

# Building Strength: Virtual Speaker Series

March 20 - 23, 2023 | 6 pm - 7:30 pm | Virtual via Zoom

The You Empowered Strong team is hosting a virtual speaker series to build strength by having these speakers share their expertise to increase community members capacity and empower Syilx Nation members' in their healing journey.



**MAR 20**

kisakihikawin  
(You are Loved)

Charlotte Whitehead



**MAR 21**

Trauma Informed Care

CTRI: Monica Bhatara



**MAR 22**

niṣá'yp kʷu alá?  
(We have always been here)

Dr. Percy Lezard



**MAR 23**

Responding to Sexual  
Violence

You Empowered  
Strong

OPEN TO EVERYONE!

For more information, contact:

Darryl-Jean Peeman, YES Team Lead  
YES.TeamLead@syilx.org or 778-392-8133  
www.okanagannation.com



**You Empowered Strong (YES)**

The YES program provides community awareness, education and training as well as resources on de-normalizing violence and sexual assault as one of the key steps to create change and change behaviors.