



PAGC “Community Medicine” Strategy

When: December 5 & 6, 2016

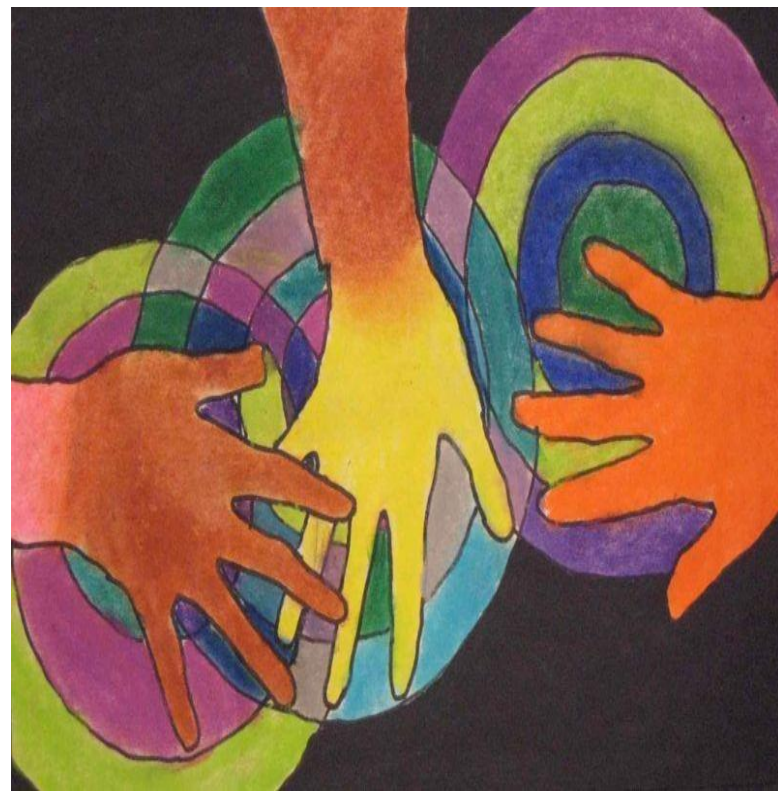
Where: Plaza 88 – Prince Albert, SK

Who Should Attend? Education Staff, Health & Wellness Workers, and Young Adults (18-30 yrs old)

Why? In response to the Northern crisis, PAGC & FSIN invite communities to become better prepared to protect and promote LIFE through a process of healing and planning together.

Registration Contact: Sheryl Kimbley at 306-980-8501

and/or email her at skimbley@pagc.net by Friday, November 21st, 2016.



Keynote: Dr. Darien Thira is a registered psychologist who serves as a community development & mental consultant for many indigenous communities across Canada and offers training workshops and clinical consultation related to community trauma

Day 1

Opening Prayer/Drum Song

Opening Comments/Keynote Address: Dr. Darien Thira

Traditional Values & Colonization

4 waves of colonization

Diagnosis and Colonization

Trauma and Colonization

Traditional Values: The Source of Wellness & Resilience

The 4 Keys of resilience

A Well-Lived Life: Enhancing Identity and Vision

Elders and Vision: Living in a Good Way

Meaningful Roles and the Well-Lived Life

Self-Esteem: Enhancing Connection and Empowerment

The Art of Replacement

The Community is Medicine

From Problems to Opportunities

Understanding the Community

Values and Community Resources

Day 2

Community Development and Wellness

Community Development and Wellness: A Strength-based Approach

Visioning a Suicide Free Community in 5 Years

The 4 Keys of Resilience as a wellness Initiative Template

What is Working and What Will Work

Identifying Successful Initiatives in the Community

Planning “doable” New Initiatives using the Wellness Template

Community Development Issues (As Required)

Balance and Boundaries in Community Development

Engaging/Mobilizing the Community

Overcoming Community Obstacles