

# Makwag Consulting

*Indigenous Pathways to Healing*

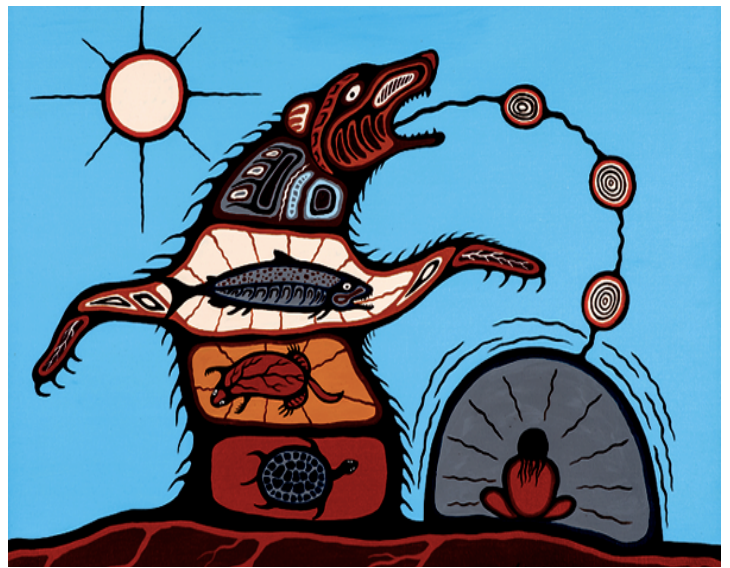
P.O. Box 182

Tofino, BC V0R 2Z0

Ph: 236-238-2334

E-mail: [swift@makwag.ca](mailto:swift@makwag.ca)

Website: [www.makwag.ca](http://www.makwag.ca)



## Covid 19 and Effective Strategies for Coping with Stress, Anxiety and Depression

### Dates: January 28 – March 6, 2022

Facilitator: John Swift, M.A. & Dean Laviolette, RCC

Prepared for: Nisga'a Ts'amiks Vancouver Society

# Overview



*"Awesome, got so much out of the workshop. Hope to have more."*

*Vera Little, Elder, Ahousaht First Nation 2019*

## **Workshop Series**

The workshop series contributes to participants further strengthening their understandings of how stress related to Covid-19 effects 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, and practices stemming from solution focused therapy. Participants can expect to participate in group discussions, experiential learning, storying, yoga, and meditation. The series is 6 weeks in length with 1 group sessions per week for 5 hours each. The sessions will take place on every Friday, Saturday, and Sunday from 10:00am – 3:00pm. The sessions will be facilitated in-person and virtually in accordance with COVID-19 safety protocols.



*"Helped me open my eyes and realize what I was doing to myself and my family. Reminding me that self-care is important. I can't take care of my family if I can't take care of myself."*

*Josie, Ahousaht First Nation 2019*

## **Facilitator**

John Swift holds a Master's Degree in Indigenous Governance, and specializes in working with issues related to men's wellness, addictions, and unresolved trauma within the context of ongoing colonialism. Currently, John is in the practicum phase of a Masters of Arts in Counselling Psychology. While John was born and raised in the homelands of the Nuuchah-Nulth and Coast Salish peoples, his ancestry stems from the Anishinaabe, Cree, Metis, and Scottish communities. John provides similar services to Indigenous individuals, communities, and organizations in British Columbia and Alberta.



*“Thank you for your kindness and gentleness, and calm and relaxing schedule. The knowledge we learned was big and stressful, but I’m glad we balanced it with laughs and meditation and yoga.”*

Julie John, Youth, Ehattesaht First Nation 2019

<b>Workshop Series Schedule 2022</b>	
<b>Dates</b>	<b>Activity</b>
<b>Session 1 – January 28, 29, 30</b>  (Friday session from 6:00pm to 8:00pm)	<b>Opening and Introductions</b> <ul style="list-style-type: none"> <li>• Overview of Workshop Series</li> <li>• Sharing our stories</li> <li>• Visioning</li> </ul>
<b>Session 2 – February 4, 5, 6</b>  (Friday session from 6:00pm to 8:00pm)	<b>Skill Building</b> <ul style="list-style-type: none"> <li>• Breathing Exercises</li> <li>• Yoga</li> <li>• Meditation</li> <li>• Mindfulness</li> </ul>
<b>Session 3 – February 11, 12, 13</b>  (Friday session from 6:00pm to 8:00pm)	<b>Coping with Challenges</b> <ul style="list-style-type: none"> <li>• What is anxiety?</li> <li>• What is depression?</li> <li>• What are triggers?</li> <li>• Plans for coping</li> </ul>
<b>Session 4 – February 18, 19, 20</b>  (Friday session from 6:00pm to 8:00pm)	<b>Working through Trauma</b> <ul style="list-style-type: none"> <li>• Roots of trauma</li> <li>• Writing a new story</li> <li>• SMART Planning</li> </ul>
<b>Session 5 – February 25, 26, 27</b>  (Friday session from 6:00pm to 8:00pm)	<b>Review</b> <ul style="list-style-type: none"> <li>• Bringing the skills together</li> <li>• Practice, Practice, Practice</li> </ul>
<b>Session 6 – March 4, 5, 6</b>  (Friday session from 6:00pm to 8:00pm)	<b>Closing</b> <ul style="list-style-type: none"> <li>• Review of our collective journeys</li> <li>• What have we learned?</li> <li>• What new skills am I bringing out into the world?</li> </ul>

***Each session breaks down as follows:***

Friday	6:00 to 8:00pm
Saturday, and Sunday	10:00am to 12:00pm - Workshop
	12:00pm to 1:00pm – Lunch
	1:00pm to 3:00pm - Workshop