

Nihè dinch'è jì' wètàzul (It is better when you are with us)

Life Promotion/Suicide Prevention Week

September 12-16, 2022 - Dawson City

MONDAY SEPTEMBER 12

4 to 6 pm | K'äjìt-in Zho

Meal provided.

OPENING

Hosted by: Tr'ondèk Hwèchin

Opening remarks by Chief Roberta Joseph

SuicideTALK

SuicideTALK is a 90-minute suicide awareness session developed by LivingWorks that helps participants understand the issue of suicide and how they can help to prevent it in their communities. This is an introductory conversation about suicide that helps us to analyse our community's values towards suicide. SuicideTALK examines why people experience thoughts of suicide, encourages open discussion about suicide and attitudes toward it, explores ways people can help to prevent suicide. LivingWorks programs provide in-depth skills to help save lives from suicide.

CRAFTING FEELIE HEARTS

Sew a feelie heart as a reminder to hold your heart tenderly and take care of your heart when you are grieving. Or sew a fuzzy heart in memory or in honour of someone you have lost. Craft kits provided.

TUESDAY SEPTEMBER 13

10 to 11:30 am | K'äjìt-in Zho

Light snacks provided.

SuicideTALK

Offered by: Abbey Gartner and Casey Albert, Bringing Youth Towards Equality (BYTE)

This presentation helps participants understand the issue of suicide and how they can help to prevent it in their communities. SuicideTALK examines why people experience thoughts of suicide, encourages open discussion about suicide and attitudes toward it, and explores ways people can help to prevent it.

CRAFTING FEELIE HEARTS

Offered by: Mental Wellness and Substance Use Services

Sew a feelie heart as a reminder to hold your heart tenderly and take care of your heart when you are grieving. Or sew a fuzzy heart in memory or in honour of someone you have lost. Craft kits provided.

1:30 to 3 pm | K'äjìt-in Zho

Light snacks provided.

CRAFTING THROUGH GRIEF AND LOSS

Offered by: Angela Jobin, Mental Wellness and Substance Use Services; Deena Titus, Tr'ondèk Hwèch'in Wellness; Sarah Beggs, Tr'ondèk Hwèch'in Wellness; and Anezka Hampl, Tr'ondèk Hwèch'in Wellness

Join us for a workshop on navigating grief and loss. We will review the different types of grief and ways to support ourselves and others in coping with grief. Crafting and self-care are part of this supportive workshop.

2 to 6 pm | School Shop

TRY A TRADE

Offered by: Peter Menzies and Jake Duncan, Industrial Arts and Technology Society of the Yukon

Please come and "try a trade" at the school shop! Drop in anytime between 2 and 6pm and try out one of the many trades (carving, wood, metal, etc.). This activity is for all. Parents are welcome to come, watch, and participate. And the evening session between 4 and 6pm is especially for adults who may be curious about working, or learning about work opportunities, in the trades.

4 to 6 pm | K'äjìt-in Zho

Meal provided.

BUTTON & SIGN MAKING HANGOUT

Offered by: Crickett Wilder, Dawson Women's Shelter

Join Crickett from Dawson Women's Shelter to make buttons and signs sending messages of support, letting folks know that everyone in our community is loved, valued, and needed.

PIZZA & BOARD GAMES

Offered by: Abbey Gartner and Casey Albert, Bringing Youth Towards Equality (BYTE)

Join us for a fun evening of pizza and board games! We welcome a good challenge and love playing all sorts of games. Come and check out our amazing collection and let's play (and eat pizza)!

WEDNESDAY SEPTEMBER 14

10 to 11:30 am | K'äjìt-in Zho

Light snacks provided.

COMMUNITY MEETING: LIFE PROMOTION & SUICIDE PREVENTION IN DAWSON

Hosted by: Tr'ondèk Hwèchin Wellness & Mental Wellness and Substance Use Services

Come and join in a community discussion around suicide prevention and life promotion in Dawson. This meeting will build on topics and ideas that emerged from an initial meeting in June, that informed much of what is happening in Dawson this week. Topics of discussion will include next steps, big ideas, upcoming programming, and more. Come and be part of a passionate and supportive initiative! All are welcome.

10 am to 3 pm | K'äjìt-in Zho

Light snacks provided.

MEDICINE BAG SEWING WORKSHOP

Hosted by: Tr'ondèk Hwèchin Wellness, Elder's Support Workers

Feel like sewing? Come and sew a medicine bag with support from Elder's Support Workers. This is an opportunity to work quietly or in conversation. Craft kits provided.

1:30 to 3 pm | K'äjìt-in Zho

Light snacks provided.

HEALTHY MINDS

Offered by: Abbey Gartner and Casey Albert, Bringing Youth Towards Equality (BYTE)

Our Healthy Minds workshop aims to help youth achieve both short- and long-term mental wellbeing in a positive, non-triggering space. Discussions and activities help us to explore mindfulness, journaling, recognizing and expressing emotions, and building positive support networks to provide participants with tools to develop coping skills, resilience, and positive mental health.

HARM REDUCTION DROP IN

Offered by: Jen Bieber, Cari Tangedal, and Margo Cox, Mental Wellness and Substance Use Services

What is harm reduction? Stop by and find out! We will be on hand to answer questions and share information in an informal and relaxed environment. All questions welcome!

CRAFTING FEELIE HEARTS

Offered by: Mental Wellness and Substance Use Services

Sew a feelie heart as a reminder to hold your heart tenderly and take care of your heart when you are grieving. Or sew a fuzzy heart in memory or in honour of someone you have lost. Craft kits provided.

4 to 10 pm | Front Street Firepit

REMEMBRANCE FIRE

Offered by: First Nations Health Promotion and Tr'ondèk Hwèchin Wellness

A fire will be held to offer space for those who are grieving and in honour of those we have lost. Paper and pens will be on hand and participants will be invited to write down a message or feeling that they would like to offer to the fire and let go of. The fire will be held before and after the screening of The Grizzlies. Support will be offered before the film by Gladys Netro from First Nations Health Promotion. The fire will be maintained by the K'äjìt-in Zho staff. All are welcome.

6 to 9:30 pm | Klondike Institute of Arts and Culture (KIAC)

Dinner provided. Door prizes and swag.

DINNER AND SCREENING OF THE FILM THE GRIZZLIES

Please join us for a screening of the film The Grizzlies. The Grizzlies is based on the inspiring true story of the youth of Kugluktuk, Nunavut - who were transformed by the power of sport, family, tradition, and community, and in turn, transformed their town with the highest suicide rate in all of North America into a model of hope and youth-led resilience.

*The Grizzlies is rated R as it contains some violence, drug/alcohol abuse, and deals with deaths by suicide

THURSDAY SEPTEMBER 15

10 to 11:30 am | K'äjìt-in Zho

Light snacks provided.

CRAFTING THROUGH GRIEF AND LOSS

Offered by: Angela Jobin, Mental Wellness and Substance Use Services; Deena Titus, Tr'ondèk Hwèch'in Wellness; Sarah Beggs, Tr'ondèk Hwèch'in Wellness; and Anezka Hampl, Tr'ondèk Hwèch'in Wellness

Join us for a workshop on navigating grief and loss. We will review the different types of grief and ways to support ourselves and others in coping with grief. Crafting and self-care are part of this supportive workshop.

1:30 to 3 pm | K'äjìt-in Zho

Light snacks provided.

HARM REDUCTION GAME SHOW WITH PRIZES

Offered by: Jen Bieber and Angela Jobin, Mental Wellness and Substance Use Services

An interactive and playful activity that involves learning, prizes, and fun!

4 to 6 pm | K'äjìt-in Zho

Dinner provided.

I DON'T WANT TO TALK ABOUT IT: A WORKSHOP FOR MEN'S WELLNESS (FOR MEN ONLY)

Offered by: Chad Nichol, Mental Wellness and Substance Use Services

Join this dynamic workshop all about shifting our perceptions about men's mental wellness. Using a trauma-informed lens this workshop will explore mental health challenges specific to men as well as how we can cultivate healthy emotional processing, emotional intelligence, resiliency and more.

CRAFTING FEELIE HEARTS

Offered by: Mental Wellness and Substance Use Services

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FRIDAY SEPTEMBER 16

10 to 11:30 am | K'äjìt-in Zho

Light snacks provided.

BEING KINDER TO OURSELVES

Offered by: Maureen (Mo) Caley Verdonk, Inspired Living Life Coaching

Many of us have tried making changes in our lives by "punishing" ourselves and being our harshest critic. This method isn't working; the answer lies in being kinder towards ourselves. WE will learn what this means and how to put it into practice.

1:30 to 3 pm | K'äjìt-in Zho

Light snacks provided.

INTUITIVE ART

Offered by: River Doucette, Youth Program Leader for the K'äjìt-in Zho Youth Centre

Let's get creative! Participants will have the opportunity to develop and enhance their automatic and intuitive responses using a variety of art mediums at different creative and artistic workstations.

4 to 7 pm

CLOSING EVENT

Offered by: Tr'ondèk Hwèchin Wellness

Closing Ceremony, Dinner & Denezhu Bingo.

A meaningful closing event will be followed by dinner and Denezhu bingo. Let's honour the week together and then spend the evening laughing and playing together!

