

## KEYNOTE SPEAKER

Justin Young– THUNDER SKY

Thunder Sky is Anishinaabe from Bloodvein, Manitoba. Living, learning and loving in the Tk'emlups te Secwepemc unceded territory- Kamloops, B.C.

Justin is an Indigenous Motivational Speaker specializing in facilitation and workshops with people of all ages, by sharing his experience of how it started within him. The foundation of his healing was built through a walk of healing from Kamloops, B.C. to Bloodvein, Manitoba where he walked as a man heading back to where his life began- facing his childhood and creating value of the sufferings of his life and turning them into the teachings he is carrying and sharing today.

**Cuwecút**  
*To work on oneself*



**Sn'klep**  
*Coyote*

## Special Thanks to:

- Adriane Moulard & Leroy Slanzi
- All of our Presenters
- Elaine Gill and the Panther Pantry
- FNSWs
- Joan Shakelly
- Lii Michif Otipemisiwak
- Link Leaders, our MSS & PSS helpers
- MSS FNSWs
- Raffle Donators
- Scw'exmx Child and Family
- SD 58 & Aboriginal Program
- Shelley Oppenheim-Lacerte
- Student Leaders- Kayleigh Antoine-Peters and Taleesha Clarke
- Thunder Sky
- Trackers Sportswear



# ABORIGINAL

# YOUTH VOICE

# CONFERENCE

FEBRUARY 14, 2019

9:15 - 2

Merritt Secondary School

LUNCH PROVIDED

Please bring refillable  
water bottle

# Welcome to 2019 Aboriginal Youth Voice Conference!

Here's what your day will look like:

- 9:15**      **Arrival at MSS and check-in in the Multi-purpose Room/main hallway. Here you will meet your group leader and get your package**
- 9:30**      **Workshops Begin**
- 9:30-12:20**      **Workshop rotation (the schedule is in the nametag pouch)**
- 11:15-11:45**      **Lunch for first group**
- 11:50-12:20**      **Lunch for second group**
- 12:40**      **\*Keynote Speaker\***  
**Justin Young-THUNDER SKY**
- 1:45**      **Board Buses**

## WORKSHOPS

**Art For a Cause**      **Location: Art Room Rm #9**  
Presenters: MSS students Talyn Ferch, Ani Rainville

How can art support our well-being? Discover how self expression can help you understand your feelings and who you are as a person. Can art help with anger? Sadness? Anxiety? This workshop can show you how.

**Drumming**      **Location: Welcome Room Rm #21**  
Presenter: Willard Wallace/ Dan Manual

Enjoy drumming with knowledgeable Elders as they share songs from the Nlaka'pamux Nation. Learn about why drumming is vitally important to First Nations peoples. Students will have the opportunity to play a drum and sing a song as a group.

**Physical activity**      **Location: Multi-purpose Room**  
Presenter: Buzz Manual

Physical activity is an important part of a healthy person. Even going for a short walk can have a big impact on your happiness. Buzz will be sharing ideas on how to stay active and why its so important to your well-being. Get ready to move!

**Metis Travelling Museum**      **Location: Rm #20**  
Presenters: Dee Dee Hurd, Pete Hourie, Dolly Hourie, Mackenzie Wray

Join Metis Elders as they share many different items from Metis culture and traditions. Explore historical artifacts, medicines and cultural items. Students will get the opportunity to listen to traditional Metis fiddling and try jigging!

**Medicine Wheel**      **Location: Rm #23**  
Presenter: Doreen Sterling

This workshop will explain what a Medicine Wheel is and its history. Students will gain understanding what the Medicine Wheel is and how to use it to help establish balance in your life.

**Game Day**  
**Location: House of Honour (in back parking lot, use exit #3)**  
Presenter: TBD

Health and Wellness starts from the inside. Students will have the opportunity to learn about the key players in mental health with games and activities.

**Walking in Balance**      **Location: Rm #8**  
Presenter: Thundersky

Justin Young aka Thundersky will engage students with personal stories and drumming. Thundersky is a very exciting speaker, connecting with his audience and bringing high energy to the group.

**Wreck This FN Journal**      **Location: To be determined**  
Presenter: Trish Rainville

Certified Art Therapist and First Nations Support Worker Trish Rainville will present ways to use journaling and writing to improve well-being and promote self-expression which helps combat fear and anxiety. Students will be given a journal with indigenized writing prompts and art ideas connected to holistic concepts.

**Living Happy and Free**      **Location: Conference Room (across from rm 22)**  
Presenter: Monty Joseph

Monty Joseph works with Scw'exmx Child Family Services in Merritt as a Substance Abuse Counsellor. He will be discussing healthy choices, discovering your own happiness and how to stay free in a fun and engaging workshop.

**Muay Thai/Self-Defense**      **Location: Weight Room (accessible through the gym)**  
Presenters: Melissa Moses

Muay Thai Kru (expert teacher) Melissa Moses will share some self-defense moves with students and talk about personal safety and understanding the attacker.