

STEP 1 – CONTACT INFO

Name

Position

Address

City

Province

Postal Code

Work Phone

Work Fax

Email

School / Organization

STEP 2 – SELECT ATTENDING DATE(S) & ENROLLMENT FEE

<input type="checkbox"/> DAY 1 - MAY 12	<input type="checkbox"/> DAY 2 - MAY 13 (Select AM PM)	<input type="checkbox"/> DAY 3 - MAY 14
<ul style="list-style-type: none"><li>Empowering Ourselves to Strengthen Our Future - Cynthia Wesley-Esquimaux, Ph.D.</li></ul>	<div><input type="checkbox"/> <input type="checkbox"/> Healing Through Spirit - Varleisha D. Lyons, Ph.D</div> <div><input type="checkbox"/> <input type="checkbox"/> Culturally Affirming and Strength-Based Narratives... - Shanelle Brillon Bath and Denise Findlay, M,ED.</div>	<ul style="list-style-type: none"><li>De-Colonizing Services and Programs in Education and Mental Health - Suzanne Methot, BA., B.Ed.</li></ul>

1 DAY ENROLLMENT FEES	INDIVIDUAL	GROUP 3-7	GROUP 8-14	GROUP 15+	FT STUDENT †
Super Early Bird (Before February 12)	<input type="checkbox"/> \$299 + tax	<input type="checkbox"/> \$249 + tax	<input type="checkbox"/> \$224 + tax	<input type="checkbox"/> \$199 + tax	\$199 + tax
Early Bird (Before April 12)	<input type="checkbox"/> \$319 + tax	<input type="checkbox"/> \$269 + tax	<input type="checkbox"/> \$244 + tax	<input type="checkbox"/> \$219 + tax	\$219 + tax
Regular	<input type="checkbox"/> \$339 + tax	<input type="checkbox"/> \$289 + tax	<input type="checkbox"/> \$264 + tax	<input type="checkbox"/> \$239 + tax	\$239 + tax

2 DAY ENROLLMENT FEES	INDIVIDUAL	GROUP 3-7	GROUP 8-14	GROUP 15+	FT STUDENT †
Super Early Bird (Before February 12)	<input type="checkbox"/> \$539 + tax	<input type="checkbox"/> \$489 + tax	<input type="checkbox"/> \$464 + tax	<input type="checkbox"/> \$439 + tax	\$439 + tax
Early Bird (Before April 12)	<input type="checkbox"/> \$559 + tax	<input type="checkbox"/> \$509 + tax	<input type="checkbox"/> \$484 + tax	<input type="checkbox"/> \$459 + tax	\$459 + tax
Regular	<input type="checkbox"/> \$579 + tax	<input type="checkbox"/> \$529 + tax	<input type="checkbox"/> \$504 + tax	<input type="checkbox"/> \$479 + tax	\$479 + tax

3 DAY ENROLLMENT FEES	INDIVIDUAL	GROUP 3-7	GROUP 8-14	GROUP 15+	FT STUDENT †
Super Early Bird (Before February 12)	<input type="checkbox"/> \$719 + tax	<input type="checkbox"/> \$669 + tax	<input type="checkbox"/> \$644 + tax	<input type="checkbox"/> \$619 + tax	\$619 + tax
Early Bird (Before April 12)	<input type="checkbox"/> \$739 + tax	<input type="checkbox"/> \$689 + tax	<input type="checkbox"/> \$664 + tax	<input type="checkbox"/> \$639 + tax	\$639 + tax
Regular	<input type="checkbox"/> \$759 + tax	<input type="checkbox"/> \$709 + tax	<input type="checkbox"/> \$684 + tax	<input type="checkbox"/> \$659 + tax	\$659 + tax

**Early Bird Cutoff Date:** Registration and payment must be received by this date.

**Full-Time Student Rate:** Please contact registration@jackhirose.com for more information on our full-time student rates. Registrants must provide proof of full-time enrolment at a minimum of three courses (e.g., transcript or confirmation letter of enrolment)

STEP 3 – PAYMENT | Fees do not include tax (5% GST).

☐ Visa

Credit Card #

Expiry

/

☐ MasterCard

Cardholder Name

☐ Cheque

Signature

Cheque #

3 WAYS TO SAVE

\$40 OFF

**SUPER EARLY BIRD DISCOUNT**  
Deadline: February 12, 2025

\$20 OFF

**EARLY BIRD DISCOUNT**  
Deadline: April 12, 2025

UP TO \$80 OFF

**GROUP DISCOUNTS**  
See Step 3 for Savings & Fees.

4 WAYS TO REGISTER



**ONLINE**  
www.jackhirose.com



**EMAIL**  
registration@jackhirose.com



**PHONE**  
604 924 0296



**MAIL**  
See address below right

RECOMMENDED ACCOMMODATION

**Park Town Hotel**  
924 Spadina Crescent E  
Phone: 306.244.5564

Please contact the hotels for the best available rates.  
\*please note, room reservations are subject to availability.

DISCOUNT RATES

Groups registering by email, phone, fax or mail, must submit all registration forms at once. Please note, a \$10 manual registration fee will apply for groups not registering online. Full time students (3+ classes per semester) must provide proof of enrolment. Please contact: registration@jackhirose.com for more info.

REGISTRATION FEE INCLUDES

Reference notes, certificate of completion, coffee, muffins and refreshment breaks. Lunches are not included.

CONTINUING EDUCATION CREDITS

Canadian Psychological Association (recognized by the Alberta College of Social Workers), Canadian Counselling & Psychotherapy Association, Canadian Addiction Counsellors Certification Federation, Canadian Vocational Rehabilitation Association, Canadian Professional Counselling Association, Employee Assistance Certification Commission (EAPA), Indigenous Certification Board of Canada (ICBOC).

TERMS & CONDITIONS

**Our liability is limited to refunds for conference fees only.** Jack Hirose & Associates Inc. reserves the right to cancel a event; please make hotel & travel arrangements with this in mind. In the event of a cancelled conference, we will issue a full refund for **conference fees only**. Jack Hirose & Associates Inc. is not responsible for any statements, acts, materials, or omissions by our presenters or participants. The use of audio and video taping devices, beepers, and cell phones by conference participants is not permitted at any session. Children and unregistered guests are not permitted in the meeting rooms. Seats cannot be shared between individuals.

**CANCELLATION POLICY:** IMPORTANT DISCLAIMER: All cancellations for any workshop, intensive, or conference must be submitted by email at registration@jackhirose.com. Non-attendance will not be grounds for any or partial refund or credit under any circumstances. Exceptions to this will not be granted. Credits do not expire and can be used towards any upcoming in person event. No refunds or credits under any circumstances for cancellation requests submitted less than 7 days (1 week) prior to the event. Exceptions to this will not be granted. We reserve the right to cancel an event due to unforeseen circumstances such as under-enrolment, Act of God including weather, pandemic, etc. Should Jack Hirose and Associates decide to cancel or re-schedule the workshop for any reason, full fees will be refunded and no administrative fees will be charged. Liability is limited to a refund of workshop fees only, please make travel arrangements with this in mind.

**CERTIFICATES:** PDF downloads of the certificate will be available after the event has ended: Please go to: http://registration.jackhirose.com/certificates/.  
**RECEIPTS:** Sent by email once you're registration has been processed. Please be aware spam filters can block email receipts. Additional copies can downloaded from **certificates.jackhirose.com**.

Jack Hirose and Associates Inc reserves the right to change the speaker lineup for any reason including, but not limited to: sudden illness, family emergencies, travel delays, or Acts of God including weather, pandemic, etc. If these changes are made prior to an event, registrants will be notified via confirmation email, reminder email, and alerts on the webpage. If these changes are made last minute, during the event, an announcement will be made.

PLEASE REVIEW OUR PRIVACY POLICY: WWW.JACKHIROSE.COM



**Complete & Return Payment to:**  
Jack Hirose & Associates Inc.  
326 Roslyn Blvd  
North Vancouver, BC  
V7G 1N9  
T 604 924 0296  
E registration@jackhirose.com



A PROUD CANADIAN COMPANY

GROUP RATES

Group rates that include mix and match in-person with live-streaming enrollees

**\$100 off per person**  
for groups of 15 or more

**\$75 off per person**  
for groups of 8-15

**\$50 off per person**  
for groups of 3 -7

Live stream enrollees can view course within 1 month after the event date.

WHO SHOULD ATTEND

**Education and Clinical Professionals:** All education and mental health or healthcare professionals who work with children or youth including, but not limited to K-12 Classroom Teachers, School Counsellors, Learning Assistance/Resource Teachers, School Administrators, School Paraprofessionals including Special Education Assistants, Classroom Assistants and Childcare Workers • All other professionals who support behavioural challenges and complex learning needs including but not limited to: Nurses, Social Workers, Psychologists, Clinical Counsellors, Family Therapists, Occupational Therapists, Speech Language Pathologists, Addiction Counsellors, Youth Workers, Mental Health Workers, Probation Officers and Community Police Officers.

LIVE STREAM FROM HOME

Workshops will be live streaming from Saskatoon, SK to online participants on May 12-14, 2025. Please allow 3-5 business days after the conference has ended for recorded footage to become available.

**Live stream registration:**  
www.webinars.jackhirose.com

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**Sunshine Coast Health Centre**  
A Non-12 Step Mental Health Program



**Georgia Strait WOMEN'S CLINIC**



Offering Quality Continuing Education to Educators and Mental Health Professionals since 1998.

LIVE IN-PERSON & LIVE STREAMED

THE WESTERN CANADA INDIGENOUS CONFERENCE

Fostering Traditional Indigenous Healing & Spiritual Practices



SASKATOON, SK

Park Town Hotel | 924 Spadina Crescent E

DAY 1 - MAY 12, 2025

8:30am - 4:00pm

Empowering Ourselves to Strengthen Our Future



PRESENTED BY  
**Cynthia Wesley-Esquimaux**  
Ph.D.

DAY 3 - MAY 14, 2025

8:30am - 4:00pm

De-Colonizing Services & Programs in Education & Mental Health



PRESENTED BY  
**Suzanne Methot**  
BA., B.Ed.

DAY 2 - MAY 13, 2025

8:30am - 4:00pm

Healing Through Spirit: Integrating Indigenous Healing Practices in Education and Mental Health



PRESENTED BY  
**Varleisha D. Lyons**  
Ph.D, OTD, OTR/L



PRESENTED BY  
**Shanelle Brillon Bath & Denise Findlay**  
M,ED., CPCC, ACC

JACKHIROSE.COM | 604-924-0296


AGENDA	Monday, May 12	Tuesday, May 13		Wednesday, May 14
<b>Morning Session</b> 8:30 AM – 11:45 AM  <b>Break</b> 10:30 AM – 10:45 AM	1. <b>Empowering Ourselves to Strengthen Our Future</b> - Cynthia Wesley-Esquimaux, Ph.D.	2. <b>Healing Through Spirit</b> - Varleisha D. Lyons, Ph.D, OTD, OTR/L	3. <b>Culturally Affirming and Strength-Based Narratives to Promote Healing</b> - Shanelle Brillon Bath & Denise Findlay, M,ED.	4. <b>De-Colonizing Services &amp; Programs in Education &amp; Mental Health</b> - Suzanne Methot, BA., B.Ed.
11:45 AM – 12:45 PM	Lunch Break			
<b>Afternoon Session</b> 12:45 PM – 4:00 PM  <b>Break</b> 2:15 PM – 2:30 PM	1. <b>Empowering Ourselves to Strengthen Our Future</b> - Cynthia Wesley-Esquimaux, Ph.D.	2. <b>Healing Through Spirit</b> - Varleisha D. Lyons, Ph.D, OTD, OTR/L	3. <b>Culturally Affirming and Strength-Based Narratives to Promote Healing</b> - Shanelle Brillon Bath & Denise Findlay, M,ED.	4. <b>De-Colonizing Services &amp; Programs in Education &amp; Mental Health</b> - Suzanne Methot, BA., B.Ed.

DAY 1 | Monday, May 12, 2025

WORKSHOP #1 - 8:30AM - 4:00PM

Empowering Ourselves to Strengthen Our Future

- Presented by Cynthia Wesley-Esquimaux, Ph.D.



This one-day workshop, facilitated by Cynthia Wesley-Esquimaux, will focus on the integration of traditional Indigenous healing and spiritual practices within mental health and educational frameworks. Designed for professionals working with children, adolescents, young adults, families, and communities, it will offer practical tools and culturally grounded insights that can be applied in clinical, educational, or community settings.

Participants will explore strategies for supporting cultural revitalization and community healing, with a particular emphasis on fostering sustainable, Indigenized practices. The workshop will provide opportunities for deep engagement with Indigenous healing traditions, encouraging reflection on both personal and community experiences. Through collaborative discussions and activities, attendees will develop actionable strategies for revitalizing and integrating traditional spiritual practices into contemporary mental health and educational approaches.

Whether you work with individuals, families, or larger community groups, this session will equip you with practical knowledge to enrich your work and support the healing and resilience of Indigenous communities.

Learning Objectives

- To unpack the foundational elements of traditional Indigenous healing and spiritual practices.
- To explore how decolonization and Indigenization can reshape relationships with community members, allies, and supporters.
- To promote dialogue around integrating traditional practices into current mental health and educational frameworks.
- To explore leadership models grounded in Indigenous values, emphasizing collaboration, peace-making, and cultural safety.

Agenda

- Keynote: “Empowering Ourselves to Strengthen Our Future”**
- In this keynote, Cynthia Wesley-Esquimaux will explore how empowering Indigenous communities to reclaim traditional practices can lead to stronger, more resilient futures.
- Opening Prayer & Introduction of Participants**
- This sacred space will begin with an Elder-led prayer to honor the spiritual traditions that shape the gathering.
- Session Goals and Objectives:**
- Unpacking and Restoring Foundations of Healing**
- This session will examine the current state of Indigenous healing practices in communities, identifying strengths, challenges, and gaps.
- What Does Planning and Strategy Have to Do with Healing and Spiritual Practices?**
- This session will address the importance of strategic planning for community health initiatives.

- Decolonizing or Indigenizing Relations?**
- Participants will work in small groups to explore the difference between decolonizing and Indigenizing relationships with community members, allies, and organizations.
- Indigenous vs. Western Leadership: Expectations, Communication, and Collaboration**
- This session will delve into the key differences between Indigenous and Western leadership models, examining how each informs community healing and spiritual practices.
- Practical Healing Tools: Dream House and “I Am” Exercises**
- This session will offer two interactive exercises: the Dream House Exercise and the “I Am” Exercise.
- Closing Circle: Reflections and Commitments**
- Participants will gather to reflect on their learnings from the day and discuss how they plan to apply these insights in their work, whether in the classroom, clinic, or community.

DAY 2 | Tuesday, May 13, 2025

WORKSHOP #2 - 8:30AM - 4:00PM

Healing Through Spirit: Integrating Indigenous Healing Practices in Education and Mental Health

- Presented by Varleisha D. Lyons, Ph.D, OTD, OTR/L



This workshop offers educators a transformative opportunity to explore the intersection of trauma and spirituality within Indigenous communities, focusing on the impact of intergenerational trauma and how cultural wisdom can support resilience and well-being. By examining both traditional and contemporary healing practices, participants will deepen their understanding of how Indigenous spirituality, storytelling, and community-centered approaches can foster healing, restore balance, and strengthen the individual and collective health of students and families.


Indigenous communities have long faced the repercussions of colonization, forced assimilation, and systemic violence. These traumas have been passed down through generations, affecting the mental, emotional, and social well-being of individuals, families, and communities. Yet, alongside these challenges, Indigenous cultures possess profound spiritual traditions and healing practices that have endured. These practices remain a vital source of identity, resilience, and recovery, offering pathways to healing for those impacted by trauma.

DAY 3 | Wednesday, May 14, 2025

WORKSHOP #4 - 8:30AM - 4:00PM

De-Colonizing Services & Programs in Education & Mental Health: Holistic & Strength-Based Approaches to Better Serve Indigenous and Non-Indigenous Children & Youth

- Presented by Suzanne Methot, BA., B.Ed.



This workshop will explore the power of narrative-based approaches in addressing mind, body, spirit and emotion to empower children and youth to make meaning of their experiences, transform their self-concept, and rebuild relationships with others and the world around them. Participants will learn how to use storytelling and other motivational techniques to guide healing and growth. We will also explore ways to decolonize your work in classrooms, counseling, social work, or any interactions with children and youth by adopting holistic, strengths-based methods, and discuss ethical considerations for working in cross-cultural and community contexts.

Special attention will be given to the intersections of complex PTSD, developmental trauma, and colonialism, including the impact of intergenerational trauma on memory and well-being. Indigenous frameworks for understanding health, wellness, and healing will also be integrated into the conversation.

By the end of the session, participants will leave with practical tools, frameworks, and methodologies for addressing intergenerational trauma and complex PTSD, and for providing healing-informed support to individuals, families, and communities.

Learning Objectives

- Understand Narrative-Based Healing Approaches**

  - Recognize the role of storytelling in addressing mind, body, spirit, and emotion to help children and youth make meaning of their experiences.
- Apply Motivational Techniques**

  - Learn how to use storytelling and other motivational methods to guide healing and growth in children and youth.
- Adopt Decolonizing Practices**

  - Identify strategies to decolonize interactions with children and youth in classrooms, counseling, and social work.
- Address Complex Trauma and Colonialism**

  - Examine the intersections of complex PTSD, developmental trauma, and colonialism.
- Integrate Indigenous Frameworks**

  - Learn Indigenous perspectives on health, wellness, and healing as part of trauma-informed care.
- Implement Healing-Informed Practices**

  - Develop practical tools, frameworks, and methodologies to support individuals, families, and communities impacted by trauma.