

## Dawson City Wellness Week

Tune into CYFT 106.9 for wellness podcasts and programming all week. Visit CFYT.ca for more information.



Schedule of events and initiatives held in partnership between Tr'ondëk Hwëchin Government, Mental Wellness and Substance Use Services, and City of Dawson for Dawson City Wellness Week.

### Thursday, March 10, 2022

PROGRAMMING	START	END	LOCATION	INFORMATION
Counselling services	All day		Kajit in Zho Youth Centre (936 Second Ave)	<ul style="list-style-type: none"> <li>Cheryl Maguire from Northern Focus Counselling and Support Services</li> <li>Maisie Smith from Willow Point Healing</li> </ul>

### Friday, March 11, 2022

PROGRAMMING	START	END	LOCATION	INFORMATION
Opening remarks and prayer with Councillor Van Bibber, Tr'ondëk Hwëchin Elder	1pm		At the side of Tr'ondëk Hwëchin Hall by the Sacred Fire	<ul style="list-style-type: none"> <li>Wellness team to make their way to Nänkak Chèholay (Land of Plenty) following opening remarks</li> </ul>

### Friday, March 11 — Sunday, March 13, 2022

PROGRAMMING	START	END	LOCATION	INFORMATION
Hähjäk Wëtäzul ("It will get better") Camp by Tr'ondëk Hwëchin	Opening ceremony at 6pm on March 11		Nänkak Chèholay (Land of Plenty)	<ul style="list-style-type: none"> <li>camp available for all Dawson community members, Tr'ondëk Hwëchin Citizens are invited to stay overnight</li> <li>contact Blackbird for additional information, including shuttle schedule, at 867-993-3834</li> <li>counsellors available</li> </ul>

### Monday, March 14, 2022

PROGRAMMING	START	END	LOCATION	INFORMATION
Naloxone training and harm reduction discussion for community host/hospitality providers	2:30pm	4pm	Hospital Boardroom (2nd floor)	<ul style="list-style-type: none"> <li>COVID-19 Safety: 1-2 representatives from a given establishment</li> <li>please RSVP to Jen Bieber (Jen.Bieber@yukon.ca)</li> </ul>

MWSU Rapid Access Counselling (RAC) in-person/by phone – Call (867) 456-3838 or 1-866-456-3838

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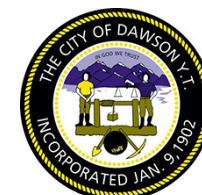
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### Tuesday, March 15, 2022

PROGRAMMING	START	END	LOCATION	INFORMATION
Mental Wellness and Substance Use Services Foundations Workshop: Mindfulness	1pm	3pm	Kajit in Zho Youth Centre (936 Second Ave)	<ul style="list-style-type: none"> <li>drop-in, but arriving 10 minutes before session is appreciated</li> <li>all ages and community members welcome</li> </ul>
Mental Wellness and Substance Use Service Overview	3:00pm	4:30pm	Kajit in Zho Youth Centre (936 Second Ave)	<ul style="list-style-type: none"> <li>all ages and community members welcome</li> <li>harm reduction/naloxone information and training available</li> </ul>
Tr'ondëk Hwëchin Community Talking Circle	5:45pm	7:30pm	Sacred Fire outside Tr'ondëk Hwëchin Hall	<ul style="list-style-type: none"> <li>in conjunction with the Community Mental Wellness Forum</li> <li>harm reduction/naloxone information and training available</li> </ul>
Community Mental Wellness Forum with Leaders	6pm	8pm	Tr'ondëk Hwëchin Hall	<ul style="list-style-type: none"> <li>Sacred Fire outside</li> <li>leadership from Tr'ondëk Hwëchin, City of Dawson and Government of Yukon will be present to hear your perspectives</li> </ul>
Tr'ondëk Hwëchin Support Group	7pm	9pm	Chief John Jonas Centre	<ul style="list-style-type: none"> <li>will continue to run for those who would like support at this time</li> <li>drop-in</li> </ul>

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Wednesday, March 16, 2022				
PROGRAMMING	START	END	LOCATION	INFORMATION
Harm reduction conversations and trainings	Afternoon		Kajit in Zho Youth Centre (936 Second Ave) and throughout the community as necessary	
Roots of Hope (life promotion and suicide prevention program) overview and conversations	1:00pm	3:00pm	Kajit in Zho Youth Centre (936 Second Ave)	<ul style="list-style-type: none"> <li>the Roots of Hope Community Coordinator will be present to talk about the program and hear community perspectives about local needs and how this program can support the community of Dawson</li> <li>Roots of Hope is a community-led program that focuses on needs-based approaches to life promotion and suicide prevention</li> <li>harm reduction/naloxone information and training available</li> </ul>
Mental Wellness and Substance Use Services overview	3:00pm	4:30pm	Kajit in Zho Youth Centre (936 Second Ave)	<ul style="list-style-type: none"> <li>all ages and community members welcome</li> <li>harm reduction/naloxone information and training available</li> </ul>
Tr'ondëk Hwëchin Grief Group	5:30pm	8:00pm	Chief John Jonas Centre	

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### Thursday, March 17, 2022

PROGRAMMING	START	END	LOCATION	INFORMATION
Mental Wellness and Substance Use Services Foundations Workshop: Self Care	1pm	3pm	Kajit in Zho Youth Centre (936 Second Ave)	<ul style="list-style-type: none"> <li>drop-in, but arriving 10 minutes before session is appreciated</li> <li>all ages and community members welcome</li> </ul>
Mental Wellness and Substance Use Service Overview	3pm	4:30pm	Kajit in Zho Youth Centre (936 Second Ave)	<ul style="list-style-type: none"> <li>all ages and community members welcome</li> <li>harm reduction/naloxone information and training available</li> </ul>
Tr'ondëk Hwëchin Community Talking Circle	6pm	8pm	Kajit in Zho Youth Centre (936 Second Ave)	<ul style="list-style-type: none"> <li>Roots of Hope Community Coordinator (life promotion and suicide prevention program) will be present to gain local perspectives</li> <li>harm reduction/naloxone information and training available</li> <li>open to all ages and community members</li> </ul>
Tr'ondëk Hwëchin, City of Dawson, Mental Wellness and Substance Use Services BBQ	4:30pm	6:30pm	Picnic area, artist market on Front Street	<ul style="list-style-type: none"> <li>harm reduction/naloxone information and training available</li> <li>representatives from all organizing partners will be present</li> </ul>

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