

ONTARIO'S INDIGENOUS MENTORSHIP NETWORK (IMN-ON) & THE ONTARIO NETWORK ENVIRONMENTS FOR INDIGENOUS HEALTH (ON-NEIHR) PRESENT THE INDIGENOUS KNOWLEDGES EXCHANGE:

Navigating this Time

Holistic Wellness for Indigenous Scholars

PART ONE (STUDENTS): PART TWO (FACULTY):

- April 30, 2021 -

- May 7, 2021 -

- 10 AM to 12 PM -

- 10 AM to 12 PM -

Via Zoom (Link provided upon Eventbrite registration)

Join us for a morning of IMN-ON students and academics participating in a panel about maintaining wellness while pursuing scholarly activities during the COVID-19 pandemic. A moderated discussion amongst attendees and ON-NEIHR partnering Elders will follow the panel.



[Click here to register for Part One \(April 30, 2021\).](#)

[Click here to register for Part Two \(May 7, 2021\).](#)





Student Panelists



(Presenting April 30, 2021)



Amy Shawanda

Amy Shawanda is from the Odawa Nation, who was born on Manitoulin Island and raised in Wiikwemkoong Unceded Territory. Amy is the co-instructor for the Indigenous Required Credit course in the Indigenous Environmental Studies and Sciences department at Trent University. In addition, she is a sessional instructor at the University of Sudbury for the Indigenous Health and Wellness course.



Sharlene Webkamigad, RN

Sharlene Webkamigad, RN, is an Anishinabe-Kwe from the Wiikwemkoong Unceded Territory on Manitoulin Island, Ontario, Canada. She combines her life and career experiences as she proceeds with her educational journey in the Interdisciplinary Ph. D. in Northern and Rural Health program at Laurentian University.



Jodi-Mae John

Jodi is Mohawk, bear clan from Tyendinaga Mohawk Territory where she has been living and working as a Registered Dietitian and Certified Diabetes Educator for nearly 10 years. She has a Bachelor of Science in Biology/Psychology from Trent University as well as a Bachelor of Science in Nutrition from McGill University. She is currently pursuing her Master of Arts in Geography at Queen's University.



Academic Panelists



(Presenting May 7, 2021)



Dr. Angela Mashford-Pringle

Dr. Mashford-Pringle is an Algonquin woman from Timiskaming First Nation. She is an Assistant Professor and Associate Director at the WBIH at the Dalla Lana School of Public Health at the University of Toronto. She works with Indigenous communities in urban and rural settings with issues related to Indigenous health including culture, language, land-based learning, climate action, and policy analysis and development.



Dr. Chris Mushquash

Dr. Christopher Mushquash, C.Psych., is an Associate Professor in the Department of Psychology at Lakehead University and the Human Sciences Division of the Northern Ontario School of Medicine. He is a Canada Research Chair in Indigenous Mental Health and Addiction and a clinical psychologist at Dilico Anishinabek Family Care. He is also Director of the Centre for Rural and Northern Health Research at Lakehead University.



Dr. Bonnie Freeman

Bonnie Freeman is Algonquin/Mohawk from the Six Nations of the Grand River Territory in Ontario, Canada. She recently completed a Ph.D. in Social Work from Wilfrid Laurier University and has transitioned into a tenure-track Assistant Professorship with the School of Social Work at McMaster University beginning July 2015.