

MAKWAG

WORKSHOP

COVID 19 AND EFFECTIVE STRATEGIES FOR
COPING WITH STRESS, ANXIETY AND
DEPRESSION

STARTING JANUARY 28, 2022

We are encouraging members to participate in a 4-week Makwag Workshop focused on understanding how stress related to Covid-19 affects their daily living, while also working to explore potential pathways for coping and building resilience.

This important, and intimate work is guided by trauma-informed practices within an Indigenous cultural context.

The sessions will take place on every Friday from 6:00 pm to 8:00 pm and Saturday and Sunday from 10:00am – 3:00pm.

All sessions will be facilitated via Zoom and you can select which sessions you'd like to attend.



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SESSION 1: JANUARY 28-30: INTRODUCTION

- Overview of Workshop
- Sharing Our Stories
- Visioning

SESSION 2: FEBRUARY 4-6: SKILL BUILDING

- Breathing Exercises
- Yoga
- Meditation
- Mindfulness

SESSION 3: FEBRUARY 11-13: COPING WITH CHALLENGES

- Anxiety
- Depression
- Triggers
- Plans to Cope

SESSION 4: FEBRUARY 18-20: WORKING THROUGH TRAUMA

- Roots of trauma
- Writing a new story
- SMART Planning

SESSION 5: FEBRUARY 25-27: REVIEW

- Bringing the skills together
- Practice, Practice, Practice

SESSION 6: MARCH 4-6: CLOSING

- Review of collective journeys
- What have we learned
- What new skills am I bringing out into the world