

## First Nations and Inuit Health Branch

In February, we were honoured to be invited to the First Nations and Inuit Health Senior Management Retreat in Montreal. At that event, we hosted our three-hour Resilience Masterclass for 25 key decision makers from across the country. Through engaging discussion, we identified many opportunities to share the Brain Story and Resilience Scale Tool and implement them into practice—we're looking forward to the possibilities!



## Lethbridge Resilience Day

On March 1, we convened 84 members of the Lethbridge community to kick off the Memorandum of Understanding (MOU). The MOU is an agreement between the Palix Foundation, City of Lethbridge, and University of Lethbridge to embed the Brain Story into the Lethbridge community.

The event began with the Resilience Masterclass, covering topics like *What do individuals need*, *What do organizations do*, and *What does the system have*. In the afternoon, participants heard from speakers including Dr. Bryan Kolb (University of Lethbridge), Takara Motz (City of Lethbridge), Maral Kiani Tari (Lethbridge Family Centre), Ramona Big Head (Cardston Elementary School), and Bruce Holstead (Fresh Start Recovery). Participants then engaged in a working session to discuss how they could embed the Brain Story and the Resilience Scale in their own organizations.

The next step for this tripartite collaboration is to work together to deliver training and information sessions for diverse populations throughout the community. Our main objective for the upcoming year is to facilitate communities of practice, which will identify goals related to embedding the Brain Story in order to improve outcomes for children, adolescents, families, and communities.

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## Brain Awareness Week

To kick off [Brain Awareness Week](#) 2023 (March 13–19) the AFWI participated in the Brain Awareness Fair at the University of Lethbridge on March 11. Scientific Associates Dr. Serena Jenkins and Claire Niehaus were on site to share information and resources about the Brain Story with community members.

Community engagement will be key to our work as part of the MOU between the Palix Foundation, University of Lethbridge, and City of Lethbridge. We intend to be present at community events in Lethbridge throughout the coming year to share progress and resources, and to increase engagement with the Brain Story.

## Interested in attending a Resilience Day?

We have upcoming Resilience Days in Red Deer and Canmore! Contact us at [contact@palixfoundation.org](mailto:contact@palixfoundation.org)

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