

ONA Mental Health & Addictions invites you to join:

Syilx Youth & Family Wellness

FEBRUARY 25 - 26, 2021 - VIRTUAL VIA GOTOMEETING

A two-day virtual workshop around mental health & addictions with
Juanita Lindley



These two half-day workshops will offer a presentation by Juanita on the community-identified need to address youth anxiety, depression, substance misuse, and stressed/toxic family dynamics – this will be followed by a Q&A and discussion.

The second half-day will consist of discussions around understanding & managing triggers and setting boundaries. This will be followed by a collaborative workshop to brainstorm practical and Syilx-focused ways to approach mental health & addictions work with youth & families.

Open to Syilx Okanagan Nation Members & Nation Community Workers

For more information:

Tanya MacKeigan, Mental Health & Addictions Specialist

T: 250-300-6579

E: MH-Addictions@syilx.org



www.okanagannation.com