



# Healing the Hoop 2



McLeod Lake Indian Band and Lheidle T'enneh's Health and Wellness Conference 2023

## OVERVIEW and WHO SHOULD ATTEND

April 26-28, 2023 @ Prince George Conference and Civic Centre (808 Canada Games Way, PG)

### Objective:

To provide tools, skills, lessons and healings based upon cultural and traditional spiritual values and knowledge and the integration of modern techniques to teach the skills needed for independence and self-sufficiency. To offer the opportunity to join a journey of wellness – one person – one community – one day at a time.

### Who Should Attend?:

- ◆ Community Members / Elder's / Youth (over 19) / Adults
- ◆ Community Health Officials / Health Managers / Health Directors
- ◆ Educational Leaders / Aboriginal Liaisons / Aides / Teachers / College Professors
- ◆ Healthcare Professionals / Mental Health & Addictions / Public Health Teams
- ◆ Other Associations that have direct dealing with First Nation People and have a desire to participate in their own healing journey / Non-for-profit organizations / Industry Partners / Public Workers / Indigenous related businesses

### Overall Objectives:

Today there is growing recognition that the achievement of social and economic well-being for Indigenous people requires a more comprehensive approach that has greater flexibility for meeting everyone's needs. There is a significant need to offer programming that addresses the causes of problems and not just the symptoms while working with individuals to move forward in reconciliation and begin to heal and mend one another.

The healing and wellness sought by Indigenous people is based upon the return to traditional spiritual values and knowledge and the integration of modern techniques to teach the skills needed for independence and self-sufficiency. To provide resources and guided direction and meet individuals where they are and build from that point. Not everyone is at the same healing crossing – we need to show up and participate at their level – wherever they are on their journey.

The goal of this initiative is to build on from the teachings shared at previous local conferences with a healing continuum that incorporates



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health promotion and prevention. It is the goal of this conference to encourage individuals, families, and communities to enjoy a healthy balanced life and to reconcile the pain within. To “Heal the Hoop” one must be physically, mentally, emotionally and spiritually balanced. Our objective is to accomplish the following:

- ◆ Build self-esteem and improve self-concepts;
- ◆ Create awareness around healthy humility that incorporates positive self-concepts;
- ◆ Encourage participants to make changes in their lives that will improve their immediate relationships in the home, their relationships at work, and in their communities for greater success;
- ◆ Guide participants in identifying their own unique strengths and assets, and how to translate their self-knowing into a better sense of security in relationships and in community;
- ◆ Introduce techniques and approaches to collaboration and strengthening personal social ecosystems for resiliency, healing, and growth;
- ◆ Offer mentorship/create support circles for participants wishing to engage in entrepreneurial opportunities;
- ◆ Provide a framework for individual and collaborative goal setting;
- ◆ Provide a trauma-informed, culturally sensitive, safe place for healing and sharing;
- ◆ Reconciliation – offer a variety of healing sessions, healing ceremonies, talking circles, and teachings to deconstruct and decolonize the damage created by Residential and Day Schools, especially in regards to gender and personal and family relationships; and
- ◆ Replace feelings of alienation to reduce the impacts of trauma and adversity on individuals.



## Current Agenda:

(Actual agenda will be provided at event, workshop titles, presenters, session times and keynote topics are subject to change without notice and will not be determined until the event date)

- ◆ **Day 1, Tuesday**
  - ◆ (Registration @ 9am / Lunch @ 12 / Conference @ 10am)
  - ◆ Registration and Doors open @ 8:30am
  - ◆ Lunch and Networking @ 12:30pm
  - ◆ Conference begins at 10am
  - ◆ Community Welcome: Local Chief / Local Elder
  - ◆ Conference Overview: MLIB / Bizzybody
  - ◆ Keynote Speakers: Art Napoleon, Kwatsitsawi Meloche
  - ◆ Workshops: TBC
  - ◆ Door Prizes / Health Snacks / Village Market
  - ◆ Gathering Feast @ 530pm / Laughter Through Humor Comedy Show @ 630pm – both events will take place at the PG Conference and Civic Centre

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- ◆ Day 2, Wednesday (Registration @ 8am / Conference @ 9am)
  - ◆ Welcome Prayer: Local Elder
  - ◆ Keynote Speakers: Art Napoleon, Keith Secola, Penny Jones, Loretta Parenteneau-English, Kwatsitsawi Meloche
  - ◆ Workshops: TBC
  - ◆ Door Prizes / Health Snacks / Lunch / Village Market
  - ◆ Bannock & Jam @ 630pm – Courtyard Marriott Hotel
- ◆ Day 3, Thursday (Registration @ 830am / Conference @ 9am)
  - ◆ Welcome Prayer: Local Elder
  - ◆ Keynote Speakers: Keith Secola, Quanah Style
  - ◆ Door Prizes / Health Snacks / Village Market
  - ◆ Conference Ends at 300pm
  - ◆ Networking and Storytelling



## Registration:

- ◆ There are a total of 500 tickets / seats available for participants
- ◆ Registration Opens December 2022
- ◆ Fees are \$500 per person (hotel and transportation are NOT included in the noted price. Each delegate is expected to get themselves there and work out their own hotel arrangements – we have negotiated discounted rates and that info will be available on the registration form)
- ◆ Includes: access to all keynote and workshop sessions, three breakfasts, six nourishment breaks, three lunches, one ticket to dinner and comedy, one ticket to Bannock and Jam, and free hugs to anyone who wants them ☺
- ◆ Group buying available for FN communities – please connect with Jocelyn at Bizzybody directly to obtain group booking and payment processes.

## Sponsorship:

- ◆ A variety of opportunities available ranging from \$500 - \$25,000 contributions
- ◆ Please connect with Jocelyn at Bizzybody for complete details and confirmation.
- ◆ [Jocelyn@bizzybody.ca](mailto:Jocelyn@bizzybody.ca) or text 250-793-0272 or call 778-576-1230
- ◆ Available Sponsorship Levels:

- |   |   |   |  |
|---|---|---|--|
| <input type="checkbox"/> Conference (\$25,000)  | <input type="checkbox"/> Dinner (\$20,000)  | <input type="checkbox"/> Bannock & Jam (\$15,000) | <input type="checkbox"/> Medicine (\$12,000) |
| <input type="checkbox"/> Spa (\$10,000)         | <input type="checkbox"/> Lunch (\$9,000)    | <input type="checkbox"/> Breakfast (\$8,000)      | <input type="checkbox"/> Elder (\$7,000)     |
| <input type="checkbox"/> Nourishment (\$6,000)  | <input type="checkbox"/> Keynote (\$5,000)  | <input type="checkbox"/> Workshop (\$4,000)       | <input type="checkbox"/> Smudging (\$3,000)  |
| <input type="checkbox"/> Delegate Bag (\$3,000) | <input type="checkbox"/> Beverage (\$2,000) | <input type="checkbox"/> Healing (\$1,000)        | <input type="checkbox"/> Other _____         |

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## Sponsor / Partnership Form

The McLeod Lake Indian Band and Lheidle T'enneh Nations to host "Healing the Hoop 2" (HTH2) Health and Wellness Conference, a three-day gathering April 26-28, 2023 at the Prince George Conference and Civic Centre.

Today's Date: \_\_\_\_\_ Contact Name: \_\_\_\_\_

Organization / Company: \_\_\_\_\_

Mailing Address (including postal code):  
\_\_\_\_\_

(Phone) \_\_\_\_\_ (Fax) \_\_\_\_\_ (Email) \_\_\_\_\_

I/our organization is proud to be a sponsor for "Healing the Hoop 2" health and wellness conference and look forward to collaborating to help heal a nation – one hoop at a time and bring this conference to life in our Northern Region.

- |   |   |   |  |
|---|---|---|--|
| <input type="checkbox"/> Conference (\$25,000)  | <input type="checkbox"/> Dinner (\$20,000)  | <input type="checkbox"/> Bannock & Jam (\$15,000) | <input type="checkbox"/> Medicine (\$12,000) |
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| <input type="checkbox"/> Delegate Bag (\$3,000) | <input type="checkbox"/> Beverage (\$2,000) | <input type="checkbox"/> Healing (\$1,000)        | <input type="checkbox"/> Other _____         |

By signing this form, we agree to the above and package noted financial contribution as well as the return on investment that our organization will receive.

Printed Name \_\_\_\_\_ Signature \_\_\_\_\_ Email Address \_\_\_\_\_

Invoices will be emailed to the contact noted above. Cheques can be made out to Bizzybody Enterprises. We will contact you for CC/EFT Transactions

What is your preferred method of payment:  Cheque  Credit Card (5% admin fee may be added)  EFT

Bizzybody: 10511 100<sup>th</sup> Avenue, FSJ. BC. V1J 1Z1 / Phone: 778.576.1230 / info@bizzybody.ca

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