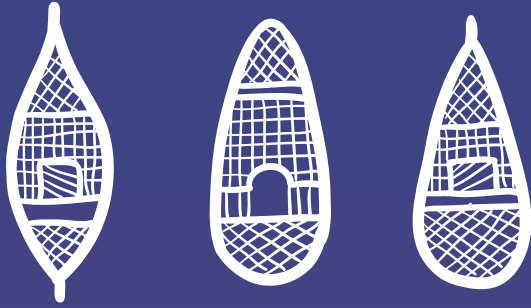


FEMALE EMPOWERMENT SUMMIT

**Radisson Kingswood Hotel & Suite
Fredericton, New Brunswick
41 Kingswood Way, Hanwell, NB, E3C 2L4**

February 23rd - 25th, 2024



Welcome to Aboriginal Sport and Recreation New Brunswick's (ASRNB) 2nd Annual Female Empowerment Summit

Objective

Welcome to Aboriginal Sport and Recreation New Brunswick (ASRNB) 2nd Annual Female Empowerment Summit on February 23rd to 25th, 2024. Where we will touch base on the importance of physical, mental and emotional well-being. Furthermore, we will focus on Suicide, Missing Murdered Indigenous Women and Girls (MMIWG) prevention/awareness and cultural teachings to build positive and healthy relationships amongst our Indigenous youth of the future.

This summit will also include a therapeutic snowshoe journey through the beautiful trails of our Wolastoqey Territory at the Kingswood Radisson Hotel Resort. Here, you will learn the importance of physical activity in our daily lives.

The team at ASRNB cannot wait to join you all on this empowering path of aspiration towards wellness!

Welalin/Woliwon/Thank you.



Ramona Moon, *Neqotkuk First Nation*

We would like to present our Elder Ramona Moon as she walks us through a beautiful Full Moon Ceremony. This Ceremony will followed by storytelling and cultural teachings from our ancestral history.

Stephanie Francis, *Elsipogtog First Nation*

Stephanie has been a tremendous asset to the Female Empowerment Summit, as she advocates the importance of Indigenous trauma informed care, decolonizing trauma to name a few. She has her BA, BSW, RSW and is currently working independently spreading her knowledge and empowering magic at every event she attends. Come join us as we walk this path together!

Pamela Paul-Montour, *Wotstak First Nation*

We are ecstatic to present Pam Paul-Montour for her therapeutic Paint Night in honour of our MMIWG! Our program is fortunate to have her come and teach us more about our Stolen Sisters and how we can support those in need.



Female Empowerment Summit Itinerary

Theme – Medicine Wheel Teachings

Friday, February 23rd, 2024

6:00 PM – 7:00 PM – Participant Arrivals

7:00 PM – 7:30 PM – Welcoming the Participants

7:30 PM – 9:00 PM – MMIWG Paint Night with Pamela Paul-Montour

9:00 PM – 10:00 PM – Quiet hour

10:00 PM – Bedtime

Saturday, February 24th, 2024

8:00 AM – 9:00 AM – Breakfast

9:00 AM – 9:30 AM – Snowshoe Preparations

9:30 AM – 11:30 PM – Snowshoeing

12:00 PM – 1:00 PM – Lunch

1:00 PM – 1:45 PM – All My Relations Workshop with Stephanie Francis

1:45 PM – 2:00 PM – Break

2:00 PM – 3:00 PM – All My Relations Workshop with Stephanie Francis

3:00 PM – 4:00 PM – Break



Saturday, February 24th, 2024 Continued

4:00 PM – 5:00 PM – Supper

5:00 PM – 6:30 PM – Full Moon Ceremony with Ramona Moon

7:30 PM – 9:00 PM – Arcade

9:00 PM – 10:00 PM – Quiet hour

10:00 PM – Bedtime

Sunday, February 25th, 2024

9:00 AM – 10:00 AM – Breakfast/Pack up

10:00 AM – 10:30 AM – Closing Ceremony

10:30 AM – 11:00 AM – Participants Pick Up



**Finding your Community – Female Empowering Retreat:
Community Resources**

Elsipogtog (Big Cove)

Elsipogtog Child and Family Services (506) 523-8224
Health and Wellness Centre (506) 532- 8227
RCMP (506) 532-8282
Restorative/Community Justice Program (506) 523-4747

Esgenoopetitj (Burnt Church)

Child and Family Services (506) 776-1249
Wellness Centre (506) 776-1244

Miramichi

Addiction and Mental health Services (506) 778-6111
Horizons Miramichi Sexual Health Clinic (506) 778-6107
Miramichi Counselling Centre (506) 352-4673
Miramichi Youth House (506) 624-9909
Miramichi Emergency Centre for Women (506) 622-8865
Miramichi City Police (506) 623-2124
Mental health Mobile Crisis Team (506) 623-3333

Natoaganeg (Eel Ground)

Child and Family Services (506) 627-4630
Medical Health Centre (506) 627-4664
RCMP (506) 836-6000
Social Development (506) 627-4668

Tobique

Child and Family Services (506) 273-5405
Employment and Training (506) 273-5533
Healing Lodge (506) 273-5403
Health Services (506) 273-5430
RCMP (506) 273-5003
Social Services (506) 273-5423
Talking Circle (506) 273-0587
Transition House (506) 273-5541
Womens Circle (506) 273-0587

Ugpi'ganjig (Eel River Bar)

Child and Family Services (506) 684-6277
Head Start Program (506) 684-6305
Maternal Child Health Program (506) 683-6297
RCMP (506) 684-6304
Social Development (506) 684-6277
Ugpi'ganjig Health Centre (506) 684-6277

Welamakotuk (Oromocto)

Child and Family Services (506) 357-7220
Domestic Violence (506) 458-9774
Oromocto Health Centre (506) 357-1027
RCMP (506) 357-4300
Victims Service Office (506) 453-2768
Women in Transition House (506) 457-2770

Province Wide

Child Protection Services 1-800-992-2873
Kids Help Line 1-800-668-6868
RCMP 1-800-665-6663