

*Live Life the Way
it Was Intended To Be*

*Vis la vie telle qu'elle
était destinée à être vécue*

*Pimaatisin Gaagii
Ishi Minigoosiwin*

Pimaatisi Gaagii isi Minigoowisigahk

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Pimaatishi taanishi chi ishi ispayihk

A national wellness and healing gathering for Survivors and Resolution Health Support Workers

December 15 - 18, 2025



Canada



Monday December 15, 2025

Time	Session	Location
5:30 pm	Doors open for dinner	Confederation Ballroom 4th Floor of the Westin Hotel
6:00 – 9:00 pm	Gala and Dinner Honouring Survivors	Confederation Ballroom

Tuesday December 16, 2025

Time	Session	Location
8:00 – 9:00 am	Breakfast	Confederation Ballroom
9:00 – 9:45 am	Opening Ceremony Welcome to the Territory <ul style="list-style-type: none">• Elder Claudette Commanda• Elder Frank Cote• Ciara Peltier, Water Ceremony• Eagle River Singers Emcee: Lance Cardinal	Plenary Room – Confederation Ballroom
9:45 – 10:45 am	Keynote Presentation from Dr. James Makokis <i>A highly respected two-spirit Cree physician, Dr. Makokis blends Indigenous and Western medical practices through a compassionate lens.</i>	Plenary Room – Confederation Ballroom
10:45 – 11:00 am	BREAK	Confederation Ballroom
11:00 am – 12:15 pm	Breakout: Survivor Sharing Circle <i>Reflections on healing in the last 10 years.</i> <ul style="list-style-type: none">• Leavina Brown, Survivor• Laurie McDonald, Survivor• Leanne Sleigh, Survivor• Chief Bobby Joseph, Survivor (by video)• Moderator: Raymond Frogner, Head of Archives/Senior Director of Research, NCTR	Plenary Room – Confederation Ballroom
11:00 am – 12:15 pm	Breakout: Art as Therapy <i>An outline of the use of the Indigenous teaching tool, the Medicine Wheel, to realistically understand Indigenous methodologies and apply its teachings to harness and activate personal visions and dreams.</i> <ul style="list-style-type: none">• Antoine Mountain, Artist and Survivor	Breakout Room #1 – Governor General I
11:00 am – 12:15 pm	Breakout: The Hand Drum: The Heartbeat of Mother Earth <i>A workshop to explore the Hand Drum. Join Inuit Elder David Serkoak for a journey through the history of the Inuit drum and learn about the interdependence of self-care and the Hand Drum with Elder Michael Cazon.</i> <ul style="list-style-type: none">• Michael Cazon, Addictions Outreach Worker, Łı́ı́dlıı́ Kúé First Nation• Elder David Serkoak	Breakout Room #2 – Governor General II
12:15 – 1:15 pm	LUNCH	Confederation Ballroom

Tuesday December 16, 2025

Time	Session	Location
1:15 – 1:35 pm	Remarks from Her Excellency the Right Honourable Mary Simon, Governor General of Canada	Plenary Room – Confederation Ballroom
1:35 – 2:35 pm	A Conversation with Commissioners Dr. Marie Wilson and Dr. Wilton Littlechild <ul style="list-style-type: none">Moderated by Ry Moran, Associate University Librarian – Reconciliation, University of Victoria	Plenary Room – Confederation Ballroom
2:35 – 3:00 pm	BREAK	Confederation Ballroom
3:00 – 4:30 pm	Breakout: Indigenous Wisdom in Trauma Recovery – Land-Based Therapy <i>Exploring Indigenous Peoples’ strong connection with the land and universe, and how this relationship has been instrumental in their cultural ways. This connection has helped Indigenous peoples survive the impacts of colonialism, oppression, trauma, and addictions. This session will look at a model of connecting to the land to support healing.</i> <ul style="list-style-type: none">Dennis Windego, Indigenous holistic psychotherapist	Plenary Room – Confederation Ballroom
3:00 – 4:30 pm	Breakout: Writing for Therapy <i>How Restorative Writing and Therapeutic Storytelling Works and How it Helps.</i> <ul style="list-style-type: none">Dennis Saddleman, Poet and SurvivorEllen Gabriel, Artist and ActivistKerry Gladue, Author of “Second Chances: The Kerry Gladue Story”Moderator: Kaila Johnston, Director of Education & Public Programming, NCTR	Breakout Room #1 – Governor General I
3:00 – 4:30 pm	Breakout: Your Voice, Our Responsibility <i>This session is designed to create a safe and supportive space for Survivors to share their priorities and perspectives on how the Residential School Settlement funds should be used.</i> <ul style="list-style-type: none">Naomi Racette, Executive Director, The Future Generations FoundationDwight Bero Jr., Program Manager, The Future Generations Foundation	Breakout Room #2 – Governor General II
7:30 – 9:00 pm	Bingo Night! <i>Join us for a fun night of BINGO and prizes!</i>	Plenary Room – Confederation Ballroom

Wednesday December 17, 2025

Time	Session	Location
8:00 – 9:00 am	Breakfast	Confederation Ballroom
9:00 – 9:15 am	Opening Remarks	Plenary Room – Confederation Ballroom
9:15 – 10:30 am	Survivor Reflections: 10 years after the Truth and Reconciliation Commission’s Report <ul style="list-style-type: none">Eugene Arcand, SurvivorElder Keith Chiefmoon, SurvivorBrian Normand, SurvivorJeannie Elahoak, SurvivorModerator: Naomi Racette, Executive Director, The Future Generations Foundation	Plenary Room – Confederation Ballroom

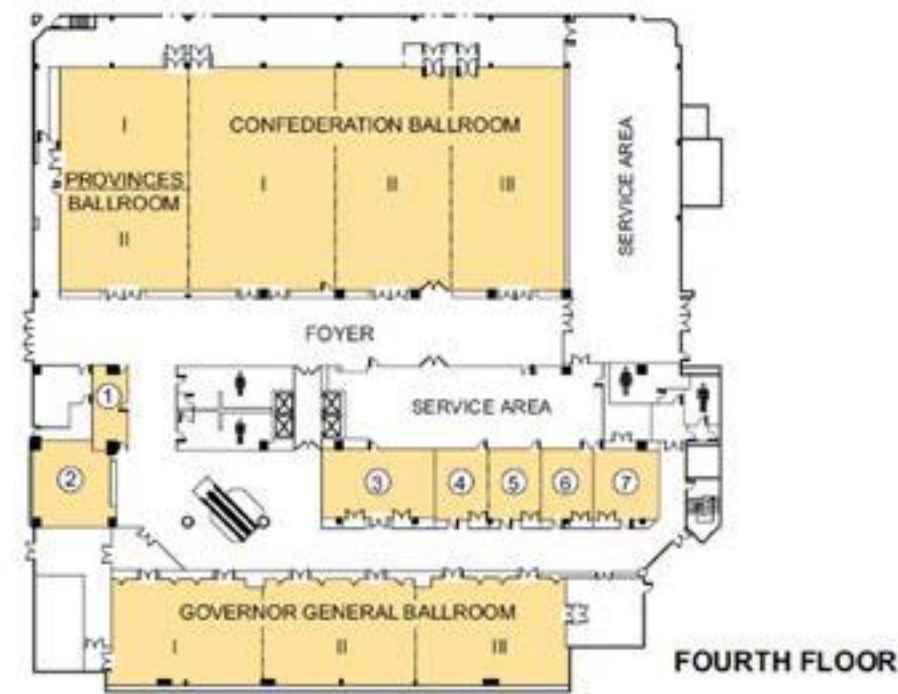
Wednesday December 17, 2025

Time	Session	Location
10:30 – 11:00 am	BREAK	Confederation Ballroom
11:00 am – 12:15 pm	Breakout: 2SLGBTQ Relatives and Communities <i>This workshop will explain the term “2 Spirit” and discuss the historic and contemporary importance of First Nations 2SLGBTQ people within our communities.</i> <ul style="list-style-type: none">Dr. Alex Wilson, Director, Aboriginal Education Research Centre, University of Saskatchewan	Plenary Room – Confederation Ballroom
11:00 am – 12:15 pm	Breakout: The Indigenous Men’s Alliance – Values of Success <i>Our values help us believe in ourselves and strengthen our spirit. In this session, you will learn a values-based model for success that can help you overcome the everyday challenges that you may face.</i> <ul style="list-style-type: none">Kris Morrison, Founder, Indigenous Men’s Alliance	Breakout Room #1 – Governor General I
11:00 am – 12:15 pm	Breakout: Rooted and Rising: Reclaiming our Power as Women <i>A Call to Remember: Indigenous wisdom, ceremony and ancestral knowledge are essential for our healing, and for the healing of our families, communities, humanity and Mother Earth. This session will explore how we can reclaim our power and inherent rights as women, Mothers, Aunties, Grandmothers, Caregivers, Teachers, and Healers.</i> <ul style="list-style-type: none">Jenny Šâwanohk, Registered Psychotherapist, Red Stone Snake Woman	Breakout Room #2 – Governor General II
12:15 – 1:15 pm	LUNCH	Confederation Ballroom
1:15 – 2:15 pm	Rites of Passage as Part of the Healing Path <i>Making peace with our past and creating a vision for the future changes our mindset. By living with and using life skills developed through the guiding principles of the Rites of Passage, we develop the power to set our purpose and create and manifest our vision.</i> <ul style="list-style-type: none">Abraham Bearskin, Knowledge Keeper	Plenary Room – Confederation Ballroom
2:15 – 2:30 pm	BREAK	Confederation Ballroom
2:30 – 4:00 pm	Breakout: 10 Lessons from Commissioner Dad <i>During his final speech at the TRC final event, Lead Commissioner Murray Sinclair remarked that his only regret was spending so much time away from his family. Join us for a brief talk on the reasons behind this and a reflection on the legacy of Murray Sinclair-iban.</i> <ul style="list-style-type: none">Niigaan Sinclair, Professor, Indigenous Studies, University of Manitoba	Plenary Room – Confederation Ballroom
2:30 – 4:00 pm	Laughter Yoga <i>This unique workshop will provide you with the knowledge and practical skills to practice laughter exercises that bring health and happiness into your life.</i> <ul style="list-style-type: none">Sandra Delaronde, Certified Laughter Yoga Trainer	Breakout Room #1 – Governor General I
2:30 – 4:00 pm	Breakout: Storytelling Workshop <i>Join us in exploring the rich tradition of Inuk storytelling to foster connections to the land, culture and community.</i> <ul style="list-style-type: none">Elder Reepa Evic-Carleton	Breakout Room #2 – Governor General II

Thursday December 18, 2025

Time	Session	Location
8:00 – 9:00 am	Breakfast	Confederation Ballroom
9:00 – 9:15 am	Opening Remarks	Plenary Room – Confederation Ballroom
9:15 – 10:30 am	<p>Our Next Generation</p> <p><i>A conversation with our youth on how they are incorporating traditional culture into their lives today, and what they envision for the future of reconciliation.</i></p> <ul style="list-style-type: none">• Theland Kicknosway, Youth• Benjamin Kucher, Youth• Autumn Peltier, Youth• Aislyn Omilgoetok, Youth• Moderated by Elder Claudette Commanda <p>Introduction by Her Excellency the Right Honourable Mary Simon, Governor General of Canada</p>	Plenary Room – Confederation Ballroom
10:30 – 11:00 am	BREAK	Confederation Ballroom
11:00 – 12:15 pm	<p>Breakout: Embodied Healing: Understanding Intergenerational Trauma Through Two-Eyed Seeing</p> <p><i>This presentation explores intergenerational trauma through the lens of somatic healing and Two-Eyed Seeing—a framework that weaves together Indigenous and Western ways of knowing. The focus is on how trauma is carried within the nervous system and the body, and how body-based healing practices can support regulation, resilience, and reconnection across generations.</i></p> <ul style="list-style-type: none">• Dr. Leigh Sheldon, Registered Psychologist	Plenary Room – Confederation Ballroom
11:00 – 12:15 pm	<p>Breakout: LIFE as Medicine – Healing our Fragmentation: Reimagining our Interdependence</p> <p><i>Are you on a Healing Journey and looking for support with integrating holistic, strength-based, creative, and collaborative practices for working, playing and praying with Indigenous Peoples? This session is a Healing heARTs art show while offering practice suggestions to support your path.</i></p> <ul style="list-style-type: none">• Dr. Fyre Jean Graveline, Director of Circle Works Counselling and Consulting and Collaborator with LIFE as Medicine: Circle of Indigenous Healing Arts	Breakout Room #1 – Governor General I
11:00 – 12:15 pm	<p>Breakout: Elders as Healers and Teachers: Transforming Medical Education and Clinical Practice in Indigenous Health</p> <p><i>Drawing on community-led examples and lived experience, this session highlights pathways toward relational, accountable, systemic change in health education and delivery.</i></p> <ul style="list-style-type: none">• Dr. Wayne Clark, Executive Director, Wâpanachakos Indigenous Health Program, University of Alberta• Dr. Josie Auger, Strategic Program Lead, Wâpanachakos Indigenous Health Program, University of Alberta	Breakout Room #2 – Governor General II
12:15 – 1:30 pm	<p>Closing Ceremony and Feast</p> <ul style="list-style-type: none">• Elder Verna McGregor• Elder Claudette Commanda	Confederation Ballroom

Floorplan – The Westin Hotel



- Room 1 – Health Support
- Room 2 – Info Desk
- Room 3 – Cedar Brushing, Massage and Reiki
- Room 4 & 5 – Cedar Baths
- Room 6 & 7 – Statement Gathering
- 3rd Floor – Lounge

Ongoing wellness services available at the event:

- Health support
- Smudging
- Cedar Baths (sign up required)
- Massage (sign up required)
- Cedar Brushing (Drop-in)
- Reiki (Drop-in)
- Statement Gathering (sign up required)
- Secure Certificate of Indian Status (SCIS) applications
- Artisans



National Centre for
Truth and Reconciliation
UNIVERSITY OF MANITOBA



FUTURE
GENERATIONS
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Honouring Survivors

Canada 