



Day Program

Facilitator

START DATE: JANUARY 27, 2025

SPIRIT HEALING LODGE

TOPICS:

- AA meetings (recovery plans)
- Anger awareness
- Healthy nutrition planning
- Healing relationships
- Well-briety
- Physical activity
- Mending broken hearts
- Land-based activities
- Equine assisted learning
- Community outings

Billie Dee Buffalo

Billie Dee Buffalo is from the Samson Cree Nation and Tsuut'ina Nation. She grew up with the rodeo and powwow lifestyle. Billie Dee has 4 children, she was raised in a traditional way off life taught by Arthur onespot and Todd Buffalo. Billie loves to help her people, fitting the role as the Tsuut'ina Health and Wellness Day Program Facilitator. She has her addictions education completed through Sun Dance college. Billie has a vision for the Day Program, it is to help the Tsuut'ina Nation Members heal and move forward to healthy positive lifestyle.

Kyle Young Pine (Agapi) is Nitistapii (Blackfoot) from the Kainai First Nations Blood Tribe. Kyle is day program co-facilitator with Billie-Dee One Spot Buffalo. He is a Recovery coach, recovery advocate, educator, lululemon ambassador and father. Kyle enjoys skateboarding, encouraging youth to embrace their Indigenous roots and finds opportunities to bridge the gap between Indigenous and non-Indigenous communities. Kyle has been living a life of recovery for over a decade and jumps at all opportunities to spread awareness about overcoming addiction and trauma. Kyle believes the keys to success in sobriety is through culture, community and living an Indigenous life.

Facilitator



Kyle Youngpine



Contact: Billie Dee (403) 991-7821 Kyle (403) 477-4682