



# FEMALE EMPOWERMENT SUMMIT

*Metepenagiag Outdoor Lodge*

*Metepenagiag Mi'kmaq Nation  
2202 Micmac Rd, Red Bank, NB E9E 1B9*

*February 10 - 12, 2023*

*Thanks to our sponsors..*



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## Welcome to Aboriginal Sport and Recreation New Brunswick's (ASRNB) first Female Empowerment Summit.

### - Objective -

Through the guidance of our elders, speakers and honoured guests, you will be experiencing the importance of female physical, mental, and emotional well-being.

Together, our goal is to build positive and healthy relationships amongst our young indigenous women of the future, the emphasis of Suicide and MMIWG prevention/awareness, empowerment by Maxine Ginnish, Lisa Levi and Pamela Paul-Montour, NMC Nutrition from Natasha McLaughlin-Chaisson, and cultural teachings, together, we will take a step forward to progress our spirits.

First Nation Tourism will be offering a therapeutic snowshoe journey through the beautiful trails of Metepenagiag Mi'kmaq Nation, highlighting the importance of physical activity within our daily routines.

To ensure the safety of our young females, we invited certified First Responders Team of Metepenagiag and our staff of ASRNB. We cannot wait to join you all on this empowering path of aspiration towards wellness.

### Opening, closing ceremonies and smudges lead by –

**Victoria Augustine** is from Metepenagiag Mi'kmaq Nation. Victoria is an elder and spirit healer who currently works as a cultural coordinator in Metepenagiag. Victoria is certified in Reiki healing and is a master teacher for channelling your ki energy. A universal life force energy that heals your mind, body and spirit. Victoria is also licensed with the Academy of Naturotherapist and Naturopaths of Canada for 24+ years of experience.

### Getting in Touch with Our Spirituality in Remembrance of Our Stolen Sisters – MMIWG

**Pam Paul-Montour** is Wolastoqey from Woodstock First Nation, NB. She works with Justice and Public Safety – Family information liaison unit for MMIWG. Where she helps aid families during difficult times in a creative style. She has 3 years of experience and will continue to spread MMIWG awareness across the province.

### Mental Health Guide towards Suicide Prevention and Awareness –

**Joyce Tucker** is from Campbellton, NB. Joyce currently works at CCNB as a French instructor. She also worked as an LPN for 25 years and is certified in suicide prevention, has a diploma in teaching mental health disorder and certificate in mental health. Group founder of SSPE (Survivors of Physical, Mental and Emotional Abuse) for 15 years.

### Meditation and Mindfulness 101 –

**Maxine Ginnish** is from Natoaganeg First Nation. She is a therapist, who owns her own business called Maliamsi Counselling. She is a Registered Social Worker with her Master of Social work and has 5 years of experience in her field.

### Empowerment Motivation Reflecting on your Experiences with-

**Lisa Levi** is from Elsipogtog First Nation. Lisa currently works with MAWIW as the Jordan's Principle Policy Analyst, while she completes her Master of Social Work at STU. She has been a registered Social Worker since 2017.

### Fuel, Connection and Joy: How the many roles of food affects our body and mind with –

NMC Nutrition **Natasha McLaughlin Chaisson** is originally from Geary, NB and is currently resides in Moncton, NB. Natasha is a business owner that specializes in Sports and Performance Dietitian who is certified in IOC Dip Sports nutr., BSc. (Nutr). ISAK level 1, R.D with over 12 years of experience.

### Calmness and Peace through Fancy Shawl Teachings –

**Abygail Dedam** is from Esgeoopetitj First Nation. Abygail is a solo Fancy Shawl artist presenting for numerous occasions from Gala's, talent shows to schools. She has her diploma in Massage Therapy but enjoys teaching Fancy Shawl. Abygail won titles such as Miss Canada '19, Miss Teenage Canada Top 5 '16, Miss Teenage Maritimes '16 and Miss Teen Maritimes Intl '15. She has 10+ years of experience in Fancy Shawl.

### Creating Miniature Moccasins to Begin Our Path Towards Emotional Well-Being, and Snowshoe Adventure for Daily Physical Inspiration with-

**Stephen Paul** is from Metepenagiag First Nations. Stephen is the proud owner of First Nation Tourism. He is a certified Forest Technician who enjoys the outdoors. His love for tourism stemmed from an early age and has 40+ years of experience, including the past 4 years of opening his own business.

## Female Empowerment Summit Itinerary

### Theme – Medicine Wheel Teachings

#### Breaking up the program by each direction of the Medicine Wheel

##### (North | Spiritual)



##### Friday February 10th, 2023

- 5:00pm to 6:00pm – Arrival of the participants
- 6:15pm to 6:30pm – **Opening Ceremony and Welcome** Elder Victoria Augustine, Cathy Ward, Executive Director and Lillian Ward, Program Coordinator from Metepenagiag Mi'kmaq Nation
- 6:30pm to 8:30pm – **Getting in Touch with Our Spirituality in Remembrance of our Stolen Sisters – MMIWG** with Pam Paul-Montour from Woodstock First Nation
- 8:30pm to 9:30pm – Ice breaker - Participants will get to know each other through interactive activities
- 9:30pm to 10:00pm – Spa night - Participants will enjoy a relaxing evening and practice selfcare routine
- 10:00pm – Quiet hours/bedtime

##### (South | Mental)



##### Saturday February 11th, 2023

- 8:00am to 8:30am – Enjoy a delightful breakfast courtesy of Stephen Paul - First Nations Tourism
- 8:30am to 9:00am – **A Healing Circle** will be performed by Elder Victoria Augustine from Metepenagiag Mi'kmaq Nation
- 9:00am to 10:00pm – **Mental Health Guide towards Suicide Prevention and Awareness** lead by Joyce Tucker from Campbellton, NB
- 10:00am to 10:15am – Break
- 10:20am to 11:00am – **Meditation and Mindfulness 101** with lead facilitator Maxine Ginnish from Natoaganeg First Nation
- 11:00am to 11:15pm – Break
- 11:20am to 12:00pm – **Empowerment Motivation Reflecting on your Experiences** by Lisa Levi from Elsipogtog First Nation
- 12:00pm to 12:30pm – Lunch and Thank you speech for morning guest speakers
- 12:30pm to 1:00pm – Smudge lead by Elder Victoria Augustine from Metepenagiag Mi'kmaq Nation

##### Saturday February 11th, 2023

##### (West | Emotional)



- 1:00pm to 3:35pm – Fuel, Connection and Joy: – **Fuel, Connection and Joy: How the many roles of food affect our body and mind by NMC Nutrition.** Natasha McLaughlin-Chaisson is an Award-Winning Sports Dietitian, IOC Dip Sport Nutr., BSc Nutr, RD - Speaker/Consultant
- 2:00pm to 2:30pm – Break
- 2:35pm to 3:30pm – **Continued session** with NMC Nutrition Natasha McLaughlin
- 3:30pm to 4:00pm – Break
- 4:00pm to 5:00pm – **Calmness and Peace through Fancy Shawl Teachings** with Abygail Dedam
- 5:00pm to 5:30pm – Supper and Thank You speech for afternoon guest speakers
- 5:30pm to 6:00pm – Evening smudge lead by Victoria Augustine from Metepenagiag First Nations
- 6:00pm to 8:00pm – **Creating Miniature Moccasins to Begin Our Path Towards Emotional Well-Being** led by First Nations Tourism from Metepenagiag Mi'kmaq Nation
- 8:30pm to 10:00pm – Enjoy a movie night with popcorn and snacks – Participants choice
- 10:00pm – Quiet hours/bedtime

##### (East | Physical)



##### Sunday February 12th, 2023

- 8:00am to 8:30am – Enjoy a delightful breakfast courtesy of Stephen Paul - First Nation Tourism from Metepenagiag Mi'kmaq Nation
- 8:30am to 9:00am – **A Healing Circle** will be performed by Elder Victoria from Metepenagiag Mi'kmaq Nation
- 9:00am to 11:00am – **Snowshoe Adventure for Daily Physical Inspiration** led by facilitator Stephen Paul - First Nations Tourism
- 11:00am to 11:30am – Pack up belongings - Get ready for departure
- 11:30am to 12:00pm – End the weekend off with a small optional questionnaire
- 12:00pm to 12:30pm – Lunch on the behalf of Stephan Paul - First Nations Tourism
- 12:30pm to 1:00pm – Smudge lead by Elder Victoria Augustine
- 1:00pm to 1:15pm – **Closing Ceremonies** with elder Victoria Augustine - Thank you to First Nation Tourism

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

**Elsipogtog (Big Cove)**

Health and Wellness Centre (506) 532- 8227

RCMP (506) 532-8282

Restorative/Community Justice Program (506) 523-4747

Elsipogtog Child and Family Services (506) 523-8224

**Miramichi**

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

Addiction and Mental health Services (506) 778-6111

Mental health Mobile Crisis Team (506) 623-3333

**Natoaganeg (Eel Ground)**

RCMP (506) 836-6000

Child and Family Services (506) 627-4630

Social Development (506) 627-4668

Medical Health Centre (506) 627-4664

**Esgenoopetitj (Burnt Church)**

Child and Family Services (506) 776-1249

Wellness Centre (506) 776-1244

**Tobique**

RCMP (506) 273-5003

Transition House (506) 273-5541

Child and Family Services (506) 273-5405

Social Services (506) 273-5423

Employment and Training (506) 273-5533

Health Services (506) 273-5430

Womens Circle (506) 273 – 0587

Healing Lodge (506) 273-5403

Talking Circle (506) 273-0587

**Welamakotuk (Oromocto)**

RCMP (506) 357-4300

Victims Service Office (506) 453-2768

Women in Transition House (506) 457-2770

Domestic Violence (506) 458-9774

Child and Family Services (506) 357-7220

Oromocto Health Centre (506) 357-1027

**Ugpi'ganjig (Eel River Bar)**

RCMP (506) 684-6304

Child and Family Services (506) 684-6277

Head Start Program (506) 684-6305

Social Development (506) 684-6277

Ugpi'ganjig Health Centre (506) 684-6277

Maternal Child Health Program (506) 6836297

**Province Wide**

RCMP 1-800-665-6663

Child Protection Services 1-800-992-2873

Kids Help Line 1-800-668-6868