



### Family Caregivers Unite!

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**May 19th 2015: Trauma, Mental Health and Addictions, a Lifelong Healing Journey**

Ernest Matton (Little Brown Bear), [ernest@look.ca](mailto:ernest@look.ca), is a Métis helper and guide who inspires living in today's hectic world, and bridging culture and professional disciplines to assist people in finding help. Tom Regehr, self-employed since he was 14, is the founder of CAST Canada, <http://www.cast-canada.ca/>, which promotes better understanding of trauma and healing. They talk about their lives, careers and work. They explain what's involved in the trauma they discuss. They highlight the most challenging of the challenges created for mature adults, youths and families by the trauma. They explai

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### Featured Guests



#### Ernest Matton

Ernest Matton (Little Brown Bear), [ernest@look.ca](mailto:ernest@look.ca), is a Métis helper and guide who inspires living in today's hectic world, and bridging culture and professional disciplines to assist people in finding help. His blending mainstream information with Aboriginal teachings has created culture-sensitive programs that are appropriate for healing journeys. With his years of experience on and off reserve and with mainstream agencies, he makes wellness practices and spirituality simple. Drawing on his academic background, vast work and personal life experiences, he focuses on what works to bring balance and inspiration to everyday life. He's a member in good standing with the Canadian Addiction Cou

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#### Tom Regehr

Tom Regehr, self-employed since he was 14, is the founder of CAST Canada, <http://www.cast-canada.ca/>. CAST coordinates workshops, conferences and keynote speaking to help professionals and corporations to better understand trauma and unresolved grief in addictions, homelessness, chronic unemployment and mental illness. He reflects his own direct, lived experience with these challenges. He's developed his materials by facilitating over 80 panel discussions in which individuals recovering from trauma and addictions offer feedback to helping professionals. He's developed unique trauma-based workshops for service providers and clinicians. Many agencies a

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