

✉ All CMLTA Members

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**From:** CMLTA <cmlta@cmlta.org>  
**Sent:** 8/25/2023 7:30 PM  
**To:** All CMLTA Members  
**Subject:** CMLTA Blanket Exercise - Free In-Person Event

## CMLTA Blanket Exercise In-Person Event

In recognition of the National Day for Truth and Reconciliation, the CMLTA will be holding Blanket Exercises in Edmonton and Calgary on October 3rd and 5th respectively. *This is a free event and there is no cost to our members.*

Below is information on our presenter for this event and the education they will be providing. To register for either event please click on the corresponding links.

A blanket ceremony exercise is a workshop or activity inspired by Indigenous traditions, often used in educational and corporate settings to foster understanding, empathy, and awareness about the history and experiences of Indigenous peoples.

The session is being presented by facilitator Kevin John with the organization They Build Bridges. Kevin created the organization with his sister as a way to "build bridges," between Indigenous and non-Indigenous individuals.

### **Edmonton Event**

When: October 3, 2023

Time: 5:00 PM to 9:30 PM

Where: Sawridge Inn and Conference Center Edmonton South

Click [here](#) to register.

### **Calgary Event**

When: October 5, 2023

Time: 5:00 PM to 9:30 PM

Where: The Winston Golf Club

Click [here](#) to register.

### **Event Agenda**

Registration and Dinner

5:00 PM – 6:00 PM

Blanket Exercise

6:00 PM – 9:00 PM

Limited spots available. Please register to ensure your spot. Light dinner will be provided.

If you have any questions, please email [cmlta@cmlta.org](mailto:cmlta@cmlta.org).