

# Creating a Culture of Wellness to Support Vulnerable Populations during the Pandemic

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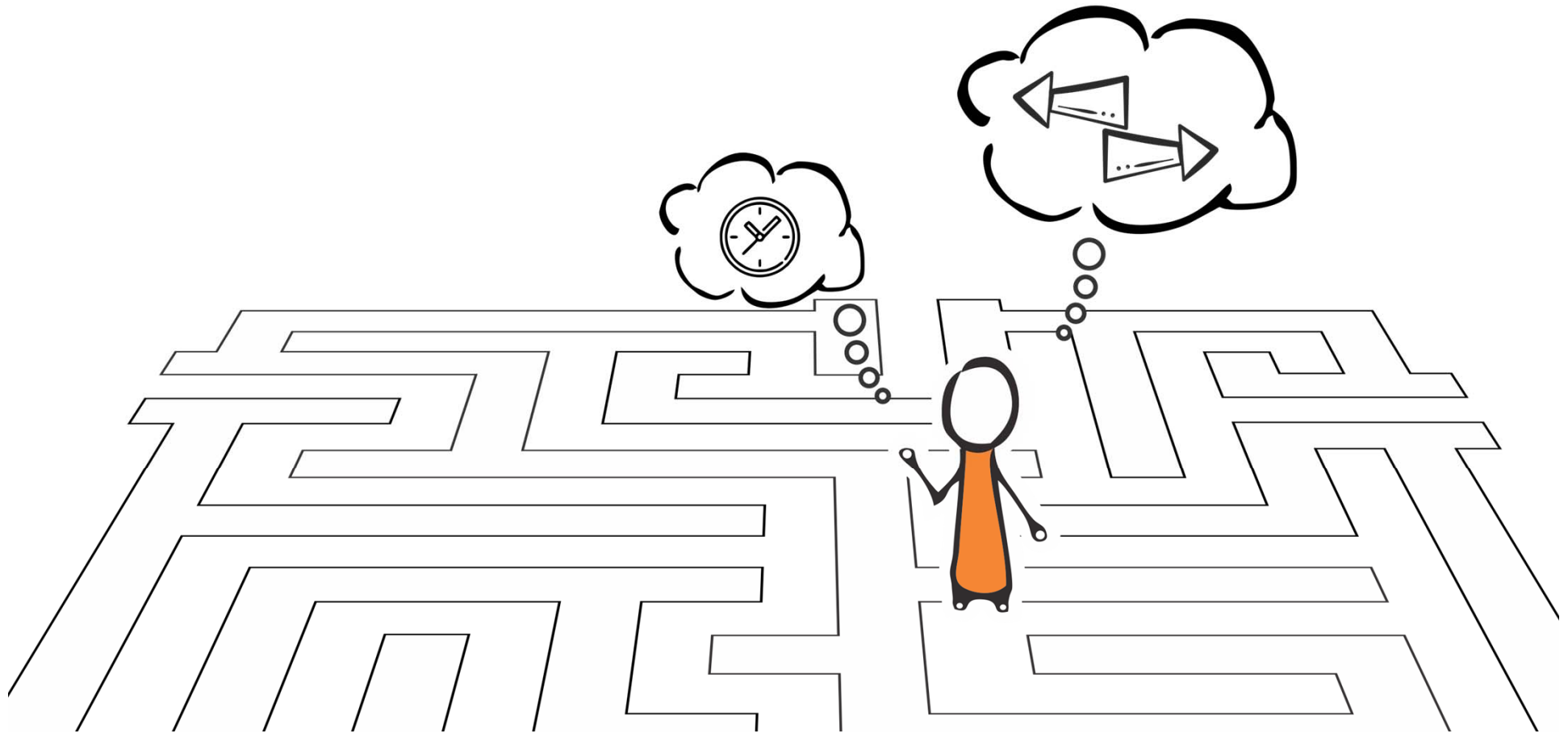


## OCS'S LAND ACKNOWLEDGMENT

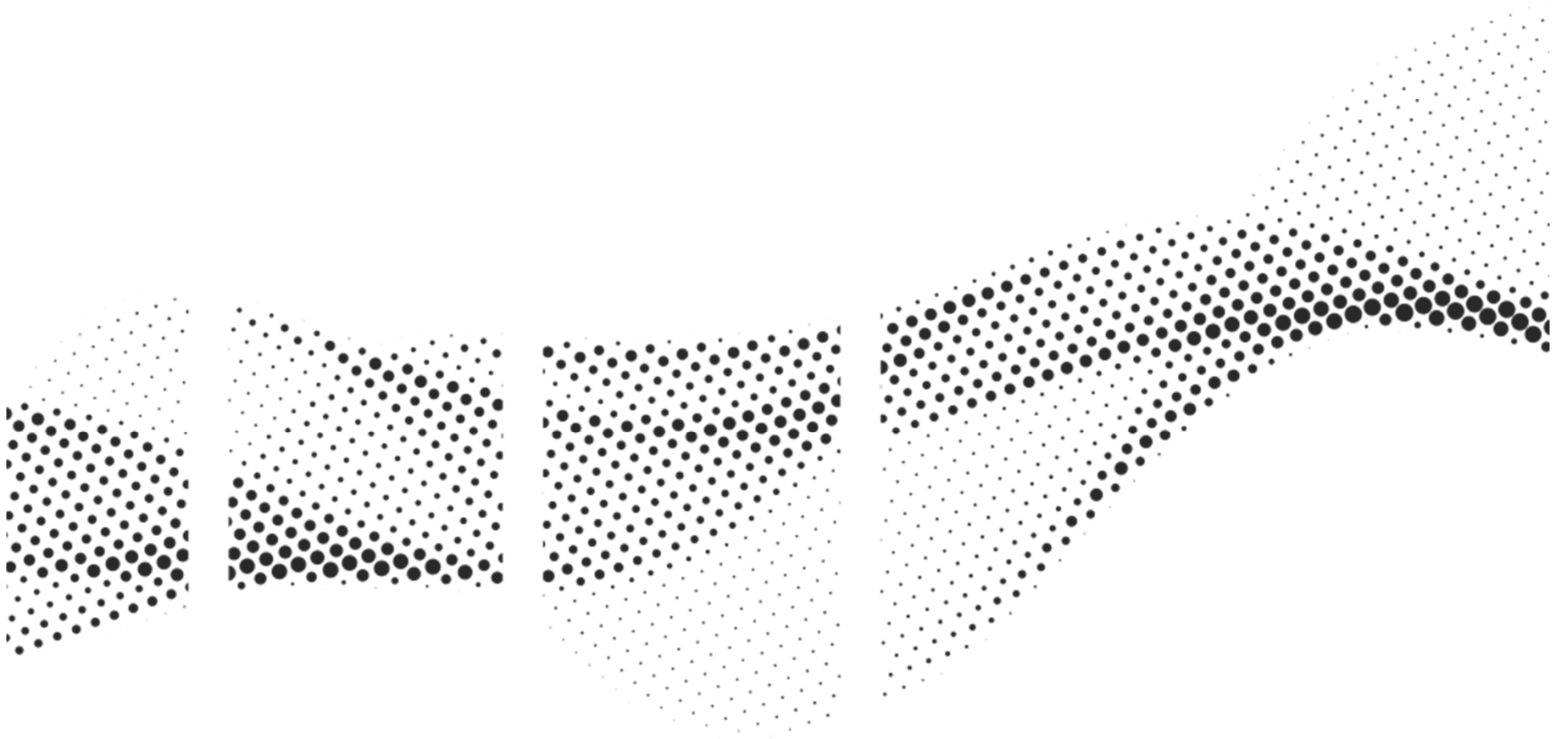
Options Community Services Society acknowledges that we are on the unceded territories of the Coast Salish peoples including Tsleil-Waututh, Kwantlen, Katzie, Musqueam, Semiahmoo, Tsawwassen, Qayqayt, Kwikwetlem and the Sto:lo Nations



# Creating a Culture of Wellness during the Pandemic



# Life Experiences: Perspectives and Impacts



# Navigation & Well-Being



# Facilitating the Culture of Wellness



# **Mariana Martinez Vieyra**

Clinical Supervisor

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The background of the slide features a series of blue, wavy, concentric lines that create a sense of depth and movement, resembling a topographical map or a stylized representation of a landscape. The lines are more densely packed on the left side and become more sparse towards the right, where they fade into the white background.

# Mental Health Vulnerabilities

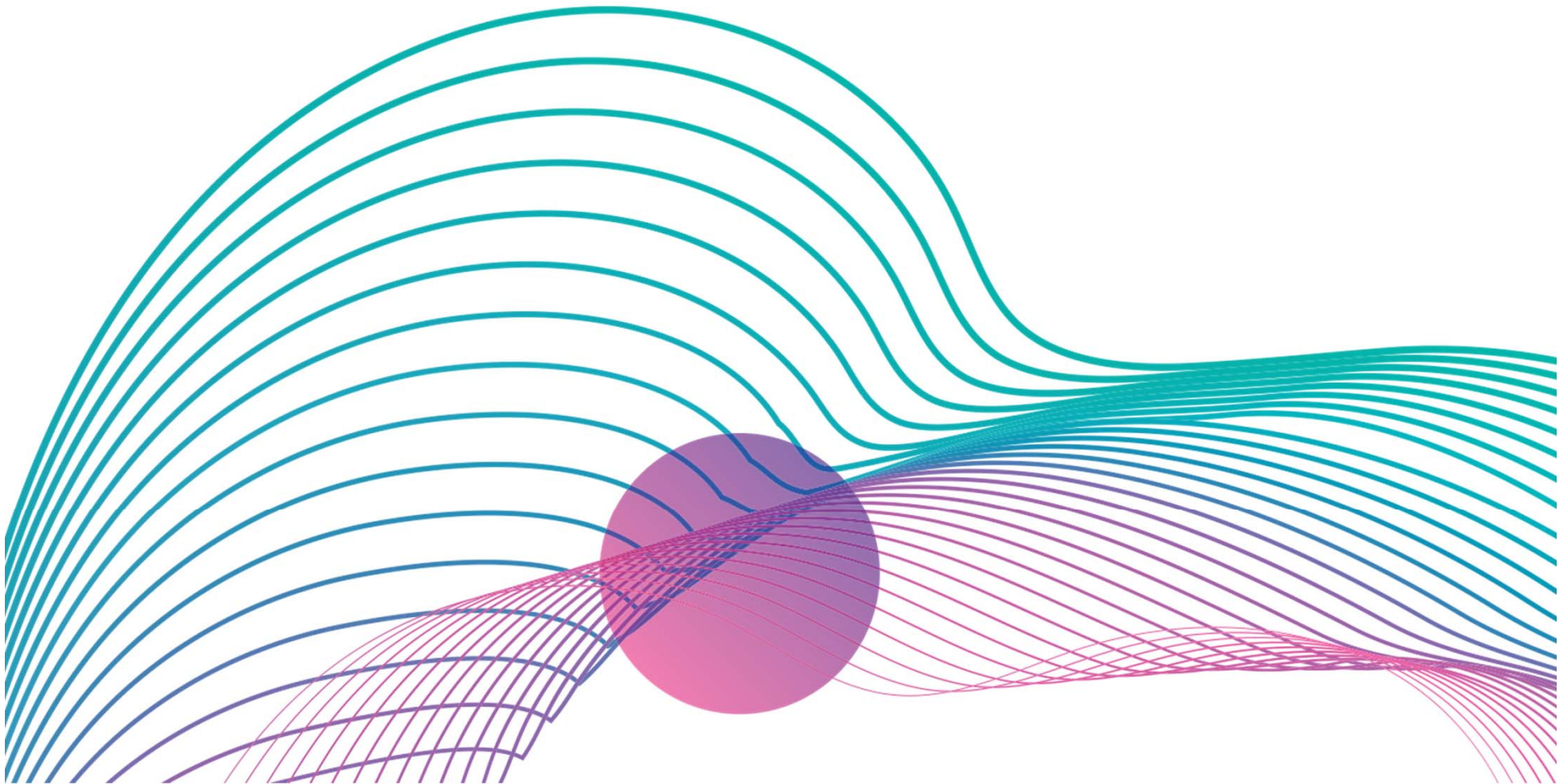
# Trauma-Informed Lens



An abstract network diagram consisting of numerous nodes and connecting lines. The nodes are represented by small circles in various colors: blue, black, and white with a black center. The lines are thin and gray, creating a complex web of connections. The background is a light gray, and the overall composition is modern and technical.

Creating Sustainability

# Culturally-Safe Trauma-Responsive Services



# **Boban Stojanovic**

LGBTQ+ Program Manager  
Centre of Newcomers, Calgary AB



## CFN's LAND ACKNOWLEDGMENT



Centre for Newcomers acknowledges that we are on the ancestral lands of the Blackfoot Confederacy, which includes the Blackfeet of Montana, located in USA. These lands extend from the North Saskatchewan River in Canada down to the Yellowstone River in Montana; from the Rocky Mountains in the west, east into Saskatchewan. We are located on Treaty 7 territory of Southern Alberta, which includes the Blackfoot Confederacy (Siksika, Kainai, Piikani), Tsuut'ina, Îyâxe Nakoda (Wesley, Chiniki and Bearspaw), Metis Region 3 and all people who have chosen to make this place their home.

# Lived-Experience



## Advocacy: Critical Support



## Tips for Referrals

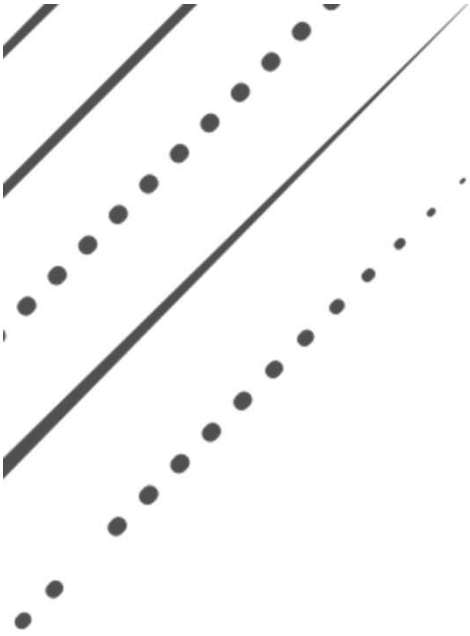


# Tips for Community Connections



# Maximize Positive Outcomes





# Reflection Activity



# THANKS!

