

Morning Sessions

8:50 – 12:07

Activity	Description
Painting/Art	Students will be led through relaxing painting instruction to create their own beautiful piece of artwork.
Therapy Dogs with Miramichi Fire Department	Students will have the opportunity to bond with an adorable therapy dog from the Miramichi Fire Department and discover the joy of animal connections.
Drumming with Liam Watson	Listen and learn about the rhythm of Indigenous culture with drumming led by Liam Watson.
Healthy Eating with Brian Matheson	Students will learn about healthy eating and whip up some tasty, nutritious snacks with local chef Brian Matheson.
Henna	Students will explore the cultural significance of Henna body art and get their own temporary tattoo.
First Nations Smudging with Melissa Dedam	Students participating in this workshop will learn about the cultural and spiritual significance of smudging in First Nation's culture. They will then participate in a smudging session.
Sleep Workshop	Students will uncover the secrets of a good night's rest in the sleep workshop followed by a blissful relaxation session.
Meditation Workshop	Students will be participating in a meditation, guided by two of our grade 7 students. This is sure to be relaxing!
Girl Empowerment with Kim Cook	Students will be meeting with a mentor to discuss finding yourself, style and your people in middle school.
African Dancing with MCAD	Students will learn about African culture by participating in cultural dance with a dancer from the Maritime Center for African Dance.

Afternoon Sessions

1:07 – 12:35

Activity	Description
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Nature Walk	Students will reconnect with nature on a refreshing walk and discover the uplifting mental health benefits of being outdoors.
Brazilian Jiu Jitsu	Students will learn and practice the fundamentals of Brazilian Jiu Jitsu.
Workout	Students will learn about the connection between mental and physical health, then they will participate in a guided work out.
Snow Shoeing (snow pending)	Students will go on a snowshoeing adventure. If there is no snow, students who have signed up for this session will go on a nature walk.
Yoga	Students will be introduced to the basics of yoga. They will learn basic yoga positions, as well as how it can be beneficial to their mental health.
Floor Hockey & Volleyball	Students will learn about the mental health benefits of sports. They will then be taught the fundamental skills of floor hockey & volleyball, before ultimately playing a game.
Wood Working	Students will learn about the therapeutic benefits of carpentry, the basics of woodworking, and create their own cell phone holder in the shop.
Video Games	Students will learn about ways to create healthy habits regarding gaming. Then students will have the chance to play games that have been shown to support mental health and relaxation.
Yarn Crafts	Students will be taught the fundamentals of the relaxing hobby of crafting with yarn and thread. They will then create their own piece.
African Dancing with MCAD	Students will learn about African culture by participating in cultural dance with a dancer from the Maritime Center for African Dance.