

Agenda

Walking Together: Creating a Pathway Forward CAP National Elder & Youth Summit

Resiliency Lodge (**Chelsea, QC**)

TUESDAY, FEBRUARY 6, 2024

8:20 AM Bus departure to Resiliency Lodge
(Homewood Suites lobby)

9:00 AM - 9:15 AM Arrival & Refreshments

9:15 AM - 9:30 AM Welcoming Remarks

- Diann Langley, CAP National Elder Representative
- Jessica Savoy, CAP National Youth Representative

9:30 AM - 10:30 AM Workshop Introduction & Guidance

10:30 AM - 10:45 AM Health Break

10:45 AM - 12:00 PM Workshop Activities (continued)

12:00 PM - 1:00 PM Lunch

1:00 PM - 2:30 PM Workshop Activities (continued)

2:30 PM - 2:45 PM Health Break

2:45 PM - 4:30 PM Connect & Explore

Options:

- Film Screening: *Dancing Around the Table*;
 - Explore lodge
 - Tea & chat
 - Swim (indoor pool)
 - Take a walk
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4:30 PM Bus departure to Homewood Suites Hotel

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Walking Together: Creating a Pathway Forward CAP National Elder & Youth Summit

Native Women's Association of Canada (120 Promenade du Portage)

WEDNESDAY, FEBRUARY 7, 2024

8:30 AM	Bus Departure to NWAC (Homewood Suites lobby)
8:45 AM – 9:00 AM	Arrival & Refreshments <ul style="list-style-type: none">Summit Moderator: Jessica Rumboldt
9:00 AM – 9:30 AM	Opening Ceremony & Opening Prayer
9:30 AM – 9:50 AM	Opening Remarks <ul style="list-style-type: none">Diann Langley, CAP National Elder RepresentativeJessica Savoy, CAP National Youth Representative
9:50 AM – 10:00 AM	Welcoming Remarks <ul style="list-style-type: none">National Chief Elmer St. Pierre
10:00 AM – 10:30 AM	Presentation: Overview of COVID Impacts on Indigenous Populations
10:30 AM – 10:45 AM	Health Break
10:45 AM – 11:45 AM	Breakout Discussion: Individual & Community Impacts of COVID
11:45 AM – 12:00 AM	COVID & Mental Health <ul style="list-style-type: none">Moderator: Jessica Rumboldt
12:00 PM – 1:00 PM	Lunch
1:00 PM – 1:15 PM	Overview of Mental Health & Wellness: Tools to Strengthen Community
1:15 PM – 1:45 PM	Breakout Session One: <ul style="list-style-type: none">Mental Health & Technology
1:45 PM – 2:15 PM	Breakout Session Two: <ul style="list-style-type: none">Mental Health & Connection to Culture
2:15 PM – 2:30 PM	Health Break
2:30 PM – 3:00 PM	Breakout Session Three: <ul style="list-style-type: none">Mental Health, Self Determination & Rights
3:00 PM – 4:00 PM	Breakout Session Four: <ul style="list-style-type: none">Mental Health & EldersMental Health & Youth
4:00 PM – 4:30 PM	Summary & Mental Health Report
4:30 PM	Bus Departure to Homewood Suites Hotel

NOTE: Wellness space available in Medicine Room.

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Walking Together: Creating a Pathway Forward CAP National Elder & Youth Summit

Shaw Centre (**55 Colonel By Drive**)

Native Women's Association of Canada (**120 Promenade du Portage**)

THURSDAY, FEBRUARY 8, 2024

8:00 AM Bus departure for Shaw Centre (Homewood Suites lobby)

8:30 AM - 11:30 AM Elder & Youth Breakfast Reception

11:30 AM Bus departure for NWAC

12:00 PM - 1:00 PM Lunch

1:00 PM - 2:00 PM Government Relations Overview

- Presentation: Sandstone Group

2:00 PM - 2:15 PM Health Break

2:15 PM - 3:45 PM Building Capacity: Advocacy Preparedness

3:45 PM - 4:15 PM Open Discussion

- Moderated by Jessica Rumboldt

4:15 PM - 4:30 PM Closing Remarks

- Jessica Savoy, CAP National Youth Representative

Closing Prayer

- Diann Langley, CAP National Elder Representative

4:30 PM Bus departure to Homewood Suites Hotel

NOTE: Wellness space available in Medicine Room.