

Young Warriors Workshop Held By St. Mary's

Janice Alpine – Katrina Joseph, Education Coordinator – St. Mary's Band contacted Lee R Mason, of the Young Warriors Network (YWN) to offer a workshop that focused on alcohol and drug abuse to help youth avoid the pitfalls of addiction. During March 17 – 21, 2008 Lee R Mason of the YWN held a workshop for youth ages twelve years to adults. Thirty to sixty youth participated in this weeklong workshop to learn and understand where the hostility and violence stem from and how to look at alternatives to handle the many issues that the youth are faced with. Discussions with youth included experiences with violence. Lee said, "that in some cases it became very emotional for the youth who identified the struggles with their families. Which was a good exercise to release the tension and learn to reach out for help."

The youth watched earlier videos of the attacks to the different tribes of long ago and examine how it made them feel. Another topic was about choices and consequences. Evening sessions were also held where the parents and youth got together to engage in discussions about possible future initiatives to help keep the youth from falling through the cracks.

Mike Kenmille and Sandra Andrews of Elmo, Mt were invited to participate in the workshop and



Lee R Mason with workshop participants

proved to be an inspiration to the youth. One youth remarked that 'Mike was wise, knows more than he does and learned a lot from him.'

In 1995 Lee started the Young Warriors Foundation as an organization to bring youth workshops to communities throughout British Columbia. Being on the road opened his eyes to the needs in many communities and, to help resolve those needs he developed numerous workshops and healing and training programs. Soon he was facilitating across Western Canada and up into the Yukon and North West Territories and is still going strong ten years later. Lee works alone, and encourages all the

youth he encounters to call him any time they need to talk. Lee leaves his information cell (604) 313 2896 email info@youngwarriors.net website www.youngwarriors.net.

Evolving from the YWN Workshop was the Youth Council. According to Nicole Williams, Treasurer, the Council was put in place to get more youth activities into the communities and that they are also willing help in as many activities and functions the Nation is engaged in. The Council is in effect as long as possible. If anyone would like to know more about the Youth Council please can contact Katrina Joseph at the St. Mary's Band 250 426 5717.