

Beading

Join Jamaica, Kayla, and Emma for a hands-on beading session that welcomes all skill levels—from first-time beaders to those continuing their craft. Participants will learn foundational techniques and create their own piece in a supportive, relaxed setting. Come connect, create, and spend time in a space that celebrates artistry, tradition, and community.

Metis teachings/Powwow Fitness

Join Ryan and Shelley for an engaging session that blends Métis cultural teachings with the energy and movement of Powwow fitness. Participants will learn about the history, stories, and traditions embedded in Métis culture while taking part in an accessible, high-energy workout suitable for all levels. This session offers a joyful way to connect with culture, movement, and community—come ready to learn, dance, and have fun. ***Please bring loose fitting clothes and comfy shoes.***

Tools for thriving in leadership

Join Drs. Nel Wieman, Suzanne Shoush, and Marlyn Cook for this meaningful session where residents and medical students can expect a welcoming space to learn directly from Indigenous members. Mentors will share the tools, insights, and lessons they wish they'd had during training, offering practical advice on navigating leadership through medicine, finding support, and maintaining balance. This gathering provides meaningful connection, shared experience, and the chance to ask questions and gain guidance from those who have already walked this path.

Risk and Reward About Returning to Your Community

In this session, Drs. Ashley Blais, Jennifer Robinson, Ojistoh Horn and a representative from the CMPA will open a grounded conversation about the legal risks that arise in community and on-reserve practice. They will explore pressures such as high patient volumes, reporting, and prescribing demands, limited supports, and the emotional weight of advocating for safer conditions. Participants will have space to reflect, share experiences, and ask questions including around CMPA support and documentation - while working toward a shared understanding of how to protect themselves and sustain safe practice in Indigenous communities.

Inuit Games

Join Elycia Monaghan for an engaging, hands-on session that invites participants to explore traditional Inuit games through active participation and shared experience. Through these games, participants will gain insight into the multifaceted nature of wellness in Inuit communities, with a focus on endurance, agility, and storytelling as foundational concepts that connect physical, mental, emotional, and cultural well-being. The session also fosters cultural awareness by highlighting Inuit traditional knowledge and language, offering a meaningful opportunity to learn through movement, play, and community connection.

Led Nature/Medicine Walk

Facilitator TBD