



WE ARE *Medicine*

LIFTING OUR VOICES PROMOTING CULTURE-BASED HEALING WAYS

November 16th, 2023
9:00am-4:00pm
Virtual Conference

\$149 Early bird \$199 Regular
\$125 per person for groups 10+
*Free Book with registration

This conference will provide strategies to begin integrating culturally relevant healing approaches into your daily practice and the tools needed to allow us to pass this knowledge onto others to overcome challenges and thrive.



You Are The Medicine- Asha Frost

The Anishinaabe Medicine Wheel teaches us that every season and every cycle that we move through in life is needed and of great importance. After the past few years, many of us find ourselves in burnout and overwhelm. We are conditioned to believe that all the answers we seek come outside of us. This comes from the systems at play such as colonialism, capitalism, and the patriarchy. In this session, author, healer, and mentor Asha Frost incorporates the teachings of the Medicine Wheel to assist in bringing more joy, ease, and flow into our lives. In sharing these teachings and through storytelling, Asha will help listeners turn burnout to beauty and overwhelm to balance. She will provide an embodied, healing experience so you can live with more peace and joy. She will offer ways that we can use these teachings to build resilience and capacity for ourselves.



Legacy: Trauma, Story & Healing- Suzanne Methot

Healing from intergenerational trauma looks different for each person and each community, but it begins with story – because stories make the world. What we tell and how we tell it shapes who we are and what we hope to become. But healing from colonial trauma is not just work for Indigenous people. Non-Indigenous people must also re-write the narrative of genocide and oppression, working with Indigenous peoples to create another, better way of living. In this talk, author and educator Suzanne Methot will share her own and others' stories to trace the roots of colonial trauma and the mechanisms by which trauma has become intergenerational. She will also explore Indigenous ways of knowing and being that can lead us toward change.

Attachment and Development Trauma

Julie Walsh

September 13, 2023

Marymound Training Centre Main Campus – 442 Scotia Street,
Winnipeg

Registration Fee: \$199 per person

One-day workshop for counsellors, school professionals and educators, service providers, early childhood educators, and family service workers.

Adverse childhood experiences and insecure attachment can have far-reaching effects and children affected by developmental trauma and/or attachment difficulties can bring many challenges. An overview of attachment and developmental trauma is provided, and the impact on social, cognitive emotional, and physical development. We explore the implications of working with children affected by their early experiences and the need to provide a trauma-informed environment. The aim is to develop a deeper understanding of trauma and attachment, while also providing tools to help. These tools include descriptions and signifiers of different attachment strategies, tips for building relationships with different attachment strategies, some common behaviours associated with developmental trauma. Finally, an overview of a school-based program, the Attachment, Regulation, and Competency model will be provided, as well as concrete ways these interventions may be applied in the school setting

Julie Walsh holds a Master's Degree in Social Work and has practiced child and family therapy for almost 15 years, working primarily with children, youth, and adults involved with Family Services. Her focus on trauma, attachment, regulation, and reunification has led her to develop manuals, workshops, and training programs for a variety of government and non-profit agencies throughout Manitoba and Eastern Canada. In addition to her private practice, she uses her extensive knowledge and experiences in working with families with complex needs to teach caregivers, professionals, and youth. Using theory, research, case examples, humour, and compassion, Julie is a dynamic and engaging speaker, who has presented within North America and Europe. Her work with families and professionals is grounded in the assumption that we are all doing the best we can, that we are all aspiring to do better, and that we are all continually evolving.



Marymound Land Acknowledgment

We believe it is important to acknowledge that we are on the ancestral lands of the Anishinabe, Ininew and Dakota Oyate Peoples. The land on which we now work and live is land which the First Nations shared through Treaty No 1 in 1871. We acknowledge the 7 First Nations for their generosity. We also acknowledge that this land is the birthplace of the Métis Nation and the National Homeland of the Red River Métis.

Neurobiology of Trauma

Dawn Isaac & Sonya Warga

October 5 & 6, 2023

Marymount Training Centre Main Campus – 442 Scotia Street,
Winnipeg

Registration \$199 per person

Two-day workshop for counsellors, school professionals and educators, service providers, early childhood educators, and family service workers.

This workshop will integrate core principles of neurodevelopment and traumatology to inform work with children, families and the communities in which they live.

Participants will learn to help identify the strengths and vulnerabilities of the children and youth struggling with trauma histories and/or mental health and co-occurring disorders. This workshop will focus on understanding the foundations of trauma and attachment dysregulation. Participants will learn the neurological, physiological, cognitive and emotional impacts of trauma. Considerations through a trauma lens and strategies to promote emotional regulation will result in less stressed systems (both caregiving, management and above) and more supportive co-regulated environments.

Dawn Isaac is Mishinabe-ikwe from Sagkeeng First Nation. She holds a Bachelor's Degree in Human Ecology and a Master's Degree in Applied Communications. She has several years of experience in research and training with a focus on intergenerational, developmental, and organizational trauma, as well as Indigenous issues in both a historical and current context. She is passionate about promoting a wide-spread understanding of trauma-informed and trauma-responsive services as a best practice approach across multiple sectors. Dawn is also committed to advancing Indigenous knowledge(s), resilience, healing practices, and creating safe spaces, as well as fostering reconciliatory relationship building. Dawn spent more than a decade working as part of an intergenerational team (grandmother-mother-granddaughter) facilitating workshops and healing sessions on intergenerational trauma and resilience. Through this transfer of knowledge, she has been part of an interdisciplinary team developing a Reconciled Healing Model as an overarching clinical framework for organizations in the healing and helping profession. Dawn has also worked closely with Dr. Sandra Bloom, to pilot Creating Presence; a new and innovative clinical approach to transform organizations and foster trauma-resilient practices.



Sonya Warga is the Clinical Director at Marymount, where she has worked since 2016. She obtained her Master's Degree of Marriage and Family Therapy from U of W and had planned to grow a private practice, but after joining Marymount, she discovered a passion for working with youth. Sonya is responsible for supporting the programs and clinicians who work at Marymount by troubleshooting, problem-solving, advocating, and planning the clinical framework of the organization. She believes that every interaction with youth should be therapeutic, whether it is through one-to-one meetings or maintaining a therapeutic environment in group homes. Sonya's work is focused on creating a continuity of approach to generate solidity in the organization.



Indigenous Knowledge Training

Elder Louise Lavallee, Dawn Isaac, Chantel St. Germaine

October 11 & 12, 2023

Marymount Training Centre – Main Campus 442 Scotia Street, Winnipeg

Registration \$249 per person

Two-day workshop for counsellors, school professionals and educators, service providers, early childhood educators, and family service workers.

In this two-day workshop participants will gain an understanding of Canada's history of colonial policies and their impact on Indigenous peoples, families, and communities. Participants will also expand their knowledge of cultural safety practices, how to provide culturally relevant services, and build culturally respectful workplaces. Indigenous worldviews, knowledge systems, and spiritual and cultural values will be shared. This workshop is experiential and will include ceremony.

Louise Lavallee has immense knowledge and experience, and has worked in the social service field for over 4 decades in various roles. This has led her to have experience supporting diverse populations of children, youth, families and communities, but also co-workers, leaders and politicians/policy makers. Elder Louise has exceptional knowledge of history, both written and lived and brings awareness of the impact of colonialism on the indigenous people of Canada. This is Canada's history and her knowledge and expertise fosters important dialogue in the pursuit of social justice. Elder Louise has the ability to promote healing. She acknowledges and understand the difficult work that is carried out each day. She can support people by recognizing their courage, identifying their strengths/purpose, foster connection to the values and motivate their work. Elder Louise has a wonderful sense of humor and great personality. Her energy and enthusiasm for life brings much joy as well as meaningful experiences to those she works with. Elder Louise obtained her Bachelor of Social Work and currently is employed at Marymount as their resident Elder.



Dawn Isaac is Anishinaabe-ikwe from Sagkeeng First Nation. She holds a Bachelor's Degree in Human Ecology and a Master's Degree in Applied Communications. She has several years of experience in research and training with a focus on intergenerational, developmental, and organizational trauma, as well as Indigenous issues in both a historical and current context. She is passionate about promoting a wide-spread understanding of trauma-informed and trauma-responsive services as a best practice approach across multiple sectors. Dawn is also committed to advancing Indigenous knowledge(s), resilience, healing practices, and creating safe spaces, as well as fostering reconciliatory relationship building. Dawn spent more than a decade working as part of an intergenerational team (grandmother-mother-granddaughter) facilitating workshops and healing sessions on intergenerational trauma and resilience. Through this transfer of knowledge, she has been part of an interdisciplinary team developing a Reconciled Healing Model as an overarching clinical framework for organizations in the healing and helping profession. Dawn has also worked closely with Dr. Sandra Bloom, to pilot Creating Presence; a new and innovative clinical approach to transform organizations and foster trauma-resilient practices.



Chantel St. Germaine is a proud Indigenous woman who has a great amount of passion for what she does. Chantel brings forward a Bachelor's Degree in History, and teaches our youth the importance of Indigenous culture and cultural identity. Chantel is also a crafter and teaches our youth how to make Ribbon skirts, beading, drums, rattles, traditional foods, attends ceremonies with the youth and so much more. She takes pride in who she is as an Indigenous woman and passes her knowledge and teachings on in a respectable and honest way. Outside Marymount she also carries out cultural workshops for different organizations and enjoys attending ceremonies with her children.



Youth Substance Use

Kristin Lukie and Phil Audette

October 19 & 20, 2023 – Virtual Workshop

Marymount Training Centre Main Campus – 442 Scotia Street, Winnipeg

Registration \$199

In this workshop, participants will gain an understanding of the issues pertaining to youth substance use. The stages of change model and level of harm concepts and tools are used to understand intervention. Participants will learn about the different types of substances and explore substance use trends as they relate to youth.

With a Bachelor of Social Work degree and over 20 years of experience, Kristin Lukie has had an integral part in working and facilitating training and conferences on addictions, sexual exploitation, and trauma-informed care and practices. She is a certified Canadian Red Cross Facilitator on Violence & Abuse Preventions and province appointed Addiction Specialist. Kristin has a deep passion to continue to be a resource for healing to both people and organizations impacted by traumatic experiences. She aspires and strives to improve experiences that are the result of biases and prejudices which permeate our Canadian culture. Her goal is to support youth, families and organizations by giving them the tools to find healthy ground in order to help strengthen relationships for trauma resiliency. In this vein, Kristin has worked closely alongside Dr. Sandra Bloom, to pilot a program called "Creating Presence", an advanced guide and support model for organizations to become not only trauma-informed and trauma-responsive but "trauma-resilient".



Phil Audette is a clinician at Marymount. He has many years of experience in his current role, as well as being a youth care worker. He mainly works with the Bagosenim Planning and Assessment program, while also overseeing internal Marymount referrals for assessment. Phil has an interest in addiction and harm reduction principles.



ASIST Training

October 26 & 27 2023

Marymount Training Centre – Main Campus 442 Scotia Street, Winnipeg

Registration \$249 per person

A certificate will be provided

Two-day training. Applied Suicide Intervention Skills Training (ASIST) uses internationally recognized best practices customized to be relevant to students, employees or concerned citizens. Instructors maintain a balance of challenge and safety.

As an ASIST trainee, you will be better able to:

- Recognize and assist a person with thoughts to avoid suicide
- Discuss suicide with a person with thoughts in a direct manner
- Demonstrate the skills required to intervene with a person at risk of suicide
- Recognize that caregivers and persons with thoughts are affected by personal and societal attitudes about suicide
- Learn risk alerts and develop a safe plan related to them
- List the types of resources available to a person with thoughts of suicide
- Make commitment to advocacy, improving community resources and networking
- Recognize that suicide prevention is broader than suicide intervention and, includes life promotion and self-care for persons with thoughts and for caregivers.

Megan Schwartz has worked in the child welfare field for over ten years, with her last seven serving as a Clinical Case Manager in the Treatment Foster Care Program at Marymount. She holds a Bachelor of Social Work Degree and a Bachelor of Arts Degree Majoring in Conflict Resolution. First being introduced and trained in Applied Suicide Intervention Training in 2009 as a participant, Megan has continued to remain certified and found the training to be invaluable in helping children, youth and adults who experience thoughts of suicide, both professionally and personally. In 2022 Megan took the five day intensive course in order to become a certified LivingWorks ASIST Trainer and has been facilitating training regularly at Marymount since. Megan has loved facilitating this training and believes that everyone has the ability to make a difference in helping individuals who are struggling with thoughts of suicide.



Nikki Schultz has been a part of the Marymount team since 2010, working first as a front line Youth Care Practitioner and transitioning to the role of Clinical Case Manager with the Independent Options/ Young Parents Program in 2013. She has a Bachelor of Arts degree, majoring in Developmental Psychology and Conflict Resolution Studies, and is an active member of the Winnipeg Suicide Prevention Network. Nikki has both personal and professional experience with the child welfare system and has always sought a career in the field of Child and Youth Care. She strives to teach youth the tools to advocate and achieve success for themselves, while also providing necessary training and coaching to her team, when challenges arise. Nikki has been training ASIST since 2019 and has goals to expand her training portfolio in the future.



NeuroLogic® by Lakeside

Kathy Van Horn, MEd, LP

November 30, 2023

Marymount Training Centre Main Campus – 442 Scotia Street Winnipeg

Registration \$199 per person

This workshop will combine a trauma-informed understanding of children with a brain-based approach to education that will provide you with countless practical and effective strategies to meet the needs of all learners.

NeuroLogic® is a neurodevelopmentally informed approach to educate and support schools and youth-focused organizations with practical, brain-based strategies to create sustainable, supportive, and emotionally safe environments.

Lakeside exists to empower youth and families to overcome difficulties and achieve success through quality educational and treatment services. As part of this mission, in 2003 Lakeside established the Institute for Family Professionals (IFP) to provide ongoing professional development to social work, education and early childhood professionals in the Greater Philadelphia region. IFP was later renamed as Lakeside Global Institute (LGI). Sponsored by United Way of Greater Philadelphia and Southern New Jersey, LGI offers over 30 different courses and workshops, keynote addresses, seminars and training at conferences in the Northeastern United States.



Mental Health First Aid (Standard)

Jody Harris

December 11 & 12, 2023

Marymount Training Centre Main Campus – 442 Scotia Street Winnipeg

Registration \$249 per person

Mental Health First Aid (MHFA) is the support provided to a person who may be experiencing a decline in their mental well-being or a mental health crisis.

Course participants will learn how to:

- Recognize signs that a person may be experiencing a decline in their mental well-being or a mental health crisis
- Have conversations that encourage a person to:
 - o Talk about declines in their mental well-being
 - o Discuss professional and other supports that could help with recovery to improved mental well-being
 - o Reach out to these supports
- Assist in a mental health or substance use crisis
- Use MHFA actions to maintain one's own mental well-being

Successful participants will achieve a Mental Health First Aid Certificate from the Mental Health Commission of Canada.

Training Registration Information

Visit our website to view the Fall 2023 Marymound Training Centre course offerings:

www.tickettailor.com/events/marymoundtrainingcentre

Or scan this QR code with your phone camera:



For more information:

Please email conferences@marymound.com

Cancellation Policy:

Refunds can be issued up to 15 days before course takes place. Marymound will not provide refunds for weather, acts of god or other personal circumstances. If Marymound cancels any course, registrants will be offered a full refund.

Do you need a place to host training?

Are you interested in customized training?

Contact the Marymound Training Centre for all your training needs:
conferences@marymound.com

Marymound Winnipeg Campus

442 Scotia Street, Winnipeg MB R2V 1X4

Phone: 204-338-7971

General Marymound inquiries: info@marymound.com

**It's when we start working together that
the real healing takes place.**

- David Hume

