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COMPANY SINCE 1998**



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

GROUP RATES

Discounts available for online
or in-person groups

\$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 Richmond, BC to online
participants on December 8-10,
2025. Please allow 5-10 business
days after the conference has
ended for recorded footage to
become available. **Live stream
enrollees can view course within 1
month after the event date.**

Live stream registration:
www.webinars.jackhirose.com

WATCH ON-DEMAND

Until January 10, 2026. In-person
attendees can add on-demand
access for \$25 per day.

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CLINIC

LIVE IN-PERSON & LIVE STREAMED

RICHMOND INDIGENOUS CONFERENCE

Fostering Traditional Indigenous Healing & Spiritual Practices

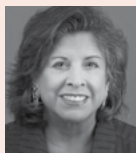
RICHMOND, BC

Executive Hotel Vancouver Airport | 7311 Westminster Hwy

DAY 1 - DECEMBER 8, 2025

8:30am - 4:00pm

Empowering Ourselves to Strengthen Our Future



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

DAY 2 - DECEMBER 9, 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

DAY 3 - DECEMBER 10, 2025

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.



SCAN QR CODE FOR MORE INFORMATION & REGISTRATION

JACKHIROSE.COM | 604-924-0296

PLEASE POST

IN-PERSON FEES		INDIVIDUAL	GROUP 3-7	GROUP 8-14	GROUP 15+	FT STUDENT	3 WAYS TO SAVE	
1 DAY	Super Early Bird (Before October 8)	\$299 + tax	\$249 + tax	\$224 + tax	\$199 + tax	\$199 + tax	<div>\$40 OFF</div>	SUPER EARLY BIRD DISCOUNT Deadline: October 8, 2025
	Early Bird (Before November 8)	\$319 + tax	\$269 + tax	\$244 + tax	\$219 + tax	\$219 + tax		
	Regular	\$339 + tax	\$289 + tax	\$264 + tax	\$239 + tax	\$239 + tax		
2 DAY	Super Early Bird (Before October 8)	\$539 + tax	\$489 + tax	\$464 + tax	\$439 + tax	\$439 + tax	<div>\$20 OFF</div>	EARLY BIRD DISCOUNT Deadline: November 8, 2025
	Early Bird (Before November 8)	\$559 + tax	\$509 + tax	\$484 + tax	\$459 + tax	\$459 + tax		
	Regular	\$579 + tax	\$529 + tax	\$504 + tax	\$479 + tax	\$479 + tax		
3 DAY	Super Early Bird (Before October 8)	\$719 + tax	\$669 + tax	\$644 + tax	\$619 + tax	\$619 + tax	<div>UP TO \$80 OFF</div>	GROUP DISCOUNTS See Step 3 for Savings & Fees.
	Early Bird (Before November 8)	\$739 + tax	\$689 + tax	\$664 + tax	\$639 + tax	\$639 + tax		
	Regular	\$759 + tax	\$709 + tax	\$684 + tax	\$659 + tax	\$659 + tax		
LIVE STREAM: see website for fees		WATCH ON-DEMAND: Until January 10, 2026. In-person attendees can add on-demand access for \$25 per day.						

DAY 1 | Monday, December 8, 2025

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

Empowering Ourselves to Strengthen Our Future

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



This one-day workshop, facilitated by Cynthia Wesley-Esquiaux, 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-Esquiaux 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.

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.

This workshop is designed to empower educators and other professionals working in or with Indigenous communities. Participants will learn culturally grounded approaches to support healing in educational settings, incorporating Indigenous spiritual traditions, cultural practices, and storytelling to enhance student well-being and academic success. The workshop will also provide practical tools for integrating these healing methods into classroom teaching, school activities, and community-based programs.

Learning Objectives

- **Understand the Impact of Intergenerational Trauma:** Explore the historical and systemic factors that contribute to trauma in Indigenous communities and how these experiences continue to influence the well-being of students and their families.
- **Spirituality as a Path to Healing:** Examine the role of Indigenous spiritual traditions, ceremonies, and cultural practices in promoting resilience and mental health within educational and community settings.
- **Integrating Cultural Practices into Education and Mental Health:** Learn how to incorporate Indigenous wisdom, spirituality, and trauma.

DAY 3 | Wednesday, December 10, 2025

WORKSHOP #3 - 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.



Live Stream & On-Demand | 6 CEUs

THE ZONES OF REGULATION COMPREHENSIVE TRAINING

- LEAH KUYPERS, MA ED., OTR/L

NOVEMBER 3, 2025 | 8:30am to 4:00PM (PST)

In The Zones of Regulation Comprehensive Training participants will take a deeper dive into the competency of regulation and how it fits into a climate and culture of social emotional learning.

Live In-Person, Live Stream & On-Demand | 12 CEUs

EXECUTIVE SKILLS Assessment, Interventions and Coaching for Academic and Social Success

- PEG DAWSON, ED.D., NCSP



REGINA, SK - OCT 22 & 23, 2025

KELOWNA, BC - OCT 29 & 30, 2025

RICHMOND, BC - DEC 8 & 9, 2025

Executive skills—often referred to as “the hidden curriculum”—are critical cognitive abilities that underpin academic success. These include skills like task initiation, sustained attention, working memory, planning, organization, and goal-directed persistence.

Live In-Person, Live Stream & On-Demand | 18 CEUs

INDIGENOUS CONFERENCE

Fostering Traditional Indigenous Healing & Spiritual Practices

EDMONTON - NOVEMBER 12-14, 2025

RICHMOND - DECEMBER 8-10, 2025



Cynthia Wesley-Esquiaux
Ph.D.

Varleisha D. Lyons
Ph.D, OTD, OTR/L

Suzanne Methot
BA., B.Ed.

WEBINARS - Fall & Winter 2025

October 15, 2025 | 8:30am to 4:00PM (PST)

Using Indigenous Culture-Based Frameworks to Create Workplace Wellness

- SUZANNE METHOT, BA., B.ED.

November 3, 2025 | 8:30am to 4:00PM (PST)

The Zones of Regulation Comprehensive Training

- LEAH KUYPERS, MA ED., OTR/R

February 5, 2026 | 8:30am to 4:00PM (PST)

Treating Adult ADHD: Help Smart but Scattered Clients Strengthen Executive Skills

- PEG DAWSON, ED.D., NCSP

February 11, 2026 | 8:30am to 4:00PM (PST)

The Neuropsychology of Reading and Written Language Disorders

- STEVEN FEIFER, D.ED., ABSNP

February 25, 2026 | 8:30am to 4:00PM (PST)

Clinical Supervision: Providing Effective Supervision, Managing Risk and Navigating Ethical Issues

- GEORGE HAARMAN, PH.D.

\$50 OFF ANY WEBINAR: FALLWEB50
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