



My name is Heather Courchene, a harm reductionist and I hold a passion for project management. I'm Ojibway and from Sagkeeng First Nation, Fort Alexander, Manitoba.

As a proud mother of three and a full-time working single parent, I currently live in Powerview-Pine Falls. Within our rural communities, I actively advocate for enhanced programming aimed at youth, people who use substances, 2SLGBTQIA+ community, and cultural activities.

As the Treasurer of the Survivor's Hope Crisis Centre (SHCC), I have been an active volunteer board member for two years, alongside four years of prior networking with the organization. SHCC is a vital resource center addressing sexual assault and violence, offering inclusive support and crisis intervention through our Sexual Assault Recovery and Healing (SARAH) program. We also provide educational resources for schools via the Sexual Assault Discussion Initiative (SADI) and engage communities through our Reaching Out Program. Volunteering and collaborating with our exceptional team has been incredibly fulfilling throughout community events and meetings.

Furthermore, I serve as the Director of Cultural Initiatives and Programming at Sunshine House. We are located in Winnipeg and are a community resource center dedicated to harm reduction and social inclusion, offering a space where individuals can participate in programming without the expectation of sobriety. Rooted on Treaty 1 Territory, which encompasses the ancestral lands of the Anishinaabeg, Cree, Oji-Cree, and Dakota peoples, as well as the homeland of the Métis Nation, Sunshine House honors the intricate histories and traditions of Indigenous peoples and communities. Our commitment to proactive decolonization informs the programs we develop.