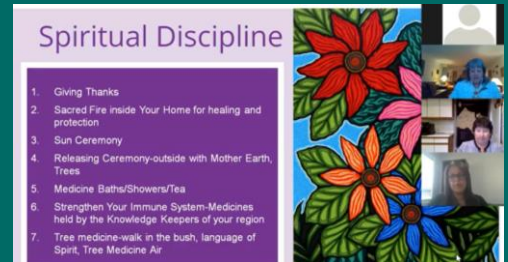


Free, informative WEBINAR for nurses and other health-care providers.

### Traditional Indigenous Approaches to Mental Health & Well-Being of Health-Care Providers, (June 2020)

Guest speaker: Kahontakwas Diane Longboat

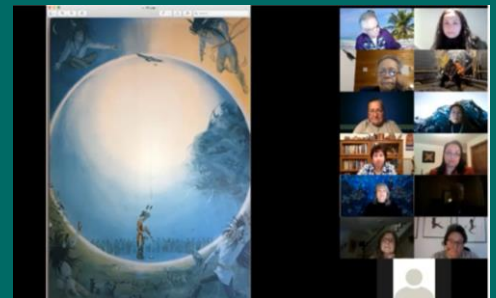


### Approaches to Mental Health and Substance use for Health-Care Providers Supporting Indigenous People and Communities Webinar, (September 2020)

Guest speakers: Mae Katt, Dr. Sharon Cirone, Dr. Lindsay Hancock

### Sken:nen, Mino-Bimaadziwin: Understanding Wellness In Indigenous Wisdom Traditions For Caregivers Webinar (March 2021)

Guest speakers: Theresa Redsky Fiddler (Elder), Ka'nahsohon Kevin Deer (Elder), Perry McLeod-Shabogestic (Elder), Mary Deleary (Elder)



### Connecting Culture, Land and Wellness to Indigenous Youth (April 2021)

Guest speaker: Joseph Pitawanakwat

To access previous recordings visit:

<https://rnao.ca/mentalhealth/video> (Scroll down to 2020 and 2021)

For more information on support for First Nations communities visit:

<https://rnao.ca/covid19/support-first-nations-communities>