

A Message of Truth, Healing, and Hope

The Upper Ottawa Valley Seniors Friendship Club is honoured to welcome George Couchie to our community for an upcoming talk that promises to be powerful, honest, and deeply moving.

George is from Nipissing First Nation and belongs to the Red-tailed Hawk Clan. A former Ontario Provincial Police officer, he has dedicated the past 30 years to educating others about Indigenous history, culture, and the impacts of trauma. He has trained over 6,000 officers across Ontario through a week-long program focused on understanding the history and lived experiences of Indigenous peoples.

But for George, this isn't just a presentation—it's his passion.

During his visit, George will speak about the traditions and teachings of Indigenous communities, the legacy of residential schools, the Indian Act, the Sixties Scoop, and other parts of history that were never taught in schools. He also shares how these histories continue to affect First Nations people today, and what healing and change can look like—both inside and outside our communities.

As a retired police officer, George offers a rare and honest perspective on how policing has impacted Indigenous people, and how we can move forward with greater understanding, respect, and compassion.

We invite you to join us for this important conversation—one rooted in truth, but also in hope. George's message is not just about the past, but about the future—about the strength, resilience, and beauty that continues to live in First Nations communities today.

Don't miss this chance to listen, learn, and reflect. All members of our communities are welcome to attend this Indigenous Cultural Awareness Workshop. This is a full day workshop, on June 10 from 8:45am to 3pm. The workshop will be limited to a maximum of 50 participants. A catered lunch will be provided along with healthy morning and afternoon snacks. Attendance to this workshop is free, but you must register in advance with the UOVSCF to reserve a seat (phone 613-401-3452 or email: 23uovsfc55@gmail.com).

We are grateful for a grant from Canada's New Horizons for Seniors program that allows this wonderful opportunity to be available in our community.