

# MEET OUR GUESTS

## SPEAKER: YUMI KOTANI



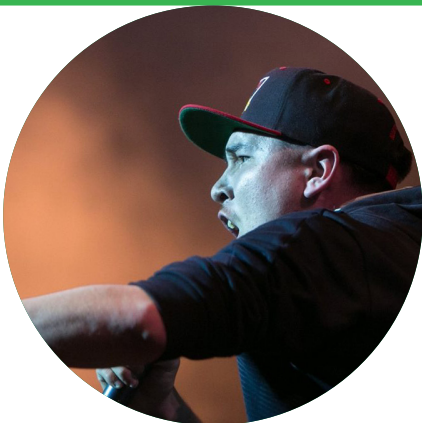
Yumi is a passionate civil servant, working on newcomer settlement and integration policy at Immigration, Refugees and Citizenship Canada. Before joining the public service she worked with various organizations in Ottawa's not-for-profit sector, advancing issues of equity and diversity, inclusive city building, and newcomer settlement/refugee resettlement efforts. In her free time she volunteers on the Board of Directors and Grants Committee for the Ottawa Community Foundation, and for the Marion Dewar Scholarship Fund for newcomer youth.

## PANELIST: CARRINGTON CHRISTMAS

Carrington Christmas is a Black Scotian-Mi'kmaq German woman activist residing in Canada's Capital region (on unceded Algonquin traditional territory). She is the Director of Youth Advocacy and Development with the Native Women's Association of Canada, and has led programming to increase youth engagement and empower Indigenous women, girls, and gender-diverse youth at the national level. She began her undergraduate education in Aboriginal Studies, but has found strength, community, and a strong sense of identity outside of academia. She was nominated to be a fellow in Nobel Women's Initiative's Sister-to-Sister Mentorship Program in fall 2018, to advance her advocacy and communications skills with other strong women human rights defenders from Mexico, Burma, Palestine and Nigeria.



## PANELIST: WILLIAM KOMAKSIUTIKSAK



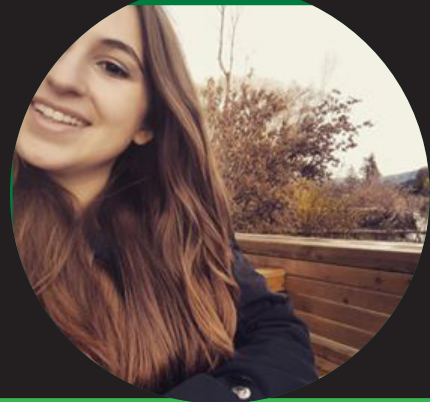
William Komaksiutiksak, a rapper from Rankin Inlet, Nunavut, whose stage name is Northern Knowledge, is one of the four artists currently on the Indigenize tour. He told CBC Radio's All in a Day that his prevailing message is suicide awareness: "I really want people to know that you can learn through music, art and culture. And by learning that way, through that positive outlet, it just gives the energy that our people need," Komaksiutiksak said. "There's addiction problems in my family. Abuse. Loss of identity. And being able to let my voice be heard about this subject is something that, even though I'm on my healing path, I know there's many of my people that need that healing path."



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## PANELIST: NATALIE SGRO

Natalie is a youth advocate who recently moved back to the city she was born and raised in after having spent some time traveling and settling in Canada's west coast for a while. Shortly after graduating from Sault College's Fitness and Health Promotion Program Natalie began on the path of entrepreneurship through starting her own personal training and life coaching business. Passionate about healthy living, advocacy, and balanced lifestyles Natalie uses her voice to promote to youth and people alike to find their health, learn to love themselves, use their voice, and push to change the world we live in.



## PANELIST: DORIAN REID



Lt Dorian Reid works with an Air Cadet Squadron in Ottawa, Ontario and during the summer months travels to Borden, Ontario where he assists in the facilitation and training of the Fitness and Sports Instructor Course. He has taken on responsibilities as a platoon commander overseeing 30-40 youth with 3-4 staff 16+ years old and recently as the course Second in Command/Training Officer. In this role he oversaw 200-225 youth with 20 staff 16+ years old. His passion is to redefine what fitness means to young people and drive a new pride not only in the program, but within the youth themselves.

## PANELIST & WORKSHOP LEAD: JULIA CADDY

Julia Caddy grew up in Calgary, Alberta, but today she can be found in Montreal studying Psychology and Communications at McGill University. As someone who has personally struggled with mental illness, she now dedicates herself to advocating for mental health by educating others and building supportive communities. At McGill, she helps lead the mental health movement through the McGill Students' Chapter of Jack.org and the Students in Mind executive committee. Julia is an ambassador for the Alberta Children's Hospital Foundation and a certified Jack Talks speaker, and so has spoken publicly about mental health both at events and to the media. When she's not advocating, studying, or trying to navigate the streets of Montreal, Julia can be found climbing mountains, eating chocolate, and singing along to Disney movies.



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## WORKSHOP LEAD: GABRIELLE FAYANT



Gabrielle Fayant-Lewis is the founder of the Assembly of Seven Generations (A7G), an Indigenous non-profit youth-led organization. Originating from Fishing Lake Metis Settlement, AB, Gabrielle is an award winning woman for her work in the community, for youth empowerment and Indigenous rights awareness. She has worked with several Indigenous and non-profit organizations. Her previous accomplishments include being appointed as a youth advisor for the Indigenous Youth Voices Initiative and being an access producer, writer, and host of the TV show, Noongom, meaning today in Anishinabemowin, that highlights today's realities of Indigenous peoples.

## WORKSHOP LEAD: DELLA WOODGER

Della Woodger was born and raised on Oakville Ontario, and made the journey to Ottawa Ontario to pursue an undergraduate degree in Psychology at Carleton University. Having experienced mental health struggles herself, Della strives to encourage those around her to break the silence and end the stigma surrounding mental health and mental illness. When she's not giving talks about mental health, Della can be found at Improv practices with her team at Carleton university, or taking her cat, Catsby, for walks out in nature.



## ELDER: VERNA MCGREGOR



Verna brings an in-depth understanding of Native issues having worked with various National and Native organizations. She has also worked at the national level as a coordinator for a task force on financing addressing issues of access to capital for Aboriginal people. She has also worked as a community economic development officer and a significant achievement in this position was the creation of a 10,000 tap maple syrup operation from the feasibility stage to full operation. Other experience includes being a national coordinator for a national non-profit organization representing the Aboriginal shelters and transition houses across Canada. Verna is also a former policy analyst and project consultant for various National Native organizations including her present position as counselor in the delivery of an employment and training program at Minwaashin Lodge in Ottawa, ON.



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