



Weaving  
Wellness  
Centre

The Weaving Wellness Centre offers a variety of trainings and workshops on themes ranging from Métis wellness to relationship-building with Indigenous people. Training offerings vary in duration and are often customized to the audience and/or organization.

# Training Portfolio



## Métis Foundations

An introduction to the history, culture and community networks of Métis people. This includes knowledge and explication of the distinctiveness of Métis peoples from other Indigenous peoples and Nations. Central tenets of cultural humility, respect and reciprocity are outlined in this offering.



## Allyship

Provides an overview of our current era of truth and reconciliation and details important considerations and tangible actions organizations may take to ensure organizational work reflects reconciliatory approaches. Further explication is provided around definitions and qualities of allyship, including how to demonstrate allyship at both an individual and organizational level.



## Indigenous Mental Health & Wellness

In this comprehensive training, various aspects of Indigenous mental health and wellness are outlined and explored, including understandings of wholistic and culturally grounded perspectives. Distinct mental health issues may be included and detailed further, such as intergenerational and complex trauma, with discussion of diverse pathways of healing. Also included are experiential based activities for wellness, as well as presentation of culturally specific practices, strategies and resources. This training offering may be further tailored to focus on specific Indigenous communities or Nations, such as focusing on Métis mental wellness from a Métis worldview and lens.



## Relationship Building & Engagement

Centered in this offering are strategies and approaches to engaging, developing relationships and consulting with Métis communities. Overviews of Métis governance, politics and community structures are provided. Specific segments of the Métis community and Nation can be detailed, such as content focused on Métis children, youth, families or Elders, women and two-spirit peoples, among others. Wise and best practices around partnership building and relationship strengthening are delineated, highlighting the importance of embodying a culturally sensitive and specific approach for agencies, organizations and all levels of government that wish to establish and engage Métis communities and individuals.



## Métis at Work

The experiences and needs of the Métis workforce are often distinct and layered, as compared to other Indigenous peoples' experiences. Concepts such as racial microaggressions, implicit bias, and lateral violence are introduced, and significant consideration is given to how to create culturally safe workspaces for Métis individuals, including the fostering of workplace wellness for Métis employees.

For more information, cost of trainings, or to discuss additional training topics or the learning needs of your organization, please contact:

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# Virtual Format: Talks & Webinars

Associates of the Weaving Wellness Centre facilitate virtual talks and webinars on a range of topics related to Indigenous peoples, health and well-being, and various other themes within diverse Indigenous contexts. Sessions range in duration from one to one and-a-half hours and are often built into a multi-session series that spans weeks or months.

## Examples of Presentation Themes

- Métis mental health and well-being
- Intergenerational and diverse forms of trauma
- Perinatal mental health and well-being
- Indigenous youth and life promotion practices
- Experiences of Métis mental health professionals supporting community members at the Vatican and meeting with Pope Francis
- Promising practices for engaging in ethical and collaborative community-building with Indigenous peoples.
- Topics tailored to organizational needs

If you or your organization are interested in having one of our Associates deliver a talk or webinar, please contact:

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