

COME WALK WITH US...

Saturdays 7:00 PM Eastern



Conversations, Connecting & Community
with Brennan Googoo & Pytor Hodgson



Live On Facebook

www.facebook.com/3ThingsConsulting/



Our business, Three Things Consulting, pretty much crashed as a result of COVID by the end of March 2020. Our team had to adjust and pivot as our projects, (which are focused on healing and increasing space for young voices), ended one by one, with some of our consultants struggling with anxiety and feeling overwhelmed at the front end of this pandemic.

So, we started a weekly show on Facebook Live, **Come Walk With Us**...to talk about mental health and wellness.

Our Story, So Far...



As we are a small Indigenous owned firm, and sometimes the content of Come Walk With Us... reflects that, we simply like to share cool, empowering, and awesome stories, that could (or should) be of interest to everyone. While we originally talked about mental health and wellness our scope and interest has expanded as can be seen in our guests over the past two and a half years.

That's how we have created a little bit of awesome in our corner of the Internet. No, we don't have millions of followers, though quickly saw that our audience was very connected to this virtual community we were building, and now we have a consistent group who tune in each Saturday night.

We have had almost 200,000 views since our first episode in April 2020 and when we stopped for a break for the summer of 2022, we celebrated our 100th episode.



Come Walk With Us...

Look who's coming to walk with Brennan & Pytor tomorrow on Facebook Live!

Elder Mae Louise Campbell grew up rooted in nature's cycles and Indigenous cultural values. Elder Mae Louise embodies a healing spirit, knowing from experience that only when women take their rightful places as healers, leaders, and grandmothers – all walking proud – can families and communities heal.

Jamie Goulet is a community leader and knowledge keeper in Manitoba and champion of women and children. Her passion and commitment has led to her working collectively with other women in creating a village that will heal the inter-generational trauma from the effects of colonization and residential school systems.

The dynamic mother-daughter duo, Elder Mae Louise and Jamie ran Grandmother Moon Lodge for almost 18 years and now, with the Clan Mothers Elder's Council are building the Clan Mothers Healing Village.

Kalolin Johnson, from Eskasoni First Nation while still in high school was the featured singer in "Gentle Warrior" a song based on the poem "I Lost my Talk" by Rita Joe. She has performed with the National Arts Centre Orchestra and throughout Nova Scotia, across Canada and internationally, including at a Cultural Showcase in Lima, Peru.

With Special Guests

WATCH LIVE!
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Three Things Consulting
You matter.
You are important.
You belong.



SATURDAY, MAY 30TH
7:00 PM EDT





Come Walk With Us... Holiday Special

Pytor's long-time friend, co-worker & roommate reconnect after a number of years, and he's been some busy since their last brunch in Vancouver. While Lane was an outstanding Youth Worker in Calgary & Vancouver, he was bitten by the acting bug and even with a late start, Lane's focus & determination helped land him roles in Arrow, The Killing, Falling Skies, Supernatural, and Motive! He can also be seen opposite Sam Worthington in The Shack and has been directed by Robert Redford in The Company We Keep. Lane can currently be seen as Sheriff Duncan in Virgin River and as Paul Sowerberry in the hit show Riverdale.

Yet, you might recognize Lane from a series of holiday movies including Karen Kingsbury's Maggie's Christmas Miracle, Christmas Icetastrophe, A Christmas Duet, Christmas Waltz and Christmas Unleashed. Sounds like Lane is the perfect Holiday Show guest, doesn't it?

He'll be joined by our good pal, Drives the Common Man, who, since his last visit has a new single, Night Vision which you can find on all music platforms including multiple Apple Music Playlists including New in Pop and Indigenous Now. We'll get a chance to chat a bit more with Drives and we look forward to having the chance to get to know the Common Man behind the music!

WATCH LIVE!
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With Guest Co-Host Kikwa D.



SATURDAY NIGHT!
SATURDAY, DECEMBER 19TH!
7:00 PM EST

COME WALK WITH US...
www.facebook.com/3ThingsConsulting



Come Walk With Us...

Join us as we talk about Land Acknowledgements - the brilliant, the brutal and the ugly. At meetings, in schools and special events we are hearing them - but are folks, really, listening?

Melody Martin-Gogoo is a Mi'kmaw educator working as Coordinator of Mi'kmaw Education Services for the Chignecto Central Regional Centre for Education. She is from the Millbrook First Nation, (a small tract of land set aside for the exclusive use of Millbrook band members within Mi'kma'ki, the traditional territory of the Mi'kmaq people as stated in the Indian Act). Melody has worked on Treaty education resources under the guidance of Mi'kmaq elders and collaborates with her ALLY'S (colleagues) on the pursuit of treaty education. Melody is the devoted wife to Christopher and super loving mother to Brennan, Madi & Brady...and kinda Macey (our fur child).

Denise Hampden is currently the Regional Education Officer for one of Canada's largest unions. With ancestors in the soil of Africville and Sipekne'katik First Nation, their legacy guides her work for social and racial justice. She has spent her entire working life as a labour educator advocating for workers and fighting for justice. Her work delivering the Trouble with Land Acknowledgements workshop is a direct extension of anti-bigotry, anti-colonialist, pro-feminist, and climate justice work that she has been doing in her union and community.

WATCH LIVE!
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With Special Guests

THIS SATURDAY NIGHT!
JANUARY 23RD
7:00 PM EST

COME WALK WITH US...
www.facebook.com/3ThingsConsulting

We're blessed to be surrounded by awesome in our day to day work and so, that has been seen in the calibre of guests who have Come Walk(ed) With Us...

Joining us on Saturday nights have been multiple Indspire Award winners, Juno Award winners, Olympians, artists, musicians, TikTok stars, actors and film makers, entrepreneurs, young changemakers, politicians, activists, chef's, Elders and educators all who are changing the world with their gifts!

We invite you to join this growing list of awesomeness!

Come Walk & Roll With Us...

We've talked about how resilience inspires us and this amazing story & talent will inspire us all!

In 1995, Pytor and Troy met, both working at shelters in Calgary. Fast Friends, while they haven't seen each other in many years, have stayed connected, and with each catch up over the year, it's like no time has gone by. This week Troy will meet Brennan and share his powerful and inspiring story and how he became April's Awesome Ottawa award winner to support his efforts to teach people living with disabilities how to cook simple, healthy meals.

Troy was hospitalized two and a half years ago when he suddenly couldn't walk and started having seizures. After five months in hospital, he was diagnosed the very rare, Ataxia, a degenerative disease of the nervous system. Told he would never be able to live on his own again. "I had to give up my place and move to a retirement home," he says, "but I fought hard and am now in independent supported living. I want to help others live independently as well."

Troy used to be a chef, though now confined to a wheelchair is no longer able to cook professionally. Wanting to find a way to keep cooking and give back to the community, he started out making some meals for others, and eventually came up with the idea of teaching other people with disabilities how to cook - so they would feel and have more independence.

Troy has been a change maker long before his diagnosis and as you'll see - as a chef, story teller and all around amazing guy, he'll have you inspired, laughing and...he'll teach us how to make a simple salsa on Saturday night!

THIS SATURDAY!

MAY 1ST, 2021

7:00 PM EST

WATCH LIVE!

www.facebook.com/3ThingsConsulting

COME WALK WITH US...

Saturday 7:00 PM EDT

Live On Facebook

Come Walk With Us...

Look who's coming to walk, (or maybe swim) with Brennan & Pytor tonight - on Facebook Live!

With Special Guests

WATCH LIVE!

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Three Things Consulting

You matter. You are important. You belong.

We're also excited to welcome ... one of our special guests! What's a Saturday night without some - you thought we would accidentally tell you? Join us to find out - trust us, you will love it!

with Brennan & Pytor

SATURDAY, MAY 23RD

7:00 PM EDT

Come Walk With Us...

This week hundreds of young people are gathering to say, as loud as they can, this is the #CanadaWeWant.

Kwaku Agyemang, Network Lead with The Students Commission of Canada (SC) is one of the organizers of the gathering, and we are going to catch up with him as we learn about their annual youth gathering - for the first time, taking place fully virtually.

WATCH LIVE!

We'll get to know Kwaku a bit more, both in & out of the SC, and get some tips from his experience as a cohost of The Wasteman Podcast, an entrepreneur and creative content producer!

No doubt, we'll also hear more about what young people are experiencing and sharing about Canada today.

Be prepared to be inspired, entertained and, we bet, have a few laughs.

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SATURDAY NIGHT!

MARCH 6TH

7:00 PM EST

COME WALK WITH US...

Saturday 7:00 PM EDT

Live On Facebook

While we don't monetize the program, we have been commissioned for several special episodes, for example, having hosted virtual National Indigenous Peoples Day Celebrations in 2020 and 2021.

We have partnered with the Canadian Olympic Committee, Girl Guides of Canada, Kingston National Indigenous Peoples Day (KNIPD) Committee, and Friends of Inner Harbour for these special episodes. It has been humbling and privilege each time we are asked to help showcase an important story.

We also use Come Walk With Us...as a tool to contribute to and boost charities and organizations that we have learned about through the guests on the show.



We launched this season on October 15th, 2022 and will be going live on Saturday nights until next summer – and we would be so grateful for you to join us.

Now we'll be honest. If you've taken part in other interviews, live shows, podcasts or programs, there is a good chance, this won't be like that experience. We are very casual, as a rule unscripted, and we simply want to welcome you to our community, listen and learn from your experiences, insights and stories.

You have been invited to join us as we think your story is one that matters. We think you matter. We know we can learn more by having you join us one Saturday night.

We hope you'll Come Walk With Us...



*Come Walk With Us...
Art Matters*

One of Pytor's oldest friends, Wally Dion, is an Indigenous artist from Saskatchewan now living and working in New York state. His partner, Sophia Reading, also an artist, is principle of StudioSophiaSophia. Wally's work includes painting, drawing and sculpture, with his art concerned with issues of identity and power. Wally has had more than 30 solo and group shows with awards and residencies around the world. Sophia makes jewelry that is not for wallflowers, with each piece made by hand, using basic metalsmithing techniques which have been rooted in traditional practices for decades.

Jaylene Cardinal and Dakota Ward are Indigenous artists and entrepreneurs, originally from Edmonton and now living Kingston. Creating everything from abstract resin and acrylic paintings to producing hip hop, Dakota expresses himself through his creative nature. Each piece he says, 'is a part of me'. Jaylene values her creativity where she gets to express her culture and being. Focusing on jewelry, she also creates modern abstract art, including 3D pyramids and more traditional work such as dreamcatchers.

Dakota hopes to be an example to Indigenous youth, starting with their four kids: showing that they can be anything they envision, and Jayleen strives to become role model for up and coming female artists.

WATCH LIVE!
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With Special Guest

THIS WEEK!
SATURDAY, AUGUST 20TH!
7:00 PM EDT







Come Walk With Us...

Kim Pate was appointed to the Senate of Canada on November 10, 2016. First and foremost, the mother of Michael and Madison, she is also a nationally renowned advocate who has spent nearly 40 years working in and around the legal and penal systems of Canada, with and on behalf of some of the most marginalized, victimized, criminalized and institutionalized — particularly imprisoned youth, men and women.

Senator Pate was the Executive Director of the Canadian Association of Elizabeth Fry Societies (CAEFS) from January 1992 until her appointment to the Senate, and prior to that was instrumental in opening doors that Pytor was able to walk through in his early life, leading him on the path he is today.

Old friends, Pytor is excited to have Brennan meet Kim and have the two of them learn more about what the transition from advocate to Senator has been like, and how she has been using social media to communicate her messaging in ways that are introducing a new generation to topic that matter in this world.

Grab a tea and join us as we welcome a guest who defines the term changemaker.

WATCH LIVE!
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*With Special Guest
Senator Kim Pate*

THIS SATURDAY NIGHT!
SATURDAY, AUGUST 28TH!
7:00 PM EST







Come Walk With Us...

This Saturday night we get a close up look at resilience and leadership with our two amazing friends coming to join us!

Our good friend **Sheila North** is a change maker like few others. The former Grand Chief of Manitoba Kewatinowai Okimakanak, Sheila has long been addressing the crisis of missing and murdered Indigenous women, and in fact, created the hashtag #MMMW which is now commonly used world wide. She continues to work closely with families, friends, as well as Indigenous and non-Indigenous leaders to advance the political will to address racism and the issues around violence against Indigenous people. Also known for her work in media as a journalist for the CBC and a correspondent for CTV News, it was not a surprise when Sheila released the documentary "1200+", highlighting some of the systemic issues that place Indigenous women at greater risk for violence and sexual exploitation.

20 year old **Noah Ross**, an emerging singer/songwriter released his first album at 17 and has dropped two more since. He keeps learning and building both his skills and audience who have been responding to his ever changing genre choices! We met Noah when he was 13 when he travelled to the NWTF with a group of Indigenous and non-Indigenous youth as part of a reconciliation and leadership project. Now studying and living in Toronto, we are thrilled to catch up with Noah and get his take on his world and path forward - and hear some of his amazing tracks!

WATCH LIVE!
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With Special Guests

SATURDAY, OCTOBER 24TH!
7:00 PM EDT





Again, there won't ever be a bazillion views – but for those who do tune in, we love that connection that takes place between us all, week after week.

Come Walk With Us...

Saturday Nights at 7:00 PM Eastern

<https://www.facebook.com/3ThingsConsulting>
www.3things.ca



Come Walk With Us...

A year ago, Brennan and Pytor along with a delegation of elite Indigenous youth athletes and adult allies were off to Peru for the Pan American Games and a powerful visit to Machu Picchu.

Though an experience of the lifetime, it meant Pytor missed his friends Romil and Parita's wedding...

A year later they agreed to Come Walk With Us... and share thier love story and recap what the first year of marriage has been like: what they've learned, what tips they would share with others and fun things they've learned about this new chapeter in thier lives!

TONIGHT!
SATURDAY, JULY 25TH
7:00 PM EDT

the Newlywed Game

You don't want to miss our version of the Newlywed Game, where Romil and Parita compete to see just how well they know each other!

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You belong.

COME WALK WITH US...
Saturday 7:00 PM EDT
Live On Facebook



Come Walk With Us...

Relationships & Reconciliation
with Brennan & Pytor tonight on Facebook

Kathy (Kate) Brant, a member of the Mohawks of the Bay of Quinte and living in Tyendinaga Mohawk Territory and Liz Panighel, a retired teacher and school principal from Alliston, Ontario met shortly after the release of the Truth and Reconciliation Final Report. Neither would have known then that their friendship, could and would matter so much.

SATURDAY, JUNE 27TH
7:00 PM EDT

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COME WALK WITH US...
Saturday 7:00 PM EDT
Live On Facebook

Join us as we talk with two Elders and learn how they have listened, learned and grown as friends and individuals and are a beautiful example of how truth can lead to reconciliation.



Come Walk With Us...

During these challenging times, there is a reported increase in substance use and abuse and a greater challenge for those experinecing addiction than ever before. Ray Watson will be the first to tell you, he doesn't know everything about addiction and recovery; though after being clean for 17 years, he knows a thing or two about a thing or two, from his own lived experience.

Ray joins us as we talk this week about addiction and recovery: the process of accepting, learning, working, healing, growing...and doing it all over again the next day.

We'll talk about what substance abuse looks like today, for youth, families and communities and celebrate the hope and strength so many have found while walking this path towards a healthier future.

THIS WEEK!
SATURDAY, AUGUST 22ND!
7:00 PM EDT

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Saturday 7:00 PM EDT
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