



FEMMES AUTOCHTONES DU QUÉBEC
QUEBEC NATIVE WOMEN

Biography

Let me introduce myself. I'm **Annick Flamand**, the name I was given at my baptism. Mirosimakate Masko Iskwew is my spiritual name. I am honoured to be an Atikamekw Nehirowiskwew. I am registered as a member of the beautiful community of Manawan, where I was born, raised and lived most of my life. As a mother, I have four beautiful children, three grown boys and one beautiful little girl. I'm a young and proud Kokom of 8 grandchildren. I'm the daughter of residential school survivors, so intergenerational trauma is part of my heritage, shaping my personal, social and professional development. Adopted as a child, I grew up in a family where education and values were important: truth, respect, honesty, humbleness wisdom, courage and love.

I have an *ès par cumul* bachelor's degree in science and art from the Université du Québec à Trois-Rivières, with a minor in psychology, a minor in gerontology, and a minor in human resources management. I also hold a diploma in addiction prevention, a short program offered by the Université du Québec à Chicoutimi.

I have been involved with Quebec Native Women for many years. There are many reasons for my involvement with QNW. As caring, open-minded, curious, dedicated, and challenging woman, I pursue my professional development to better help my fellow human beings and contribute to their fulfillment.

In my professional life, I have held several positions and taken on many challenges. I have been assigned to executive, management, coordination, project management, and initiator positions in developing projects that respond to the issues and needs of Atikamekw women and community healing.

I was also involved at the political level as an elected councillor on the Manawan Atikamekw Council from 2014 to 2018. My professional and political experiences have taught me the importance of mutual aid, humility, dedication and involvement at the family, community and social levels.

