



The Indigenous Wellness team is responsible for designing and creating culturally relevant curriculum and workshops that promote healthy sexuality and harm reduction with First Nations communities. Our workshops are community-driven, trauma-informed, and strengths-based, and come at no cost to communities; team travel and accommodations are covered by the program, with honorarium and catering support available upon request. Workshops can be held separately but are frequently combined, as each topic is interrelated to the other.

Harm Reduction Workshops & Presentations:		
Decolonizing Addiction:	Indigenous Harm Reduction Principles & Practice:	Take Home Naloxone Training:
<ul style="list-style-type: none"> • Definitions of addiction • Language around addiction and substance use • Myths about addiction • Association between colonization and addiction 	<ul style="list-style-type: none"> • Definition of harm reduction • Abstinence and prohibition in our communities • Relationship between harm reduction and tradition/culture • Indigenous Harm Reduction Principles and Practices tool 	<ul style="list-style-type: none"> • Update on Public Health Emergency • What is an opioid, what is fentanyl? • How to recognize and respond to an overdose • Demonstration of how to administer naloxone/Narcan
Healthy Sexuality Workshops & Presentations:		
Indigenous Perspectives on Healthy Sexuality	Community Conversations on HIV/Hep C/STBBIs	
<ul style="list-style-type: none"> • Definition of healthy sexuality • Trauma-informed practices in sexual health education • Inclusive language use • Overview of Sexual Wellbeing model 	<ul style="list-style-type: none"> • Holistic perspectives on health • Hosting conversations about sexual health • Prevention, testing and treatment • Explore local services and how they are accessed 	

The Indigenous Wellness Team looks forward to continuing to develop partnerships and work with communities and organizations, if you are interested in working with the team to plan an engagement, please contact: stbbi@fnha.ca

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