



# INDIGENOUS WELLBEING GATHERING CONFERENCE

OCTOBER 3 - 5, 2024



# ABOUT THE COLLECTIVE

## Urban Indigenous Wellbeing Collective

The Urban Indigenous Wellbeing Collective (UIWC) is a research, training, and mentorship community made up of Indigenous and settler researchers, staff, students, and an Elder Advisor. Formed in 2021, the UIWC is dedicated to working alongside Indigenous communities in anticolonial, antiracist, and anti-oppressive ways that acknowledge and honour Indigenous Knowledges and ways of knowing and doing. The work of our Collective is primarily centred on working alongside urban Indigenous Peoples on community-identified wellbeing priorities, and fostering meaningful collaborations between Indigenous community members, researchers, students, and wellbeing practitioners.

## Indigenous Wellbeing Gathering Conference

The Indigenous Wellbeing Gathering Conference aims to centre Indigenous voices, Knowledge Systems, and cultural practices. As Indigenous Peoples, we understand that wellbeing includes spiritual, mental, emotional, and physical aspects of health, as well as broader determinants including land, language, community connectedness, cultural resurgence, and self-determination. This two-day event brings together Elders, youth, researchers, wellbeing practitioners, students, and community partners to build relationships, engage in knowledge exchange, and to positively impact the health and wellbeing of Indigenous Peoples, communities, and Nations.

To find out more about the Collective and our work, scan the QR code or visit our website:  
[www.urbanindigenouswellbeing.com](http://www.urbanindigenouswellbeing.com).  
Find us on Social Media and **tag us** here:



@urbanindigenouswellbeing



Urban Indigenous Wellbeing Collective



*The Urban Indigenous Wellbeing Collective acknowledges that it works and gathers on unceded, ancestral, and traditional territory of the Syilx Okanagan People.*

# COMMUNITY AGREEMENT

- This space is for everyone. Treat one another with kindness, respect, and honesty.
- Prioritize your own wellbeing. Feel free to take breaks whenever necessary, stand up, stretch, move around, ask questions and engage with the conference activities at a pace that suits you.
- Be mindful of the **RED wristbands** for photo-release consent. RED means they do not consent to their photo being taken. Additionally, be mindful of the **BLUE wristbands** for physical distancing preferences. BLUE means they prefer to keep their distance.
- Should you feel activated or triggered by any of the important topics we are exploring, we invite you to step away for as long as you need and return when you are feeling well. You are also able to smudge on the View Room patio, but we ask you do not use any scented sprays or smudge indoors.
- Confidentiality and consent - please ask before taking or posting photos on social media, or before sharing personal stories beyond this gathering.

# GUEST BIOGRAPHIES

## Cara Basil, She/Her, Facilitator



Cara Basil is Secwépemc and grew up in Stuxwtéws. Cara is the owner of Cwelcwélt Consulting and specializes in First Nations health governance and Indigenous health work. You will often find Cara facilitating gatherings, strategic planning sessions, and various workshops. Outside of work she is a graduate student focusing on community-based palliative care with Esk'etemc and UBCO. Cara currently resides in Tk'emlups te Secwépemc territory where she enjoys her most important job of all, being a Túrme (aunty).

## Dian Million, She/Her, Keynote Speaker



Dian Million (Tanana Athabascan) is an Associate Professor in American Indian Studies at the University of Washington and has been teaching there since 2002. Dian Million's most recent research explores the politics of mental and physical health with attention to affect as it informs race, class, and gender in Indian Country. She is the author of *Therapeutic Nations: Healing in an Age of Indigenous Human Rights*, which examines trauma as a political narrative in Indigenous struggles for self-determination. Dr. Million is also a poet and writer, contributing to ongoing Indigenous conversations on theory, feminism, and Native studies.

# GUEST BIOGRAPHIES

## Leah Walker, She/Her, Plenary Speaker



Leah Walker, of Danish, English, and Nlaka'pamux ancestry, is an Expressive Art Therapist and Executive Director at Kilala Lelum, living on Coast Salish Territory (Bowen Island). With over 20 years of Indigenous health leadership, she previously served as Associate Director at UBC's Centre for Excellence in Indigenous Health, where she led programs like the UBC Learning Circle and contributed to Indigenous health education. Her work focuses on education, equity, and Indigenous knowledge, while her current interests include deepening her connection to Indigenous medicines.

## Aaron Derrickson, He/Him, Plenary Speaker



Aaron is a proud Syilx father of two, husband, and member of the Westbank First Nation and Okanagan-Syilx Nation. With over 16 years of experience in facilitation and public speaking, he has contributed to educational programs and workshops for the Syilx Nation. He holds two degrees from UBC Okanagan, a BA in History with a French minor and a Bachelor of Education in French, and has completed his Ph.D. in Interdisciplinary Studies, focusing on Syilx leadership and governance through oral traditions. Aaron is also a dedicated community leader and self-proclaimed comedian.

# GUEST BIOGRAPHIES

## **Elders Wilfred (Grouse) Barnes, He/Him and Pamela Barnes, She/Her, Opening & Closing Prayer**



Wilfred (Grouse) Barnes, is a syilx knowledge keeper and member of Westbank First Nation. As one of the few fluent nsyilxcn speakers, he is dedicated to preserving and revitalizing the language. Pamela Barnes is a syilx educator/knowledge keeper and member of Westbank First Nation. In true syilx tradition, she strives to educate and mentor the next generations in all the work she does.

## **Councillor Andrea Alexander, She/Her, Territorial Welcome**



Councillor Andrea Alexander, daughter of Alfred and Marilyn Alexander, grew up in the Westbank First Nation community and holds a Bachelor of Arts in Indigenous Studies from UBC Okanagan. A proud mother of two, she served on Council from 2019-2022 and was re-elected for the 2022-2025 term. Andrea is dedicated to community building, promoting healing, and advocating for health and wellness as an inter-generational survivor of residential school. She also serves on the Okanagan College Board of Governors, focusing on reconciliation in education and creating a healthier future for her community.

# GUEST BIOGRAPHIES

## Yarrow Froehler, They/Them, Photographer



Yarrow Froehler is a 2-Spirit, Métis photographer specializing in evocative, film-inspired imagery that captures authentic human moments of connection. With a focus on blending queer and Métis cultural ways of being through a lens of lived experience, their work offers a unique narrative that resonates across diverse audiences. Driven by a passion for storytelling, Yarrow is dedicated to creating visual experiences that inspire community and holding space for folks to witness themselves.

## Lisa Boivin, She/Her, Artist



Lisa Boivin is a member of the Deninu Kųé First Nation in Denendeh (Northwest Territories). She is a children's author and illustrator, a healthcare educator and a post-doctoral fellow at KITE (Knowledge, Innovation, Talent, Everywhere) Research Institute at Toronto Rehab Hospital. Lisa uses participatory image-based workshops to educate healthcare providers and researchers about the colonial barriers Indigenous patients navigate in the current healthcare system. She strives to humanize clinical medicine as she situates her art in the Indigenous continuum of passing knowledge through images.

# OCTOBER 4, 2024

7:45AM - 8:30AM

## Registration

8:30AM - 9:15AM

## Opening Prayer and Welcome

Elder Grouse Barnes

Andrea Alexander, WFN Councillor

9:15AM - 10:15AM

## Keynote Speaker: Dian Million

Room ABC

10:15AM - 10:30AM

## Break

10:30AM - 12:00PM

## Session One

12:00PM - 1:00PM

## Lunch

1:00PM - 3:00PM

## Session Two

3:00PM - 3:15PM

## Break

3:15PM - 4:45PM

## Session Three

4:45PM - 5:00PM

## Day One Closing

5:00PM - 6:00PM

## Vendor and Information Booth Session

6:00PM - 8:00PM

## Ticketed Dinner Reception

Room ABC

# AGENDA



# OCTOBER 5, 2024

7:30AM - 8:30AM

**Land-Based Walk (Optional)**  
Location TBC

9:00AM - 9:15AM

**Opening Prayer and Welcome**  
Room ABC

9:15AM - 10:30AM

**Plenary Speakers: Leah Walker  
and Aaron Derrickson**  
Room ABC

10:30AM - 10:45AM

**Break**

10:45AM - 12:15PM

**Session Four**

12:15PM - 1:15PM

**Lunch**

1:15PM - 2:45PM

**Session Five**

2:45PM - 3:00PM

**Break**

3:00PM - 4:00PM

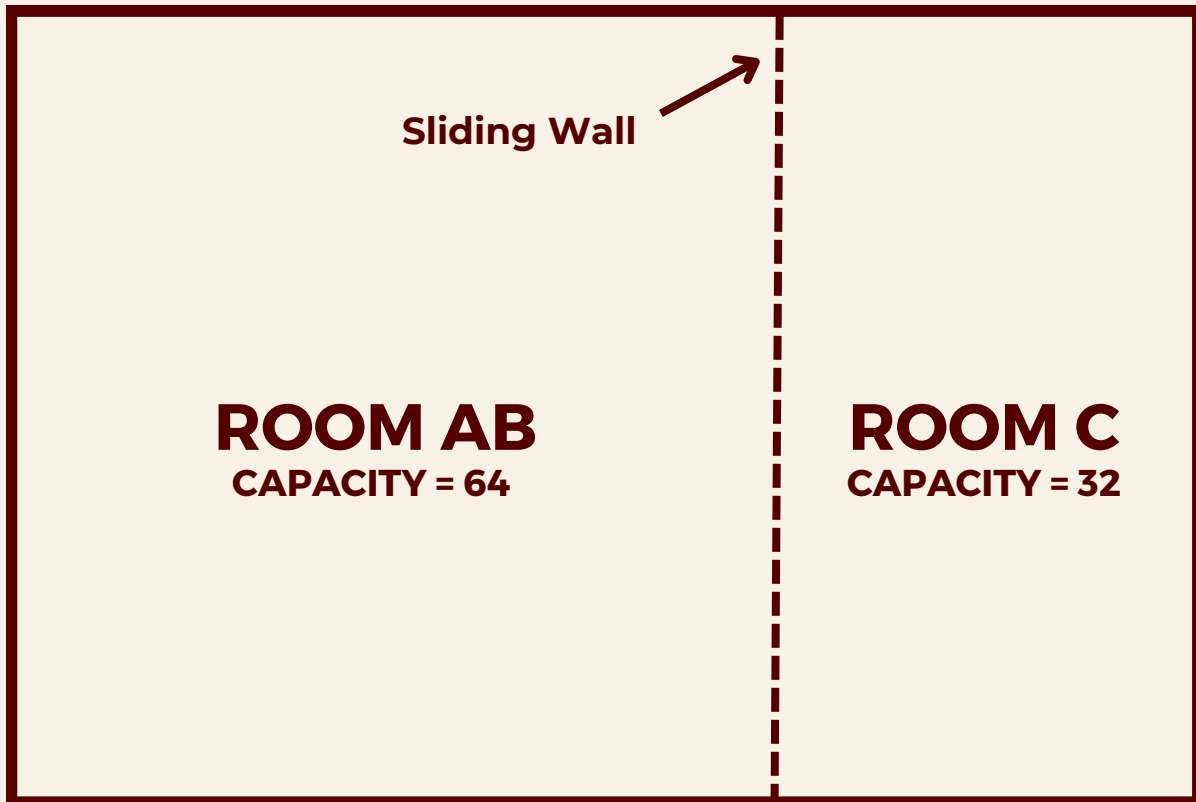
**Session Six**

4:00PM - 4:45PM

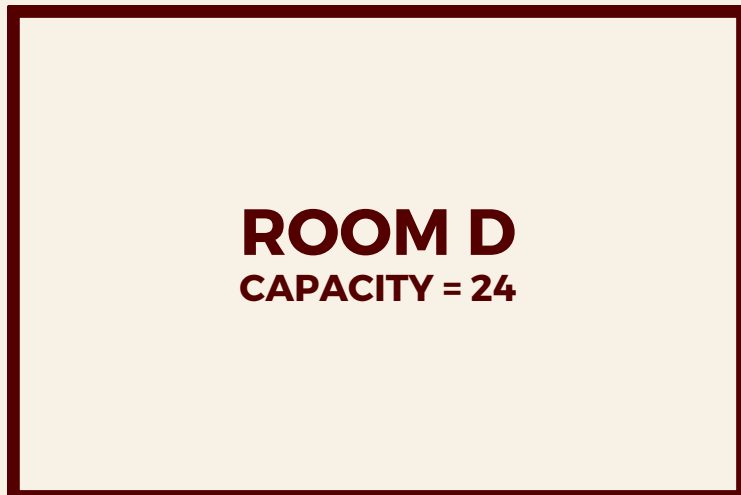
**Closing Ceremony**

AGENDA

# SESSION ROOM LAYOUT



**WATERFRONT ROOM**



**VIEW ROOM**

# SESSION ONE

DATE: OCTOBER 4, 2024  
TIME - 10:30AM - 12:00PM

## **ROOM AB**

This session will be a series of paper presentations.

- 1 *Supporting Indigenous Graduate Student Health Research Capacity: Mentorship through a Provincial Health Research Network***  
Tara Erb (BC Network Environments for Indigenous Health Research)
- 2 *Seven Generations of Food: Indigenous Foodways Reclamation in Practice in an Urban Métis Community***  
Sarah Buffett (UBC Okanagan & Cornell University), Cheryl Dodman (Kelowna Métis Association), Carol Fraser (Kelowna Métis Association), Brad Dahl (Kelowna Métis Association)
- 3 *Indigenous Dawn Breakers: The Journey of Indigenous Undergraduate and Graduate University Students***  
James Shawana (Thompson Rivers University & University of Calgary)

## **ROOM C**

This session will be a series of paper presentations.

- 1 *Reclaiming Cities: Indigenous Strategies for Asserting Sovereignty for the Health and Well-Being of Community***  
Victoria Bomberry (University of Western Ontario)
- 2 *Rethinking Urban Wellness: Bridging Traditional Wellness for Urban Indigenous Youth***  
Keyara Brody (UBC Okanagan)
- 3 *Experiencing Mino-Bimaadiziwin in Urban Places and Spaces***  
Michelle Hogan (University of Saskatchewan)

## **ROOM D**

Creative Work

***Visual Journalling: A Prescription for Wellness***

Lisa Boivin (KITE Research Institute at Toronto Rehab Hospital)

# SESSION TWO

DATE: OCTOBER 4, 2024

TIME - 1:00PM - 3:00PM

## **ROOM ABC**

Interactive Panel Discussion

***Indigenous Wellbeing and Public Health: Past, Present and into the Future***

Evan Tesla Adams, Carol Hopkins, Gabrielle Legault (Office of the Chief Public Health Officer, Public Health Agency of Canada)

## **ROOM D**

**OPEN SESSION: Tobacco Tying Drop-In**

*This session is open to anyone who would like to drop in and make a tobacco tie with locally harvested tobacco.*

# SESSION THREE

DATE: OCTOBER 4, 2024

TIME - 3:15PM - 4:45PM

## **ROOM AB**

This session will be a series of paper presentations.

- 1 *Reimagining family roles in the context of population health***  
Logan Burd (UBC Okanagan), Lisa Knox (UBC Okanagan)
- 2 *Auntie-Establishment: Fostering Indigenous Generational Healing in the Face of Settler-Colonial Ideologies***  
Vanessa Mitchell (University of Northern British Columbia)
- 3 *The hopeful pedagogical approach***  
Desiree Marshall-Peer (Langara College)

## **ROOM C**

Panel Discussion

***Community Research Liaisons; Building Bridges Between Indigenous Communities and Universities***

Peter Hutchinson (UBC Okanagan), Gabrielle Legault (UBC Okanagan), Mariko Kage (Lillooet Friendship Centre Society), Haley Cundy (Métis Community Services Society of BC)

## **ROOM D**

Creative Work

***Beading as part of the research ceremony***

Christina Lennox (UBC Vancouver)

# SESSION FOUR

DATE: OCTOBER 5, 2024  
TIME - 10:45AM - 12:15PM

## **ROOM AB**

This session will be a series of paper presentations.

- 1** ***Ktunaxa Understandings of Community Wellbeing: Findings from the xaḡqanaḡ ʔitkiniḡ Project***  
Christopher Horsethief (Ktunaxa Nation Council), Alexandra Kent (UBC Okanagan)
- 2** ***Decolonizing Eating Disorders through Indigenous Perspectives***  
Maureen Plante (University of Alberta)
- 3** ***“Our bodies are sacred... the information we share with healthcare providers is sacred”:** Culturally safe healthcare in BC*  
Chelsey Perry (Women’s Health Research Institute), Logan Burd (UBC Okanagan)

## **ROOM C**

Youth Panel Discussion

***Time to Play: Celebrating Children as Critical Knowledge Collaborators in Indigenous Health***

Kîsik Fiddler (Waterhen Lake First Nation), Zury Martell (Waterhen Lake First Nation), Lindsay DuPré (UBC Okanagan)

## **ROOM D**

This is a closed session.

**Youth and Young Adult Advisory Council Meeting**

The Youth and Young Adult Advisory Council members will be meeting to discuss the Indigenous Youth Wellness (IYW) project.

# SESSION FIVE

DATE: OCTOBER 5, 2024  
TIME - 1:15PM - 2:45PM

## **ROOM ABC**

### **LIGHTNING ROUND PRESENTATIONS**

Attendees will visit each station for 10 minutes (5-minutes for presentation, 5-minutes for discussion) and then rotate to the next table.

- 1** ***Nanâtawihowin (Healing & Finding Place) through Economic Self-determination***  
Dante Carter (UBC Okanagan)
- 2** ***Black and Indigenous Relations and Place-making on the Prairies***  
Savannah Kosteniuk (UBC Okanagan)
- 3** ***Looking Within First to Support Indigenous Sovereignty in Academic Decolonial Initiatives***  
Hanna Paul (UBC Okanagan)
- 4** ***Shaping the Path toward Miyomahcihowin (good health) within Health Care***  
Geraldine Manossa (UBC Okanagan)
- 5** ***40 Days of Dreams: Weaving Indigenous and Western Psychological Research Methods***  
Victor Villa (Selkirk College), Rodney Noskiye (Selkirk College)
- 6** ***Mashkwa Healing Grounds***  
Nikki McCrimmon (Métis Community Services Society of BC), Diana Solowan (Métis Community Services Society of BC)

**7** *Cultural Harm Reduction and First Nations Crisis Response*

Kyle Christiansen (Chippewa of the Thames First Nation)

**8** *Indigenous Land-based healing from the effects of Criminalized and Institutionalized Trauma*

Denica Bleau (UBC Okanagan)

**9** *Indigenous Knowledge and Changing Environments: Epistemic Nurturance and Protection Through Home*

Lindsay DuPré (UBC Okanagan), Kîsik Fiddler (Waterhen Lake First Nation)

**10** *Food is Medicine*

Kristi Christian (Interior Health Authority)

**11** *Spték<sup>wł</sup> / Ancestral stories for Guiding Supports for Nłe?kepmx Children with Disabilities*

Sue Sterling-Bur (UBC Okanagan)

room ab  
room ab



# SESSION SIX

DATE: OCTOBER 5, 2024  
TIME - 3:00 - 4:15PM

## **ROOM AB**

This session will be a series of paper presentations.

- 1 *Dakelh Midwifery Past and Present: Indigenous Implementation Science***  
Marion Erickson (Health Arts Research Centre)
- 2 *Indigenous Health PhD Journey - Lessons and Insights***  
Casey Hewes (UBC Okanagan)
- 3 *Returning to Our Teachings: How I use Mino Bimaadiziwin to Guide my Research in Indigenous Restorative Justice***  
Kelsey Darnay (UBC Okanagan)

## **ROOM C**

Panel Discussion and Creative Work

- 1 *Language, Land, and Stories***  
Leah Meunier (UBC Vancouver), Cheyenne Cunningham (UBC Vancouver),  
Abigail Cunningham (Simon Fraser University), Kaitlyn Cunningham (Simon  
Fraser University)
- 2 *Beading as part of the research ceremony***  
Christina Chris (UBC Vancouver)

# MORE DETAILS

To find all  
conference  
abstracts,  
scan this QR code:



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National Collaborating Centre  
for Indigenous Health

Centre de collaboration nationale  
de la santé autochtone

# URBAN INDIGENOUS WELLBEING COLLECTIVE

## MEMBERS



**Gabrielle Legault**  
(Lead)



**Shawn Wilson**



**Alanaise Ferguson**



**Peter Hutchinson**



**Sarah de Leeuw**



**Tania Willard**



**Bill McKenna**



**Skye Barbic**



**Karlyn Olsen**



**Mimi Mutahi**



**Keyara Brody**



**Denica Bleau**



**Lindsay DuPré**



**Dante Carter**



**Geraldine Manossa**



**Noah Chenoweth**

# EXTENDING OUR THANKS

The Indigenous Wellbeing Gathering Conference would not have been possible without the support of many individuals. We would like to extend our heartfelt gratitude to all those who have played a vital role in making this event happen.

To the Volunteers: Your dedication and tireless efforts behind the scenes ensured the smooth operation of the conference. Your commitment to this conference has been invaluable, and we appreciate your generous contributions.

To our Guest Speakers: Your unwavering commitment to advancing Indigenous wellbeing remains a profound source of inspiration. We extend our heartfelt gratitude for generously sharing your expertise and insights. Your contributions have significantly enriched our discussions and expanded our collective knowledge.

To our Sponsors: Your generous support has been instrumental in bringing this conference to life. Your contributions have helped create a meaningful platform for dialogue and collaboration, and we are immensely grateful for your partnership.

To the Manteo Resort Staff: Your venue has provided us with a warm and accommodating space, making this conference experience seamless. We thank you for your exceptional hospitality and support throughout this event.

Your collective efforts have created a space for meaningful discussions, knowledge sharing, and community building. Together, we have taken significant steps toward advancing Indigenous wellbeing. We look forward to future collaborations.

With deep appreciation,  
The Urban Indigenous Wellbeing Collective