

Workshop on Anxiety and Grief & Depression

Facilitated by Brandy Kane

Where: P'egp'ig'lha Community Center Gym
When: Wednesday, April 24th, 2019 - 4:00pm – 9:00pm (Dinner)
OR
Thursday, April 25th, 2019 - 10:00am – 3:00pm (Lunch)
Who: Everyone welcome, please sign-up with T'it'q'et Reception (250) 256-4118 or Email reception@titget.org RE: Anxiety and Grief workshop

Introduction & Prayer
Group Guidelines
Icebreaker (30 mins)

Anxiety:

What is anxiety?
What are the causes of anxiety?
Exploring fears and anxiety (**1 hr.**)

Break 20 mins

Anxiety Cont.: (1.5 hrs.)

Life line chart & Significant events
Talk about it
Using distractions
Checking anxious thoughts
Problem solving

Meal break 1 hour

Grief and Depression: (2 hrs.)

The Grief Process
Where you hold grief and depression in your body
The Grief Wheel

Break 20 mins

Grief and Depression Cont.: (2 hrs.)

Discussion on Grief Wheel
Wiping away the tear's ceremony

Closing circle

About Brandy,

My spirit name is Thunder Eagle Woman and my colonial name is Brandy Kane. I am a member of the Xaxl'ip Nation from St'at'imc territory near Lillooet, BC. As a St'at'imc woman I am well aware of the challenges faced by Indigenous people in today's society, included are loss of culture and traditional ways of life. I am closely connected to spirit and ceremony, which I have witnessed benefit the Indigenous community when healing from addiction, trauma, and other afflictions related to colonization, assimilation, and the intergenerational effects of residential schools. I have been on my own spiritual path and walking the Red Road for many years now. I believe in Indigenous ways of healing through culture, ceremony, decolonizing and reclaiming practices.

My past work experience includes private practice at Eagle Spirit Counselling, Manager of the Indigenous Women's Program at Battered Women's Support Services, Substance Misuse Counsellor at Urban Native Youth Association, and support worker at Westminster House. I found the work to be very fulfilling and gratifying and it has been a stepping-stone to where I find myself today.

Today I am a PhD student at Trent University in Peterborough Ontario. I chose to do my PhD in Indigenous Studies because of my strong desire to make a difference in Indigenous communities. My current research is working with ceremonialists, medicine people, and those that have been helped and/or been healed through Indigenous ceremonial practices. Included in my research will be those that have found these practices beneficial to substance misuse and addiction issues. Additionally, I hold a Masters of Social Work degree from Wilfrid Laurier University in the Aboriginal Field of Study. I initially chose the field of social work because my personal journey has brought me to a place of growth and change. I have been on my healing journey for 14 years and working in the helping field has contributed to my wellness. Being a recovering addict and having lived the experience, I am fully aware of the struggles associated with a lifestyle change. Today my life is full with many gifts and living in the pain of addiction has long since left me. I plan to continue working in Indigenous communities and to encourage healing through wholistic healing practices and ceremonies.