

Mental Health & Addictions from a Haudenosaunee Lens

*Speaking through stories, enhancing
care with Haudenosaunee Peoples.*



Learning Goals:

- ✓ Learn how mental health and addictions are interconnected for Indigenous Peoples.
- ✓ Learn and practice tangible skills to enhance care with Haudenosaunee Peoples.
- ✓ Learn about traditional healing practices to enhance mental health and addictions care for Haudenosaunee Peoples.

Art Credit: Jaci Duguid, Mohawk, Six Nations of the Grand River living in Waterloo Wellington

September 22, 2025

Time: 9:00am-12:00pm

Location: Shelldale Family Gateway, 20 Shelldale Crescent, Guelph ON

Audience: Health service providers, frontline and leadership

Registration: [click here](#)

Light refreshments upon arrival, and a boxed lunch included.

Please note this event is capped at 65 people.

Speakers

Sonny Hill, Traditional Advisor, Mohawk (Six Nations). With his early exposure to ceremonies and being an Indigenous Knowledge Carrier, Sonny provides an overview of the traditional approaches to mental health and addictions care by Haudenosaunee Peoples.

Dr. Amy Montour, Local Primary Care Physician, Oneida (Six Nations). Dr. Montour provides care with the community and Brantford General Hospital (BGH) within medicine and palliative care. She is a founding member of the Indigenous Medicine Group of BGH and collaborator with Haudenosaunee Health Services.



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington



Waterloo Wellington
Older Adult Council



Haudenosaunee Health Services



Guelph
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Ontario Health Team