AND SERVICES

Our Youth Programs and Services Department works to engage Métis youth aged 12-29 across Alberta. Our team's goal is to provide Métis specific programming that addresses the unique needs of Métis youth and provide them with a sense of belonging and connection to their culture and community.

We run various programs across the province, including cultural enrichment programming, life skills programming, and weekly youth groups. The programs designed by our team fit the unique needs of the youth within each region. We aim to connect Métis youth with their culture and to help them forge long-lasting connections with each other.

MIYOOAYAAN WELLNESS SUMMIT

The Otipemisiwak Métis Government's Department of Youth Programs and Services is excited to host the 3rd Annual Miyooayaan (Wellness) Summit. This provincial gathering is specially designed for the young citizens of the Otipemisiwak Métis Government, with the aim of fostering a sense of community through cultural connections and promoting the importance of positive mental health and self-care.



MIYOOAYAAN (Wellness)

Through connection to culture, Métis youth will feel engaged and connected to their communities through participation in conversations, and various wellness workshops that focus on their mental health and self-care.



OTIPEMISIWAK MÉTIS GOVERNMENT YOUTH REPRESENTATIVE

Rebecca Lavallee

My name is Rebecca Lavallee but many people know me as Becca; I am the Provincial Youth Representative for the Otipemisiwak Métis Government, as well as the Secretary of Youth, Sports and Gender Equity. I am 24 years old and was born and raised in Lac La Biche, Alberta. Growing up I have always been very involved in my Métis Culture; I love to listen and share all the things I continue to learn about what it means to be Métis.

EMCEE

Cameron maskwa maskîhkîy Ladouceur

Cameron maskwa maskîhkîy Ladouceur (they/them) is a 2Spirit performer and multidisciplinary artist from Buffalo Lake Métis Settlement. Being self taught in all of their disciplines, they use cultural dance and art to cope with trauma and heal their family lines. Cameron spends their time teaching Métis Jigging, writing poetry and music, dancing, beading, and sewing. Cameron's practice focuses on unveiling their authenticity and reclaiming their spirit through teaching, art, and culture.



KEYNOTE PRESENTER

Leah Dorion

Leah Marie Dorion is a Métis writer and artist currently living near Prince Albert, Saskatchewan, Canada. Her artwork celebrates the strength and resilience of Indigenous women and families. Leah is also a published children's book author and illustrator. Several of her Métis cultural books are available through Gabriel Dumont Press in Saskatoon, Saskatchewan and Strong Nations Publishing in Nanaimo, British Columbia. Oscardo Gifts an online gift shop based in Toronto, Ontario began distributing products and fashions featuring her unique style of art works.

A new fabric line "Strong Earth Woman," was released in early 2024, it is her first experience with fabric as a new artistic medium. Leah has a passion for early year's education and is currently working with the Métis Nation of British Columbia (MNBC) to develop Métis cultural early years resources for children and families. She has also participated as a mentor and lead artist for the Mann Art Gallery Indigenous Residency Project. She is a proud member of CARFAC which is the national voice of Canada's professional visual artists.



STAY CONNECTED

leahdorionart@gmail.com

www.leahdorion.ca

KEYNOTE PRESENTER

Elder Curtis Breaton

Elder Curtis works in local community arts, cultural family healing as an Elder and is a former professional educator who graduated from the Saskatchewan Urban Native Teacher Education Program (SUNTEP) in Prince Albert, Saskatchewan. He served as president of the Métis Nation Saskatchewan local at St. Louis for eight years. He is a Métis Artist and Elder originally born in Chatham-Kent County and grew up in the Dresden, Ontario area. Curtis is a direct descendant of the Labbadie family, which is a large historic Métis fur trade family which traded in the Great Lakes system and the Detroit River region. Curtis is proud of his Labbadie Métis heritage and his extended family connections to First Nations in the Great Lakes system.



Curtis currently lives in Saskatchewan working as an Indigenous artist and is a Métis Elder in family wellness and healing. He currently works with the Ministry of Social Services to help Indigenous families heal and reconnect with their cultural teachings. A highlight of his work is helping troubled youth in the community especially guiding young Indigenous males learn about the men's cultural teaching especially through land based experiential learning. Curtis is a member of the Saskatchewan Métis community and a proud Elder of the Bear Clan healing lodge.

STAY CONNECTED

crdeducator@gmail.com

WORKSHOP FACILITATORS



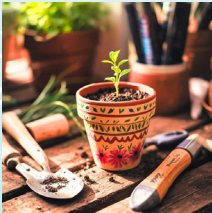
Cree Nomad

Britney Supernault (she/they), also known as ‘Cree Nomad’ online, is a Two-Spirit, Métis-Cree person from East Prairie Métis Settlement located in Treaty 8 territory. Britney is an author, climate activist, public speaker, and social media personality. Cree Nomad published their debut novel ‘Hey, June’ in February 2024 which amassed a large readership allowing her to tour schools, libraries, Indigenous Communities, and book clubs all across Canada. When not writing her next books, Britney campaigns for Indigenous Rights and Sovereignty at the forefront of International Climate Action.



Wanita Demman

With over 500 hours of advanced yoga training and more than 14 years of experience as a studio owner and teacher, Wanita's yoga teaching journey has included children, families, and adults of all ages – specializing in self-myofascial release techniques that help students reconnect with their bodies through fun and purposeful movement.



Environment & Climate Change Department

Join the Otipemisiwak Métis Government's Environment and Climate Change department for a hands-on workshop that explores how our relationship with plants and the land can support our well-being. We're excited to welcome Knowledge Keeper Natalie Pepin, an invaluable partner in our Plant Walks and Speaker Spotlight series, to guide us in this experience.



Kalyn Kodiak & Kelsey Olson

Kalyn Kodiak is a Registered Herbalist, Métis culture teacher and 2Spirit artist in Cayley, Alberta. Since 2018, she has served as the president of the Alberta Herbalists Association and is active in local Métis and herbalist communities. Kalyn continues to grow her knowledge and experience making medicine from the trees & plants of Southern Alberta. She seeks to share enthusiasm for culture, as well as love and respect for nature with the community.



Kiyam Counselling

Erin Mingay is a Registered Provisional Psychologist and proud owner of Kiyâm Counselling and Cedar Therapy Collective, when she's not in the therapy room, she can usually be found in the mountains with her dog Lily or doing crafts. Erin is passionate about helping others to be kinder to themselves!

WELLNESS WORKSHOPS

Our workshops will guide participants through the 8 Pillars of Wellness, offering hands-on sessions that nurture emotional, physical, spiritual/cultural, environmental, and intellectual well-being.

RECONNECTING THROUGH STORYTELLING

Facilitator: Cree Nomad

Location: Rocky Mountain A

Interactive session where you will discuss the act of decolonizing research, the power of story-sharing across time, and how we can craft our own narratives to empower ourselves as Métis People. Youth will not only learn the art of healing through writing but the importance of centering our Elders as a story-telling people.

YOGA

Facilitator: Wanita Demman

Location: Rocky Mountain B

Guided by her studio motto – “Cultivating balance through the rhythms of life for your soul to thrive and sing” – Wanita’s classes are known for their warmth, playfulness, and sense of community.

WELLNESS GROWS BOTH WAYS

Facilitator: Environment & Climate Change Department

Location: Rocky Mountain C

This is your chance to dive into the beautiful connection we share with nature. You’ll have the opportunity to decorate your very own pot and plant a seed to take home with you to nurture.

HEALING HANDS

Facilitator: Kaylyn Kodiak & Kelsey Olson

Location: Selkirk A

Kaylyn Kodiak & Kelsey Olson are joining hands to share their knowledge and gifts. Kaylyn is a 2Spirit Métis Registered Herbalist, and who teaches traditional medicine from the plants of Southern Alberta. Kelsey, a Cree-Métis youth and artist, brings her passion for teaching traditional ways of life and was gifted bison fat by District 21 to share with the community.

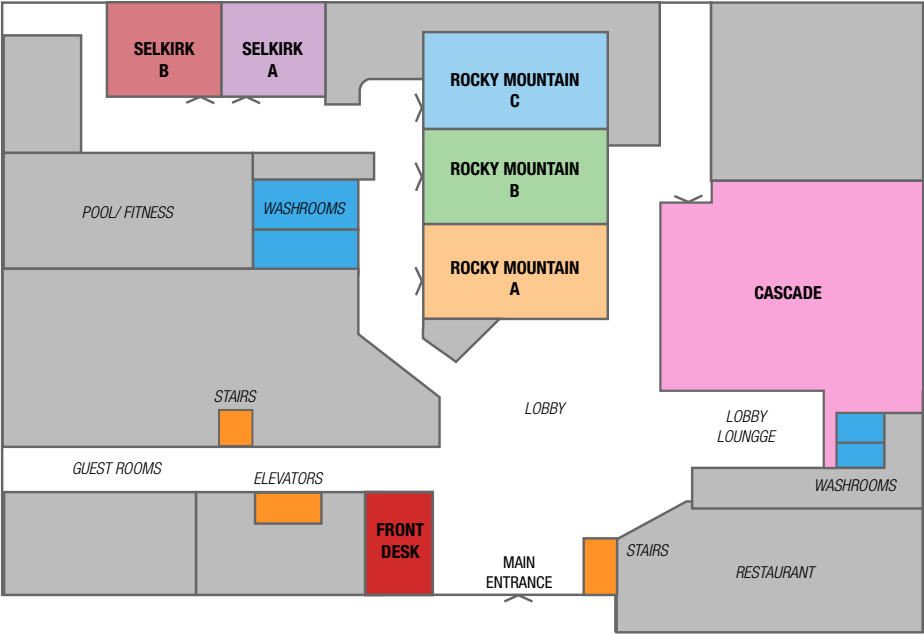
THE ART OF FEELING

Facilitator: Kiyam Counselling

Location: Selkirk B

Learn tools for self-care and resilience.

VENUE MAP



@ABMetisYouth