



Nokiiwin
TRIBAL COUNCIL

One-Day Youth Mental Health Workshop

March 30, 2024 | 115 Cumberland Street North

8:45	Arrival
9:00	Opening Ceremonies and Introductions
10:00	Centres: First Rotation
11:30	Snack
11:45	Centres: Second Rotation
1:15	Lunch
2:00	Centres: Third Rotation
3:30	Centres: Fourth Rotation
5:00	Closing Ceremony
5:15	Snack/Dismissal

Centre 1: Learn to Skateboard

Learn the foundations of skateboarding with certified instructors

Centre 2: Design a Skateboard

Design and create messages or art on blank skateboards

Centre 3: Empowerment Through Art

Create a screen-printed bag to take home

Centre 4: Bundle Building

Learn traditional teachings from local knowledge keepers

Participating youth will receive a full set of skateboarding equipment to keep.

www.nokiiwin.com/March30