



LAND, HEALTH & HEALING GATHERING

June 17 & 18 2021
| 9AM - 5pm Pacific
Lheidli T'enneh Territory
& Online



Table of Contents & Background

Gathering Guidelines	3
Self-care and Resources	4
Program At-a-Glance	5
Full Program - June 17	7
Full Program - June 18	11
Speaker Bios	15
Links & Resources: Co-hosts and Partners	27
Links & Resources: From Speakers/Presenters	28
Links & Resources: Articles & Reports	29
Tips for Connecting Online	32
Online Connection Details and Zoom links	33
Acknowledgements	34

Background to the Gathering:

In June 2020, our team was planning to bring together ~150 colleagues and community-members from across Canada and beyond to be co-hosted by Lheidli T'enneh Nation and the University of Northern British Columbia, on the unceded Territory of the Lheidli T'enneh. The gathering was intended to bring together people who are engaged with Indigenous-led approaches to connecting land, health and healing. Due to the Covid-19 pandemic, the Gathering was postponed, and a series of virtual Seasonal Touchpoints were planned. We have now completed a trip around the sun (see p.2), and welcome you to the online Land, Health & Healing Gathering, on Thursday, June 17th and Friday, June 18th 2021 (PDT).

Our virtual adaptation of the Land, Health and Healing Gathering is focused on strengthening existing relationships and fostering cross-fertilisation among work that connects health, land and community. The Gathering is an opportunity to fuel a vibrant culture of knowledge exchange among groups of colleagues working on land, health and healing in their practice, research and learning. The Program and format is focused on creating opportunities for interactive knowledge exchange across cultures, disciplines and contexts. Close attention will be given to welcoming, closing and related protocols on the unceded Territory of the Lheidli T'enneh, in combination with panel discussions, Circles, music and storytelling focused on two themes:

- (i) Indigenous-led and integrative approaches to land, health & healing
- (ii) land-based practices for health and wellness

The Gathering is linked with existing partnerships including a shared 'public event' on the afternoon of June 17, in conjunction with the UNBC Office of Indigenous Initiatives 'Four Connections' Summer Solstice event.



Lheidli T'enneh

UNBC UNIVERSITY OF
NORTHERN BRITISH COLUMBIA

Gathering Guidelines

This Gathering is focused on knowledge exchange and strengthening connections among Indigenous-led initiatives that work to integrate land, health & healing. Co-hosted and co-designed by a team from Lheidli T'enneh Nation and UNBC, the gathering is guided by Elder Darlene McIntosh, and to the best of our ability, ceremony and protocol have been woven throughout.

We come into this space with a shared understanding that the land is alive, the land has spirit, and the land is integral to human health and well-being.

After recently learning of the remains of 215 Indigenous children uncovered by Tk'emlúps te Secwépemc First Nation at the former Kamloops Indian Residential School, the land reminds us that it heals. Holding these children gently for so long, sending them home to their families at last, and setting their spirits free. Bringing closure to some, triggering memories for many, and a renewed awareness of the work that remains to be done in colonial Canada. We honour these children and all who have been, and continue to be, impacted by residential schooling in Canada.



With these reflections and acknowledgements in mind, please also be mindful of how you engage with others throughout the Gathering. There will be options for participants to share thoughts, questions, concerns throughout the Gathering through discussions, circles, chat box and activities. You are also welcome to contact the planning team directly. Especially in small group discussions, and Discussion Circles, we ask that you be aware of how much space you are taking up, and whether or not everyone present has had the chance to engage. This is a request we especially direct toward non-Indigenous and white-settler participants, who are guests in this space. Snachailya.



Self-Care & Mental Health Resources

Zoom links and details for Connecting to this Online Gathering are provided on p.33

We want to make sure you feel as supported and safe as possible during the gathering. We have included suggestions for you to think about as you prepare for and participate in the Gathering.

Self-care online:

Sitting in front of your computer all day can be draining. Here are some ideas to help keep you engaged throughout the sessions:

- Stay fed & hydrated with water, tea, or coffee and lots of snacks
- Keep your kin close - whether they be human, plant, four legged, winged or scaled!
- Use your medicines to help ground you
- Move your body – take breaks to stretch whenever you need to
- Step outside and listen, feel, observe - the land heals
- Relieve screen tired eyes with fidget items or a colouring book
- Bring some extra supplies like tissues, pens, markers and paper



There are a number of resources available if you feel you need some mental health support:

For Indigenous Participants:

- The KUU-US Crisis Line Society provides a First Nations and Indigenous specific crisis line available 24 hours a day, 7 days a week. KUU-US Crisis Line can be reached toll-free at 1-800-588-8717. Alternatively, individuals can call direct into the Youth Line at 250-723-2040 or the Adult Line at 250-723-4050.
- The Métis Crisis line is available 24 hours a day, 7 days per week for self-identified Métis people in BC. Call toll-free 1-833-Metis-BC (1-833-638-4722).
- Carrier Sekani Family Services offers free counselling through the Health and Wellness Counselling Program and can be accessed through their website, [here](#).

For BC Residents:

- BounceBack® is a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness.
- BC Mental Health Support Line: 310-6789. Offers emotional support, information and resources specific to mental health in British Columbia. Free and available 24 hours a day.

For all Gathering Participants:

If you have a smart phone, a few apps that are really wonderful mental health supports to try: MindShift, Rootd, FoundryBC, Breathr, and Calm Harm. Simply go to your app store and search the names - they are all free to use.

Program-at-a-Glance (Day 1)

Thursday June 17th, 2021

[All Date / Times are in Pacific Daylight Time]



4:30 AM Sunrise Ceremony on Day One (live-streamed broadcast only)

9:00 AM-10:00 AM Welcome & Opening: Elder Darlene McIntosh, Lheidli T'enneh Nation; Chief Dolleen Logan Lheidli T'enneh Nation; Kym Gouchie, Lheidli T'enneh Nation; Henry Harder, UNBC Vice Provost Indigenous Initiatives.

10:00 AM Refreshments & Outdoors Break

10:30 AM - 12:00 PM Panel and Discussion: 'Land, Health & Healing: Connections across contexts & generations' (Speakers: Helen Moewaka Barnes, Leea Litzgus, Daniel Sims)

12:00 PM Lunch & Outdoors Break

1:00 PM - 2:00 PM Discussion Circle: Health Benefits of Indigenous Protected Areas (Speakers: Karyn Sharp, Russ Myers Ross, Mark Cliffe Philips, Panina Harding,)

2:00 PM - 2:30 PM Transition & Reflections: Open discussion on Land, Health & Healing

2:30 PM Transition between Virtual spaces & Outdoors Break

3:00 - 4:30 PM Public Event: Four Connections Celebration.

UNBC Office of Indigenous Initiatives (A separate link will be provided, see p.33)

5:00 PM Informal Meet and Greet:

Connecting next-generation researchers & practitioners across Canada and beyond





Friday June 18th, 2021

[All Date / Times are in Pacific Daylight Time]

9:00 AM - 10:00 AM Welcome and Opening: Open Discussion. Land, Health and Healing connections in Lheidli T'enneh First Nation territory

10:00 AM Refreshments & Outdoors Break

10:30 AM - 12:00 AM Panel & Discussion: 'Indigenous-led & integrative approaches to land, health & healing' (Speakers: Nicole Redvers, Henry Harder, Jessie King)

12:00 PM Lunch & Outdoors Break

1:00 - 2:00 PM Learning Circle: Focus on Youth Engagement - Syllabics and Gathering of the Rocks (Speaker: Guy Prince, with Kym Gouchie)

2:00 PM Break

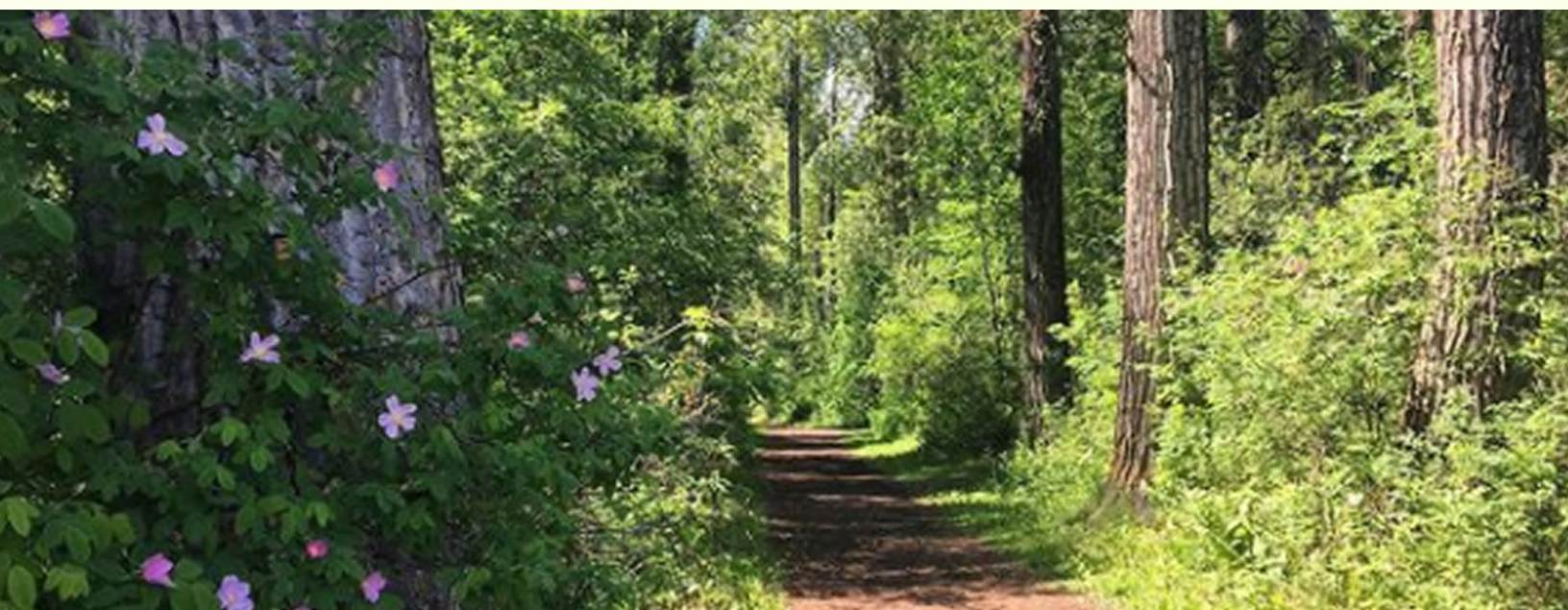
2:15 -3:15 PM Honouring Circle: Focus on Women and Land (Confirmed Speakers: We'es Tes Sandra Martin Harris, Lorraine Naziel, Ryan O'Toole, Brenda Wilson)

3:15 PM Break

3:30 - 4:30 PM Final Panel: Looking to the Future (Speakers: Elder Albert Marshall, next generation Indigenous researchers and practitioners & youth participants)

4:30 - 5:00 PM Closing Ceremony (with Elder Darlene McIntosh, returning to Lheidli T'enneh connections with Land, Health and Healing)

9:15 PM Sunset Ceremony on Day Two. (live-streamed broadcast only)



Full Program





UNBC UNIVERSITY OF
NORTHERN BRITISH COLUMBIA

FULL PROGRAM

Thurs June 17th, 2021

4:30 AM Sunrise Ceremony (live-streamed broadcast only)

7:00 AM Elders Tea (online and by invitation)

9:00 -10:00 AM Opening Ceremony and Welcome by Co-hosts:

- **Welcome to Territory:** Chief Dolleen Logan, Lheidli T'enneh Nation
- **Opening Remarks:** Henry Harder, UNBC Vice Provost Indigenous Initiatives
- **Welcoming and Grounding Ceremony:** Virtual Smudge with Elder Darlene McIntosh,
- **Music & Storytelling:**
 - "CeePee & the Fish Camp": Elder Edie Frederick, Jennifer Pighin, Lheidli T'enneh Nation
 - Songs and Stories: Kym Gouchie, Lheidli T'enneh Nation,
- **MCs: Kym Gouchie, Lheidli T'enneh Nation: Margot Parkes, UNBC**

10:00 -10:30 AM Refreshments & Outdoors Break

10:30 AM - 12:00 Panel and Discussion:

Theme: 'Land, Health & Healing: Connections across contexts & generations'

Speakers:

- **Helen Moewaka Barnes** (Te Kapotai, Ngapuhi-nui-tonu), Professor and Director, Whāriki, Co-director SHORE/Whariki Research Centre, Massey University, Aotearoa/NZ.
- **Leea Litzgus**, Executive Director, Indigenous Centre for Cumulative Effects (ICCE).
- **Moderator and Discussant:** Daniel Sims (Tsay Keh Dene First Nation) Chair, Department of First Nations Studies, UNBC
- **Announcement: National Collaborating Centre for Indigenous Health: Launch repository on 'Healthy Land, Health People' repository**

Resources: [Moewaka Barnes et al, 2019](#); [ICCE](#)

Song: [Every Mountain](#)

12:00 PM - 1:00PM Refreshments & Outdoors Break





FULL PROGRAM

Thurs June 17th, 2021

1:00 -2:00 PM Discussion Circle:

Theme: Health Benefits of Indigenous Protected and Conservation Areas

Speakers:

- **Karyn Sharp**, Lheidli T'enneh Ancient Forest Enhancement Program; Denésuliné, Black Lake Band, northern Saskatchewan,
- **Russel Myers Ross**, Dasiqox Nexwagwez'an, Yunesit'in, Tsilhqot'in Nation
- **Mark Cliffe-Philipps**, Executive Director, Mackenzie Valley Review Board

Moderator:

- **Penina Sara-Lynn Harding**, PhD Candidate - Natural Resources & Environmental Studies at UNBC. Volunteer UNBC Graduate Student Advisor to Esk'etemc Lands & Natural Resources department.

Resources: [Dasiqox Nexwagwez'an: Mackenzie Valley Review Board \(2021\)](#)

2:00 PM - 2:30 PM Transition & Reflections:

Theme: Open discussion on Land, Health & Healing

Music and sharing of baskets: Participants are invited to contribute and share.

- **Moderators:** Kym Gouchie, Lheidli T'enneh Nation: Margot Parkes, UNBC

2:30-3:00 PM Refreshments & Outdoors Break

Transition to Vimeo Link (see p.10) for next Session/Public Event





UNBC UNIVERSITY OF
NORTHERN BRITISH COLUMBIA

FULL PROGRAM

Thurs June 17th, 2021

3:00 PM - 4:30 PM Public Event: Four Connections Celebration.

The UNBC Office of Indigenous Initiatives invites you to join in our Four Connections Summer Solstice celebration

<https://vimeo.com/event/1067582/456d977323>

Description: We all have had a difficult year with constant changes so we are hosting the Four Connections Celebration Summer Solstice. The theme of the Summer Solstice event is Land and Healing and is being presented in coordination with the "Land, Health & Healing" event being held on June 17-18. This public event is hosted by Dr. Henry Harder, Vice-Provost of Indigenous Initiatives, and Brandon Prince, Manager, Office of Indigenous Initiatives. You are invited to share in an hour and a half of singing and storytelling along with some of our respected and loved Elders and guests including a presentation by Tina Fraser and musical performances from Marcel Gagnon and Ivan Paquette.

Elder Darlene McIntosh will conduct the Opening Ceremony. This will be followed by a live performance by Ivan Paquette, and a presentation from Dr. Tina Fraser on the importance of land and healing. In appreciation for joining the Summer Solstice celebration, three draws will be made for two wonderful gift baskets and a gift card during the event.



4:30 - 5:00 PM Refreshments & Outdoors Break Transition to separate Zoom Room (see links listed on p.1)

5:00 - 6:00 PM Informal Meet and Greet: Connecting next-generation researchers & practitioners across Canada and beyond

Co-hosts:

- **Wii Esdes, Sandra A. Martin Harris**, Wet'suwet'en Nation of the Laksilyu, Little Frog Clan, PhD student, UNBC.
- **Margot Parkes**, Professor, Health Sciences, University of Northern BC.





FULL PROGRAM

Fri June 18th, 2021

9:00 AM - 10:00 AM Welcome and Opening:

Theme: Land, Health & Healing: language and history connections Lheidli T'enneh territory

Welcome to Territory and Grounding Ceremony: Elder Darlene McIntosh,

Presentation: Alyssa Leier, Exploration Place

Music & Storytelling from across Lheidli T'enneh Territory.

- "I Am", Kym Gouchie, Lheidli T'enneh Nation,

MCs: Kym Gouchie, Lheidli T'enneh Nation: Margot Parkes, UNBC

Resources: [Exploration Place](#), [Hodul'eh-a: A Place of Learning](#).

10:00 - 1030 AM Refreshments & Outdoors Break

10:30 AM - 12:00 PM Panel & Discussion:

Theme: 'Indigenous-led & integrative approaches to land, health & healing'

Speakers:

- **Nicole Redvers**, Deninu K'ue First Nation, Denendeh (NWT); Co-founder and chair of the Arctic Indigenous Wellness Foundation; Assistant Professor, Department of Family & Community Medicine, University of North Dakota, NWT/ USA.
- **Henry Harder**, Vice-Provost of Indigenous Initiatives; Indigenous Scholar, retired professor and past Chair of the School of Health Sciences, UNBC, BC.

Moderator and Discussant:

- **Jessie King**, T'symsen/Settler on Lheidli T'enneh Territory, Assistant Professor, First Nations Studies, UNBC

Resources: [Redvers, 2020](#), [Redvers et al, 2020](#), [Redvers, N., Nadeau, M., & Prince, D. \(2020\), Northern State of Mind: Arctic Indigenous Wellness Foundation](#); [Brisbois et al 2021](#)

12:00 - 1:00 PM Refreshments & Outdoors Break





FULL PROGRAM

Fri June 18th, 2021

1:00-2:00 PM Learning Circle

Theme: Art Project: Learn Carrier Syllabics with Guy Prince



This interactive Learning Circle has been designed with youth and life-long learners in mind.

Please bring a rock that you can draw on as we learn Carrier Syllabics

You can download your own Guide to Carrier Syllabics Writing Systems here:

<https://echo.gis.unbc.ca/s/zKfLXcC2JSTJ38y>

Speakers and Facilitators:

- **Francois (Guy) Prince**, Nak'azdli Whut'en, Beaver Clan (Lhts'umusyoo),
- **Kym Gouchie**, Lheidli T'enneh storyteller, musician, Knowledge-keeper, Lheidli T'enneh Nation.
- **Vanessa Sloan Morgan**: Irish and Scottish Ancestries/settler to Lekwungen and Lheidli T'enneh lands and waters, Health Arts Research Centre, UNBC

Resource: [Prince \(2018\)](#).

2:00-2:10 PM Refreshments & Outdoors Break





FULL PROGRAM

Fri June 18th, 2021

Following the break, transition to separate Zoom Room (see links listed on p.33)

2:15-3:15 PM Honouring Circle - "Women & Land"

Honouring Circle Speakers and Facilitators:

- **Wii Esdes, Sandra A. Martin Harris**, Wet'suwet'en Nation of the Laksilyu, Little Frog Clan, Communications Director & Community Developer, Office of the Wet'suwet'en Hereditary Chiefs, PhD student, UNBC.
- **Lorraine Naziel (Wilawhl)**, Wet'suwet'en Nation, Mental Health & Wellness Specialist, First Nations Health Authority, Vancouver, British Columbia.
- **Ryan O'Toole**, Gisbuutwada (Killer Whale Clan), Gitxaala Nation. Student and Research, Indigenous Planning program UNBC.
- **Brenda Wilson**, Wet'suwet'en Nation, Family Support Worker (Prince George Office) BC Family Information Liason Unit, Ministry of Public Safety and Solicitor General;

Resources: Missing and Murdered Indigenous Women

Song: Cleansing the Highway:





FULL PROGRAM

Fri June 18th, 2021

3:15 - 3:30 PM Stretch & Outdoors Break

3:30 - 4:30 PM Final Panel & Looking Ahead to the Future

Speakers:

- **Elder Albert Marshall**, Mi'kmaw Nation, Eskasoni, Unama'ki – Cape Breton, NS
- **Kiri Reihana**, (Ngāpuhi, Te Rarawa, Te Whakatōhea, Ngāi Tūhoe tribes) is a kairangahau - Māori scientist, PhD candidate in Marine sciences, University of Waikato.

Music and sharing of baskets: Participants are invited to contribute and share.

Moderators: Kym Gouchie, Lheidli T'enneh Nation and Margot Parkes, UNBC.

Resources: [Bartlett, C., Marshall, M., Marshall, A., & Iwama, M. \(2015\);](#)
<http://integrativescience.ca>

4:30 -5:00 PM Closing Ceremony and Music

Speakers:

- **Elder Darlene McIntosh**, Lheidli T'enneh Nation,
- **Henry Harder**, Vice-Provost of Indigenous Initiatives; Indigenous Scholar, retired professor and past Chair of the School of Health Sciences, UNBC, BC

Music and sharing of baskets: Participants are invited to contribute and share.

Close of Interactive Programming

5:00PM - 9:30 PM Refreshments & Outdoors Break

9:30 PM Sunset Ceremony (live-streamed broadcast only)



Speaker Bios

Bios are listed in the order in which speakers appear in the program.

You can use the search function to find specific speaker names.

June 17th, 9:00 AM-11:00 AM PDT

Opening Ceremonies and Welcome from Co-hosts: Lheidli T'enneh Nation and UNBC

Elder Darlene McIntosh

Darlene is an Elder of Lheidli T'enneh First Nation. She is currently part of the Lheidli Dakelh Elders, where she works as a community liaison and ambassador for her Nation. Darlene comes from a long line of healers and is a sought after healing touch practitioner working with individuals and groups – in particular, she was recently invited by the First Nations Health Authority to attend three of their conferences. She is a founding member of the women's Spirit Keepers and is often at the center of women's gatherings for meditation, prayer and healing.

Darlene is the Cultural Advisor in the Aboriginal Resource Centre of the College of New Caledonia (CNC) where she supports students, advises faculty and is a spiritual leader for the wider community. Darlene's center, especially within this role, is one of balance and harmony within the teachings of The Medicine Wheel. She is a natural teacher who brings a fresh perspective into the notion of indigenization, truth and reconciliation.



Chief Dolleen Logan

Chief Dolleen Logan was elected Chief of the Lheidli T'enneh Nation on April 8, 2021. Prior to that she served as Councilor for six years. Chief Logan has worked for the nation for the past 13 years in various capacities and most recently as Lead Executive Assistant.

Chief Logan brings a team-oriented approach to Council operations and plans to involve Lheidli Elders more in key decision making. She also believes strongly in regular communication with members as Council's job is to serve the nation. In her spare time, Chief Logan believes in strong family ties and enjoys camping, cooking, and reading.



Henry Harder

Henry Harder is an Indigenous Scholar, retired professor and past Chair of the School of Health Sciences. Dr. Harder is the first Vice-Provost appointed to the new portfolio of the UNBC Vice-Provost of Indigenous Initiatives. Dr. Henry Harder has contributed extensively to academic programs and university-wide initiatives. He was the Chair of School of Health Sciences, Chair of the UNBC Research Ethics Board, and held the Dr. Donald B. Rix BC Leadership Chair in Aboriginal Environmental Health Research. Dr. Harder has been recognized outside UNBC for his expertise and contributions in Indigenous health, environment and health, disability issues, workplace mental health, and suicide prevention.



Kym Gouchie (she/her)

With ancestral roots in the Lheidli T'enneh, Cree and Secwépemc Nations, Kym Gouchie is fostering change through her music and art. Her music brings awareness to First Nations issues, promoting reconciliation and community building while reminding us that we are all in this together. She has a long history of working in the arts & culture sector and is a cultural liaison for the BC Touring Council, as well as the Prince George Folkfest Society. She is a member of the SD57 Indigenous Elders Advisory Council and the Lheidli T'enneh Ancient Forest Working Group. Kym recently joined the board of directors for the Central BC Railway & Forestry Museum and is also the cultural advisor for a local food security group called Everyone At the Table Collective. The Land, Health and Healing Team have been honoured to work with musician, storyteller and knowledge-holder Kym Gouchie in all stages of the Land, Health and Healing Gathering and Seasonal Touchpoint Series. More about Kym's music and advocacy work can be found at: <https://kymgouchie.com>



Jennifer Pighin

Jennifer is an artist and educator born and raised in Lheidli territory, Prince George, British Columbia. Her ancestry includes Wet'suwet'un (a Dakelh/Carrier First Nation), French Canadian, and Italian. Jennifer is a proud member of the Lheidli T'enneh Band, "the people from the confluence of the two rivers." As a leader within her community and within the Khast'an Drummers she has a passion for language, culture and community connectivity. Rooted within the community her artwork is often collaborative in nature using a wide range of media including painting, drawing, digital design, mosaic, traditional arts, public installations, logo and tattoo design and much more. Her work was showcased in the Canada Pavilion at the 2008 Beijing Olympics and within many aspects of the 2015 Canada Winter Games. Jennifer aspires to continually learn from those she comes into contact with and perseveres to share her acquired knowledge with others.



Margot Parkes

My longstanding interest in the themes of Land, Health and Healing were established growing up in Ngai Tahu territory in Aoteaora/NZ, where I learned from a family of place-engaged story-tellers of English, Irish, Scottish origins; from my training as a medical doctor; and from the lifelong teachings from rivers, waterways and the living systems we depend on. Since 2009, I have been fortunate to expand these connections living and learning in Lheidli T'enneh territory, with ongoing collaborations across the Dakelh territories of the Nechako Watershed. In all these territories, across Canada and internationally, I focus my efforts on working with others – across sectors, disciplines and cultural contexts – to enhance understanding of land, water and living systems (ecosystems) as foundational for health and well-being. As a Professor in the School of Health Sciences, and cross-appointed in the northern Medical Program at UNBC, my teaching and research connects social and ecological determinants of health, especially in rural, remote and Indigenous communities, emphasising integrative, partnered and Indigenous-informed approaches. It has been my great honour to work with our Lheidli T'enneh co-hosts and amazing planning team to co-design this Gathering.



June 17th, 10:30 AM - 12:00 PM PDT

Panel and Discussion: 'Land, Health & Healing: Connections across contexts & generations'

Helen Moewaka Barnes



Helen Moewaka Barnes (Te Kapotai, Ngāpuhi-nui-tonu) is a Maori scholar, professor and leader whose work makes ongoing contributions to Indigenous peoples' health and wellbeing in Aoteroa/NZ and internationally. Helen's work is at the forefront of creating new knowledge in the determinants of health, wellbeing and mātauranga Māori, particularly in human and environmental relationships. She co-founded the Whāriki Research Group and has worked tirelessly with allied researchers to shift the research surrounding Māori health to focus on rangatiratanga and hauora rather than what makes them sick. These ideas about Māori advancement rather than development are now widely taken up. She engages with community partners, colleagues and students to build research programmes that emphasise and work with community based mātauranga to determine local to global actions. Throughout her research career, she has made immense contributions to the development of mātauranga Māori, with innovations such as Te Huihuinga, a hui-based methodology, and A Wairua Approach, a methodology for explicitly including wairua as part of the research frame. She has tackled significant issues to Māori communities such as environmental degradation, the importance of spirituality, alcohol harm, and racism. Throughout her research career, Helen has demonstrated strong leadership and sustained contribution to advancing mātauranga in social research.

Leea Litzgus

Ms Litzgus is Algonquin from Ontario. She is leading the Indigenous Centre for Cumulative Effects (ICCE) in their mandate to help build and enhance the technical and scientific capacity of Indigenous communities for cumulative effects assessment, monitoring and management based on values of First Nations, Metis and Inuit communities. She has a keen interest in sustainable community development to ensure a healthy environment for generations to come. Ms Litzgus held the position of Associate Regional Director General for the Ontario Region of Indigenous Services Canada (ISC) from 2011-2020. She was responsible for guiding the region to focus on an Indigenous community-centered approach to support 133 First Nations in Ontario. Ms. Litzgus played a key role in developing positive relationships between First Nations and all levels of government to encourage strong, self-sufficient First Nation communities. She has also held senior level positions within ISC in the Manitoba and Atlantic regions. In recognition of her dedicated work she has received three Deputy Minister Outstanding Achievement Awards for the implementation of transformative change in First Nation communities. Prior to joining the federal public service, Ms. Litzgus worked as an environmental consultant in the private sector, where she carried out Environmental and Social Impact Studies of large scale infrastructure and remediation projects.



Daniel Sims

A member of the Tsay Keh Dene First Nation, Dr. Daniel Sims joined the Department of First Nations Studies in July 2020. Originally wanting to be a Lutheran pastor, he attended Concordia University College of Alberta (now Concordia University of Edmonton) where he worked with Dr. Sandy Gow. His capstone paper was a historiography of the works of German historian Heinrich von Treitschke. Graduating with high distinction he began graduate work at the master's level at the University of Alberta with Dr. Gerhard Ens, producing a master's thesis that examined the history and identity of the Tsek'ehne nation (Kwadacha, McLeod Lake, Takla Lake and Tsay Keh Dene) through the lenses of the fur trade, missionary writings, treaty and the creation of reserves. He continued his graduate work at the University of Alberta with Dr. Sarah Carter, examining both the short term and long term cumulative impacts the construction of the W.A.C. Bennett Dam and Williston Lake reservoir had on the Tsek'ehne. After conducting over seventy interviews, he wrote a dissertation based on both oral and archival research, which was nominated for the Governor-General's Gold Medal and is currently being turned into a book.



Roberta Stout

Roberta Stout is Cree and a member of the Kehewin First Nation, located in Alberta.

She holds an undergraduate degree in Interdisciplinary Studies from Carleton University, a graduate degree in Latin American Studies from Simon Fraser University, and a Cree Language Immersion Certificate from University nuhelot'jne thaiyots'j nistameyimâkanak Blue Quills. Since 1998, Roberta has led concurrent and multi-year research projects related to Indigenous women, peoples and communities nationally and internationally with Pauktuutit Inuit Women's Association, the Continental Network of Indigenous Women, the National Aboriginal Health Organization, Prairie Women's Health Centre of Excellence and the Oral History Centre at the University of Winnipeg. With a passion for community-based and qualitative research, Roberta has been involved in projects spanning the multiple and intersecting determinants of Indigenous peoples' health and well-being. She is currently a research associate with the National Collaborating Centre for Indigenous Health and resides in Winnipeg, Manitoba.



June 17th, 1:00-2:00 PM PDT

Discussion Circle: Health Benefits of Indigenous Protected Areas

Karyn Sharp

I am First Nations, Denésuliné, from the Black Lake Band in northern Saskatchewan. I have worked, and continue to work, with several Dakelh communities in the interior of British Columbia since 2010 through my company Little Frog Consulting. Currently, I am working with Lheidli T'enneh on a project related to the Ancient Forest/Chun T'oh Whudujut after submitting a successful grant for \$8.7m to the Community, Culture, and Recreation grant from the Province of BC and the Government of Canada. I have also assisted the Carrier Sekani First Nations, and the Carrier Sekani Tribal Council, as they responded to several proposed natural gas pipelines starting in 2013. From this process I assisted the nation as they initiated a government to government agreement with the Province of British Columbia; the first agreement of its kind that is outside of the treaty process. I continue to work with the CSFNs as they work towards self-government and a collaborative decision making process with BC. I have also worked as an independent consultant with researchers from the University of Northern British Columbia and as an instructor with UNBC in First Nations Studies and with CNC in Anthropology



Speaker Bios



Russ Ross

Russell Myers Ross (MA) is Indigenous to the Tsilhqot'in Nation and from the community of Yunesit'in. He has a Masters of Indigenous Governance from the University of Victoria (2010). Russell has since completed an eight year term as an elected Chief of Yunesit'in Government from 2012-2020. In two terms, he was influential to the creation of Dasiqox Nexwagwezan and currently works with the Dasiqox team.

Mark Cliffe-Philipps

Mark Cliff Philipps is the Executive Director of the Mackenzie Valley Review Board, in Yellowknife NT. Mark brings extensive experience relating to the co-management of land and water resources and impact assessment to his work with the Mackenzie Valley Environmental Impact Review Board, which has a mission to conduct fair and timely environmental impact assessments in the Mackenzie Valley that protect the environment, including the social, economic and cultural well-being of its residents. The Mackenzie Valley Environmental Impact Review Board is a co-management board comprised of an equal number of aboriginal land claimant nominees and government nominees and is responsible for the environmental impact assessment process in the Mackenzie Valley. Prior to this role with the Mackenzie Valley Review Board, Mark worked with the Wek'èezhìi Land and Water Board since 2007.



Penína Sara-Lynn Harding

Penína Sara-Lynn Harding, PhD Candidate - Natural Resources & Environmental Studies at UNBC. Volunteer UNBC Graduate Student Advisor to Esk'etemc Lands & Natural Resources department. Specializing in Indigenous Environmental Planning & Indigenous Research Methodologies. Doctoral Dissertation funding provided by BC Network Environment for Indigenous Health Research and UNBC.



June 18th, 9:00 AM - 10:00 AM

Welcome and Opening: Land, History & Language connections in Lheidli T'enneh territory

Alyssa Leier

Alyssa Leier is the Curator at The Exploration Place. A graduate of Simon Fraser University, her educational focus has been in Archaeology, Conservation, and First Nations Studies. She has spent several years both in the field, working as an archaeologist, and in the Curatorial Department at The Exploration Place.



See Bios for Elder McIntosh (p.16) Kym Gouchie (p.17)

June 18th, 10:30 AM - 12:00 PM PDT

Panel & Discussion: Indigenous-led & integrative approaches to land, health & healing.

Nicole Redvers

Dr. Nicole Redvers, ND, MPH, is a member of the Deninu K'ue First Nation located within Denendeh (NWT). She is currently an assistant professor in the Department of Family & Community Medicine at the University of North Dakota where she helped co-develop and launch the first Indigenous health PhD degree program in North America. Dr. Redvers is the co-founder and chair of the Arctic Indigenous Wellness Foundation based in the Canadian sub-arctic, with her foundation awarded the \$1 million-dollar 2017 Arctic Inspiration Prize for their work with vulnerable populations. She has been actively involved at the international level promoting the inclusion of Indigenous perspectives in planetary health and education for sustainable healthcare (ESH). Dr.

Redvers sits on the inaugural advisory board for the American Public Health Association's Center for Climate, Health and Equity Steering Committee, is a senior fellow of Indigenous and Community Health with inVIVO Planetary Health, and sits on the steering committee for the Planetary Health Alliance (PHA). Dr. Redvers engages in a breadth of scholarly projects attempting to bridge gaps between Indigenous and Western ways of knowing as it pertains to individual, community and planetary health including her book titled, 'The Science of the Sacred: Bridging Global Indigenous Medicine Systems and Modern Scientific Principles'.



Henry Harder

Henry Harder is an Indigenous Scholar, retired professor and past Chair of the School of Health Sciences.

(See Henry's full bio and photo on page 16)



Jessie King

Hadiksm Gaax di waayu, my name is Jessie King. I am a T'symesen/settler visitor on Lheidli T'enneh territories (Prince George). Living, raising my family, and teaching at UNBC in the First Nations Studies department. I came to UNBC as a psychology/philosophy student in 2005 and stayed for two additional degrees in First Nations Studies and Health Sciences. My passion is teaching/dialoguing on shared colonial histories, opening conversations on cultural self reflection, acknowledging power and privilege in our interactions, and creating/taking space for Indigenous voices in academia and health. I find teaching to be the most rewarding opportunity that has brought me into contact with incredible folks across Northern BC in both the academic and health realm. This picture was taken on the trails behind UNBC on the grounds which were once a gathering place for several Northern BC First Nations. The trail is also home to a pit house which was constructed during a course in First Nations Studies.



Speaker Bios

June 18th, 1:00 - 2:00 PM PDT

Learning Circle: Syllabics Workshop with Guy Prince

Francois (Guy) Prince

My name is Francois Prince, I am from Nak'azdli Whut'en and I belong in the Beaver Clan (Lhts'umusyoo). Growing up around knowledge holders who raised me in the environment of the ancestors, with no running water and no electricity during the years of 7-10. I learned stories and how to live off the land. My language came later on and I now teach the Dakelh writing system known as the Carrier Syllabics. When I began involving myself in the communities in the local areas, my focus soon lead me to teach and contribute to children. With my stories, art and music, my hope is to give the beautiful portrayal of our tribe the harmony it possessed with the land, animals, and people. Creating connections and promoting reconciliation, our culture and language can bring out the most beautiful train of thought, full of serenity, acceptance, courage, and wisdom.

I never really knew the concept of what language and culture was because it was just a way of life. I strongly believe that if anyone wants to learn our culture it is best experienced by allowing it to become a way of living in connection to the land, animals, and people. Soo whenaondleh (do your best), Francois Prince



Kym Gouchie (she/her)

With ancestral roots in the Lheidli T'enneh, Cree and Secwépemc Nations, Kym Gouchie is fostering change through her music and art

(See Kym's full bio and photo on page 17)



Vanessa Sloan Morgan

Vanessa Sloan Morgan is of Irish and Scottish ancestries and grew up surrounded by cedars and arbutus across Coast Salish (Lekwungen) territories. For the last four years, they have worked at UNBC, and received inspiration and support from Lheidli T'enneh lands/waters. Vanessa's work centres youth desires for healthy and justice-oriented communities. They are honoured to be an organizing member of the Land, Health, and Healing team and to be celebrating health and healing on Lheidli T'enneh territory before starting a new position at UBC Okanagan on Sylix Okanagan territories.



Speaker Bios

June 18th, 2:10 - 3:10 PM PDT
Honouring Circle: Women and Land

Wii Esdes, Sandra A. Martin Harris

I am from the Wet'suwet'en Nation of the Laksilyu, Little Frog Clan and a member of the Witset First Nation. I live in Tse Kya on the Gitksan laxyip, in the Hazeltons'. I am the Communications Director for the Office of the Wet'suwet'en

Hereditary Chiefs, working primarily with the 5 Clans, media and interested parties across the yintah. I have spent 20 plus years working as a community developer, working to have integrated approaches for health and wellbeing, supporting good governance practices, and advocating for suitable housing. I was the community developer/ social development advisor at the Gitksan Government Commission (tribal council) for 10 years.

I love community development work, community and watershed planning. I previously spent a decade working with the Office of the Wet'suwet'en in land use planning, managing culturally grounded social programs and was a part of the senior management team for treaty negotiations. I am also an Indigenous Focusing Complex Trauma (IFOT) practitioner. I share indigenous teachings about complex trauma to front line staff using a body centered and land-based way; facilitating a finding our balance and strengths-based ways of Being. I am also a master level Reiki helper.

I am a mother and grandmother, am learning more of my Wet'suwet'en language each day and grateful for the many persons that helped me on my life journey. I am currently a PhD student at UNBC in natural resources and environmental sciences.

Lorraine Naziel

Lorraine Naziel (traditional name; Wilawhl) is a member of the Wet'suwet'en Nation.

Her clan is Laksamshu (Fireweed and Owl Clan) and she comes from the Tsaiyex (Sun House). She holds a Bachelor of Arts (Human Geography with minors in both Political Science and First Nation Studies) along with a Diploma in Public Sector Management. She is the Specialist, Mental Wellness Programs (Community Health and Wellness Services at First Nations Health Authority). Her role at FNHA involves the Indian Residential School Survivors and Missing and Murdered Indigenous Women and Girls. Lorraine's passion involves coaching "Indigenous Focusing Oriented Trauma Therapy" (IFOT) and working with the IFOT model to support individuals and families. Due to the on-going pandemic, this IFOT program is now offered on-line. Finally, the direction in her current role at FNHA has led to collaboration and networking with Traditional Healers, Knowledge Keepers and Cultural Experts from many nations across the province of BC. All paths lead to the promotion of culturally informed and trauma informed Indigenous health and wellness in all spheres of public health.



Speaker Bios



Brenda Wilson

Brenda Wilson, Gitskan Nation, lives in Lheidli T'enneh Territory. Brenda has been working for decades to raise the profile of Missing and Murdered Indigenous Women and Girls, based on the ongoing lived experience of her own family, and her extensive community and advocacy work with entities such as the Prince George Red Dress Society, and as a Coordinator for the Highway of Tears Initiative at Carrier Sekani Family Services. She also works toward the well-being of communities across northern BC as a Support Worker (Prince George Office) with the BC Family Information Liason Unit, Ministry of Public Safety and Solicitor General.

Ryan O'Toole

Ryan O'Toole was born on Treaty 6 Territory in Edmonton, Canada. She is Gisbuutwada (Killer Whale Clan) from the Gitxaala Nation on her mother's side, and of Irish and French ancestry on her father's side. Ryan is an undergraduate student of the Indigenous Planning program at the University of Northern British Columbia located on Lheidli T'enneh territory, Prince George. Her research focusses on resistance and decolonization globally, with a particular interest in connecting resource extraction processes to health outcomes experienced by Indigenous women. Her studies have led her to facilitate Indigenous community planning in Canada and participate in Indigenous planning processes in Central America, and Aotearoa New Zealand.



Land, Health and Healing team members: The Land, Health and Healing Gathering was co-designed by:

Lheidli T'enneh **Elder Darlene McIntosh**; Lheidli T'enneh storyteller and musician **Kym Gouchie**; **Margot Parkes**, UNBC Professor, School of Health Sciences; **Henry Harder**, UNBC Vice-Provost of Indigenous Initiatives; **Vanessa Sloan Morgan**, post-doc and Inheritors of the Future project lead; **Ryan O'Toole**, Student, Researcher and AV design; **Meg Labron**, Planning Coordinator

Meg Labron

Meg is a white-settler Canadian woman, who was raised by a forest of eastern white cedars on Treaty 3 territory in Ontario. Her ancestors came to Turtle Island over several generations from five different European nations: Scotland, Wales, Germany, Ireland, and England. Meg is committed to staying with the discomfort and knowledge of both the way that she, her family, and her ancestors came to love this land as their home, as well as their direct implicatedness in the colonization of these places and peoples, and the violence that continues across so called "Canada" today. Meg is currently working on her thesis for a Master of Social Work degree exploring environmental and land-based practice in social work. She also works part-time in Child & Youth Mental Health with Carrier Sekani Family Services and is committed to supporting Indigenous health, wellness, and joy wherever possible. She has considered it a real honour to help plan the Land, Health & Healing Gathering over the past year and a half.



Speaker Bios

June 18th, 4:00 - 4:45 PM PDT
Closing Panel & Looking to the Future

Elder Albert Marhsall

Albert Marshall, Elder, LLD is from the Moose Clan of the Mi'kmaw Nation. He was married to the late Murdena Marshall and together they lived in Eskasoni First Nation in Unama'ki-Cape Breton, Nova Scotia; they have six children, 14 grandchildren, and five great-grandchildren. Albert and Murdena's energy, wisdom, and knowledge helped create the innovative Integrative Science academic program at Cape Breton University in the 1990s, and results in Honorary Doctorates in 2009. Albert is a passionate advocate of cross-cultural understandings and healing and of our human responsibilities to care for all creatures and our Earth Mother. He a fluent speaker of Mi'kmaw and the "designated voice" for the Mi'kmaw Elders of Unama'ki with respect to environmental issues. Albert sits on various committees and boards that guide initiatives in natural resource management, Aboriginal health research and education, or that serve First Nations' governance issues or that otherwise work towards ethical environmental, social and economic practices.

Elder Albert is the person who coined the phrase Two-Eyed Seeing / Etuaptmumk as a guiding principle for collaborative work which encourages learning to see from one eye with the strengths of Indigenous knowledges and ways of knowing, and from the other eye with the strengths of Western knowledges and ways of knowing ... and learning to use both these eyes together, for the benefit of all. Elder Alberts was profoundly affected by his experience as an inmate of the Shubenacadie Indian Residential School on the mainland of Nova Scotia but today seldom talks about those many painful and traumatic years. Rather, the experience has led him on a lifelong quest to connect with and understand both the culture he was removed from, and the culture he was forced into ... and to help these cultures find ways to live in mutual respect of each other's strengths and ways.

Kiri Reihana

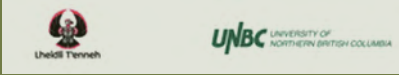
Kiri Reihana (Ngāpuhi, Te Rarawa, Te Whakatōhea, Ngāi Tūhoe tribes) is a kairangahau - Māori scientist who is a current PhD candidate in Marine sciences. Her entry into science has come late in life after working as an architect and draughtswomen in her early career. Kiri is a Taiao ora specialist, environmental health specialist who applies her research to mobilising mātauranga (Māori knowledge) assessment with iwi (tribe) through digital platforms. Kiri is the designer of the 'WAIOrā' (Ngāti Tahu Ngāti Whaoa, Tapuika) and 'NGAHEREOrā' (Ngāti Rangī) customised, iwi specific, mobile applications which are mātauranga-based and monitoring tools, as well as other mātauranga based digital resources such 'Eko' the ecology game www.eko.nz (National), 'Karanga a Tanemahuta' the VR experience and 'Kaitiakitanga i te Au Warawara' graphic novel (Te Rarawa).



Resources



Links and Resources: Co-hosts and Partners



Co-hosts:

The Land, Health and Healing Gathering is co-designed by a team from Lheidli T'enneh Nation and the University of Northern British Columbia

- [Lheidli T'enneh First Nation](#)
- University of Northern British Columbia, especially:
 - [Office of Indigenous Initiatives](#)
 - [Environment, Community, Health Observatory \(ECHO\) Network](#)



Partners and Supporters

Partners who have actively supported the Land, Health and Healing Gathering include:

- [Environment, Community, Health Observatory \(ECHO\) Network](#)
- [Exploration Place](#): See especially:
 - [Hodul'eh-a: A Place of Learning](#)
 - [Hodul'eh-a: A Place of Learning](#) Webinar on Canada's History
- [Health Arts Research Centre](#)
- [National Collaborating Centre for Indigenous Health](#)
 - 'Healthy Land, Healthy People' collection to be launched June 2021 as part of the NCCIH [External Repository Collection](#)
- [Northern Health, Indigenous Health](#)
- [The Michael Smith Foundation for Health Research](#)



Links & Resources: From Speakers/Presenters



Websites relating session speaker and presenters, related Initiatives:

Links and webpage relating to the speakers and related programs.

- [Dasiqox Nexwagwez?an](#)
- [First Nations Health Authority](#)
 - [Good Medicine: Ideas for supporting land-based healing and wellness during the pandemic](#)
 - [What is Land-Based Treatment and Healing?](#)
- [Indigenous Centre for Cumulative Effects](#)
- [Integrative Science](#)
- [Kym Gouchie](#)
- [Northern State of Mind: Arctic Indigenous Wellness Foundation](#)
- [Mackenzie Valley Review Board](#)
- [Missing and Murdered Indigenous Women Resources:](#)
 - [Finding Dawn](#) by Chrisne Welch
 - [this river](#) by Erika MacPherson and Katherena Vermeé
 - [Their Voices Will Guide Us](#) Website and Guides
- ['Te Au Warawara' five-part video series](#) (Manaaki Whenua: Landcare Research)
 - Karanga a Tāne Mahuta– the Call of Tāne Mahuta. [Part 1: Ki Uta](#)
 - Karanga a Tāne Mahuta – the Call of Tāne Mahuta [Part 2: Au Warawara Project](#)
 - Karanga a Tāne Mahuta – the Call of Tāne Mahuta [Part 3: Au Warawara Project](#)
 - Karanga a Tāne Mahuta – the Call of Tāne Mahuta [Part 4: Au Warawara Project](#)
 - Karanga a Tāne Mahuta – the Call of Tāne Mahuta [Part 5: Ki Tai](#)



Links and Resources: Articles and Reports



Below we have included articles and reports relevant to Land, Health and Healing themes, with an emphasis on materials developed or led by Indigenous Authors.

Resources marked with ** are profiled as part of Launch of the 'Healthy Land, Health People' Collection on the NCCIH Repository (June 2021 release). Others are related to specific presentations and themes from the Gathering, may be profiled on the 'Healthy Land, Health People' Collection in the future.

** Aldred, T.-L., Alderfer-Mumma, C., de Leeuw, S., Farrales, M., Greenwood, M., Hoogeveen, D., O'Toole, R., Parkes, M. W., & Sloan Morgan, V. (2020). Mining sick: Creatively unsettling normative narratives about industry, environment, extraction, and the health geographies of rural, remote, northern, and Indigenous communities in British Columbia. *The Canadian Geographer / Le Géographe Canadien*, 65(1).
<https://doi.org/10.1111/cag.12660>

Bartlett, C., Marshall, M. & Marshall, A. (2012) Two-Eyed Seeing and other lessons learned within a co-learning journey of bringing together indigenous and mainstream knowledges and ways of knowing. *J Environ Stud Sci* 2, 331–340 <https://doi.org/10.1007/s13412-012-0086-8>

Brisbois, B., Hoogeveen, D., Allison, S., Cole, D., Fyfe, T. M., Harder, H. G., & Parkes, M. W. (2021). Storylines of research on resource extraction and health in Canada: A modified metanarrative synthesis. *Social Science & Medicine*, 277, 113899. <https://doi.org/10.1016/j.socscimed.2021.113899>

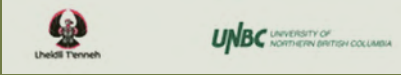
** Castleden, H., Cunsolo Willox, A., Harper, S. L., & Martin, D. (2015). Living with water: Examining methods and models for integrative Indigenous and Western knowledge to inform—And transform—Water research and management in Canada. <https://cwn-rce.ca/wp-content/uploads/2018/07/CWN-IWK-Final-Project-Report-updated-FINAL.pdf>

** Ermine, W., Sinclair, R., Jeffery, B., & Indigenous Peoples' Health Research Centre, S. (2004). The Ethics of Research Involving Indigenous Peoples (pp. 1–272). Indigenous Peoples' Health Research Centre. http://drc.usask.ca/projects/legal_aid/file/resource385-2c4c0417.pdf

Esk'etemc. (2021, June 1). Esk'etemc Traditional Knowledge & Research Ethics Policy. Esk'etemc, British Columbia; Esk'etemc Lands & Natural Resources Department. Available online for Land, Health & Healing Gathering <https://echo.gis.unbc.ca/s/L5rGTrz2sn7d78q>

** Henwood, W., Moewaka Barnes, H., Brockbank, T., Gregory, W., Hooper, K., & McCreanor, T. (2016). Ko Tāngonge Te Wai: Indigenous and Technical Data Come Together in Restoration Efforts. *EcoHealth*, 13(4), 623–632. <https://doi.org/10.1007/s10393-016-1170-4>

Resources: Articles & Reports



Below we have included articles and reports relevant to Land, Health and Healing themes, with an emphasis on materials developed or led by Indigenous Authors.

Resources marked with ** are profiled as part of Launch of the 'Healthy Land, Health People' Collection on the NCCIH Repository (June 2021 release). Others are related to specific presentations and themes from the Gathering, may be profiled on the 'Healthy Land, Health People' Collection in the future.

**Indigenous Circle of Experts. (2018). We Rise Together: Achieving Pathway to Canada Target 1 through the creation of Indigenous Protected and Conserved Areas in the spirit and practice of reconciliation. <https://static1.squarespace.com/static/57e007452e69cf9a7af0a033/t/5ab94aca6d2a7338ecb1d05e/1522092766605/PA234-ICE Report 2018 Mar 22 web.pdf>

**Jones, J., Cunsolo, A., & Harper, S. L. (2018). Who is research serving? A systematic realist review of circumpolar environment-related Indigenous health literature. PLOS ONE, 13(5), e0196090. <https://doi.org/10.1371/journal.pone.0196090>

Mackenzie Valley Review Board. (2020). Evolving Environmental Impact Assessment in the Mackenzie Valley and Beyond. <https://reviewboard.ca/file/1423/download?token=6HsrcXxl>

Mackenzie Valley Review Board & NeOlé. (2021). Resource Co-management in the Mackenzie Valley Workshop 2021 – Well-being & MVRMA: Making Good Co-management Decisions in the Mackenzie Valley. <https://reviewboard.ca/file/1680/download?token=6JR423uW>

**Moewaka Barnes, H., & McCreanor, T. (2019). Colonisation, hauora and whenua in Aotearoa. Journal of the Royal Society of New Zealand, 49(1), 19–33. <https://doi.org/10.1080/03036758.2019.1668439>

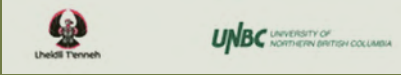
**Panelli, R., & Tipa, G. (2007). Placing Well-Being: A Maori Case Study of Cultural and Environmental Specificity. EcoHealth, 4, 445–460. <https://doi.org/10.1007/s10393-007-0133-1>

**Parlee, B., & Furgal, C. (2012). Well-being and environmental change in the arctic: A synthesis of selected research from Canada's International Polar Year program. Climatic Change, 115(1), 13–34. <https://doi.org/10.1007/s10584-012-0588-0>

**Poland, B., Mashford-Pringle, A., & Bowra, A. (2020). Many lenses for planetary health: Seeding citizen engagement for sustainable futures visioning with new ways of seeing. Canadian Journal of Public Health, 111(6), 901–911. <https://doi.org/10.17269/s41997-020-00424-0>

Prince, F (2018) Duchun k'ut 'uk'une'usguz. Dakelh Syllabic Writing System. NEYU Professional Services. Available online for Land, Health & Healing Gathering <https://echo.gis.unbc.ca/s/zKfLXcC2JSTJ38y>

Resources: Articles & Reports



Below we have included articles and reports relevant to Land, Health and Healing themes, with an emphasis on materials developed or led by Indigenous Authors.

Resources marked with ** are profiled as part of Launch of the 'Healthy Land, Health People' Collection on the NCCIH Repository (June 2021 release). Others are related to specific presentations and themes from the Gathering, may be profiled on the 'Healthy Land, Health People' Collection in the future.

**Ratima, M., Martin, D., Castleden, H., & Delormier, T. (2019). Indigenous voices and knowledge systems – promoting planetary health, health equity, and sustainable development now and for future generations. *Global Health Promotion*, 26(3), 3–5. <https://doi.org/10.1177/1757975919838487>

**Redvers, J. (2020). “The land is a healer”: Perspectives on land-based healing from Indigenous practitioners in northern Canada. *International Journal of Indigenous Health*, 15(1), 90–107. <https://doi.org/10.32799/ijih.v15i1.34046>

**Redvers, N., Poelina, A., Schultz, C., Kobei, D. M., Githaiga, C., Perdrisat, M., Prince, D., & Blondin, B. (2020). Indigenous Natural and First Law in Planetary Health. *Challenges*, 11(2), 29. <https://doi.org/10.3390/challe11020029>

Redvers, N., Nadeau, M., & Prince, D. (2020). Urban Land-Based Healing: A Northern Intervention Strategy. *International Journal of Indigenous Health*, 16(2). <https://doi.org/10.32799/ijih.v16i2.33177>

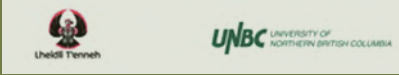
**Richmond, C. A. M., & Ross, N. A. (2009). The determinants of First Nation and Inuit health: A critical population health approach. *Health & Place*, 15(2), 403–411. <https://doi.org/10.1016/j.healthplace.2008.07.004>

**Sterling, E. J., Pascua, P., Sigouin, A., Gazit, N., Mandle, L., Betley, E., et al (2020). Creating a space for place and multidimensional well-being: Lessons learned from localizing the SDGs. *Sustainability Science*, 15(4), 1129–1147. <https://doi.org/10.1007/s11625-020-00822-w>

Morgan, V. S., Hoogeveen, D., Farrales, M., Gislason, M. K., Parkes, M. W., & Harder, H. G. (2020). Resource extraction and intersectoral research: Engaging accountable relations in the Environment Community Health Observatory Network. *Environment and Planning C: Politics and Space*, 2399654420951805. <https://doi.org/10.1177/2399654420951805>

**Tipa, G. (2013). Bringing the past into our future—Using historic data to inform contemporary freshwater management. *Kōtuitui: New Zealand Journal of Social Sciences Online*, 8(1–2), 40–63. <https://doi.org/10.1080/1177083X.2013.837080>

**Woodward, E., & Marrfurra McTaggart, P. (2019). Co-developing Indigenous seasonal calendars to support 'healthy Country, healthy people' outcomes. *Global Health Promotion*, 26(3_suppl), 26–34. <https://doi.org/10.1177/1757975919832241>



Tips for Connecting Online

Online Links to all sessions are provided on the following page (p.33).

All Land, Health and Healing sessions will be held via Zoom (webconferencing) with the exception of the UNBC Public "Four Connections" event which will be hosted using Vimeo.

To fully participate, you will need:

- a computer (preferred) or smart phone or tablet
- an internet connection

For those in Canada, you can also participate via teleconference using local numbers provided here:

<https://bit.ly/3cKxGOn>

Please log-in 5 minutes before the meeting start time:

- **Click the Meeting Link**
- **Once connected to Zoom online you need to connect to the audio side:**
 - Click the Join Audio button
 - If you have a microphone and speakers or a webcam with a microphone, select Computer Audio, then Join Audio by Computer (preferred).
 - Otherwise, select Phone Call, pick up your telephone handset, and enter the following information:
 - Dial the **phone number** (find your local number here <https://bit.ly/3cKxGOn>)
 - Enter **Meeting ID**, (if Participant ID is requested, just press #), **and Passcode, using the information provided below.**

What to expect if you've never webconferenced before:

Once you're connected to both Zoom and Audio through your computer or telephone, you will

- be able to hear everyone just like a teleconference.
- see others' images from their webcams.
- given instructions for sending your webcam's image, if you wish to.
- be able to view document(s) and presentations that will be shared so that you can see them on your computer.

We will also welcome you to share your ideas, images, resources etc, relating to Land, Health and Healing on an online interactive space at <https://padlet.com/mlabron/k2054zu6kbzrjggz>.



Online Connection Details

All times are in Pacific Daylight Time/
Use World Clock link to check times in your timezone

Below are the online video conferencing links for different components of the event.
Use the world clock to find your time zone: <https://www.timeanddate.com/worldclock/converter.html> or directly for comparison of time-zones at 12:00pm PDT use this link <https://bit.ly/3iOGCWL>.

Sunrise Ceremony Space (livestream broadcast only):

- **Day 1, Thurs June 17th 4:30AM PDT**
 - Connect online: <https://unbc.zoom.us/j/62460788424>
 - Meeting ID: 624 6078 8424, Passcode: 412904

Main 'Land, Health and Healing' Gathering Space (Opening and Closing sessions, Panel Sessions, Circles, interactions and activities)

- **Day 1, Thurs June 17 PDT: Sessions starting 9am, 10:30am, 1pm**
 - Connect online: <https://unbc.zoom.us/s/68730848256>
 - Meeting ID: 687 3084 8256, Passcode: 398599
- **Day 2, Fri June 18 PDT: Sessions starting 9am, 10:30am, 1pm, 3:30pm and 4:30pm PDT**
 - Connect online: <https://unbc.zoom.us/s/68730848256>
 - Meeting ID: 642 2061 1256, Passcode: 861980

Honouring Circle: Theme: Women and Land

- **Day 2, Fri June 18 PDT: Session starting 2:15pm,**
 - Connect online: <https://unbc.zoom.us/j/61039880298>
 - Webinar ID: 610 3988 0298, Passcode: 667519

The 'Public Event' hosted by UNBC Office of Indigenous Initiatives

- **Day 1, Thursday June 17, 3:00-4:30pm**
 - <https://vimeo.com/event/1067582/456d977323>

The informal 'Meet and Greet' Space

- **Day 1, Thurs June 17th, 5:00-6:00pm**
 - Connect online: <https://unbc.zoom.us/j/68118372247>
 - Meeting ID: 681 1837 2247, Passcode: 132019

Sunset Ceremony Space:

- **Day 2, Fri June 18th, 9:30PM**
 - Connect online: <https://unbc.zoom.us/j/68730848256>
 - Meeting ID: 687 3084 8256, Passcode: 398599

You are welcome to share the program with specific friends and colleagues whom you think will be interested. In order to protect a safe and intimate space for learning and exchange, we are asking people to register directly using this link: <https://forms.gle/G2rSAKuvtn44g898A>

Only those who register will receive access to the virtual/online sessions and activities.



Nenachailya

**(we are thankful to you
for what you have done)**

Thank you

**First, to the lands and waters of Lheidli T'enneh territory,
and all territories from which the participants have joined,
for holding us and sustaining us throughout this Gathering**

The Land, Health & Healing Team also offer our thanks to:

Former Dayi Clayton Poutney of Lheidli T'enneh Nation, The Exploration Place (Tracy Calogheros, Lisa Connor, Carlos Hernandez, Alyssa Leier), the Health Arts Research Centre, the Huble Homestead, Northern Health Indigenous Health, Kevin Brown, Crystal Gibbs, Stephanie Erickson, Dawn Hoogeveen, Carol Johnson, Diana Kutzner, Makayla Skrlac, Laura McNab-Coombs, Robyn McConkey, Jen Rubadeau and the City of Prince George.