

INDIGENOUS KNOWLEDGE MOBILIZATION SERIES

LAND BASED HEALING PRACTICES

CREDENTIAL: Certificate of Participation
COURSE LENGTH: 1 Day, 9:00am to 4:30pm daily
FACILITATION DATE: May 8, 2024
REGISTRATION DEADLINE: April 24, 2024
INSTRUCTOR: Vivian Timmins
DELIVERY: Virtual (via Zoom)
REGISTRATION FEE: \$150



INSTRUCTOR: Vivian Timmins

Vivian is O'Mushkego Cree and calls Fort Albany, Ontario her home. She is Eagle Clan, and a band member of Constance Lake First Nation.

INDIGENOUS KNOWLEDGE: Land-Based Practices

Description: The land-based workshop will be focused on informal activities and traditional knowledge rooted encompassing caring for the participants. This day will be designed to replenish and nourish the spirit of those who dedicate their lives in Indigenous education. As educators, frontline and students, self care is important to unwind, and restore balance from connecting to the land.

Land-base teachings will include:

- Medicine wheel and the four medicines
- Ceremonies - building that relationship
- Energy Work; Smudging
- Walk Therapy; Brushing

OTHER INFORMATION: Participants will receive a certificate of participation to add to their personal lifelong learning bundle.

Vivian is an international speaker, and an oral Indigenous historian who focused on the Indian Residential School era. She continues to discuss these hard topics to create an understanding of aspects of past, present and future, and to share her insights of the Indian Residential Schools as well as the intergenerational impact and effects.

Vivian engages the audience in a meaningful way by sharing her painful lived experiences as a young child while in the Indian Residential Schools. Each time Vivian shares her story, she is known to speak her truth, and while doing so, she emanates the power of resiliency, strength and bravery. She continues her life journey, determined to break the negative legacy of Indian Residential Schools for her family: her three children, her five grandchildren and for the many generations to come. Despite past hardships and heartaches, Vivian strives for the future with a positive outlook.

SCAN TO REGISTER



For More Information, Please Contact
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Every attempt is made to ensure the accuracy of the information provided in this fact sheet. Kenjgewin Teg and its partners reserve the right to modify any course, program, curriculum, fee, timetable or location at any time. As a community-based delivery program with its partner, this program offering is subject to approved funding and sufficient enrolment.

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