

CAMH and NCCIH film screening (webinar) - Considering impacts of and responses to climate change through participatory filmmaking: Youth perspectives from Yellowknife and the experiences of the Philippines Indigenous diaspora in Toronto



The Kabanguetan Dance Troupe is an intergenerational collective established in 2022. It is composed of Indigenous immigrants from Benguet Philippines who aim to preserve and revitalize Indigenous Cordilleran culture in Canada. Rooted in the values of interrelatedness and interconnectivity, the group uses traditional dance—such as the Bindiyan and Tayaw—as a living practice for storytelling and passing down ancestral knowledge. Through performances and intercultural exchange, they celebrate Kabanguetan identity while sharing the rich heritage of the Igorot people with the broader Canadian community.

Connect with the Kabanguetan Dance Troupe:

Facebook - [KabanguetanDT.CA](https://www.facebook.com/KabanguetanDT.CA)

YouTube - [Kabanguetan Dance Troupe](https://www.youtube.com/KabanguetanDanceTroupe)



National Collaborating Centre
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Preserving heritage, dancing our stories

Established in June 2022, the Kabanguetan Dance Troupe is a vibrant, intergenerational collective dedicated to the preservation and revitalization of Indigenous Cordilleran culture. More than just a performance group, the troupe serves as a living bridge between generations, ensuring that ancestral knowledge, rhythms, and movements are passed down and reclaimed within the Filipino diaspora.

Our mission and practice

The Kabanguetan Dance Troupe embraces storytelling and community-building as a central practice. By centering the rich heritage of Kabanguetan identity, the dance troupe honors a culture rooted in deep values of interrelatedness and interconnectivity. For many members, the dance troupe is a space for "re-learning" and a way to reconnect with traditions and values that are vital to their identity as Indigenous Igorot people residing in Canada.

Cultural performances

The Kabanguetan Dance Troupe is known for its staged renditions of traditional dances, most notably the Bindiyan and Tayaw. Accompanied by the rhythmic beating of the gongs, *solibao*, *kimbal*, and *tiktik*, these performances are a powerful vehicle for intergenerational storytelling and building individual and community identities that are rooted in core values to the immigrant settlement journey.

Community engagement and exchange

The Kabanguetan Dance Troupe has graced the stages of various festivals, heritage events, and cultural celebrations across Ontario. Beyond performance, the troupe actively seeks opportunities for intercultural exchange, collaborating with other cultural groups to share Benguet traditions with the larger Canadian society. Through dance, the group aims to foster a deeper understanding of Indigenous immigrant experiences and the enduring strength of the Igorot spirit.



Presenter bios for Seeds of tradition: Immigrant Indigenous farming practices in Ontario's changing climate



Roselyn Cosalan is a member of the Ibaloi Indigenous Peoples from Bokod, Benguet, Philippines and a cultural leader within the Filipino diaspora in Canada. Guided by her father's teaching to live like a rice plant—showing gratitude to the land and humbly sharing one's "harvest" with others—she has spent decades advocating for the welfare of Indigenous communities, first in the Philippines and now as a mentor and organizer within the Cordillera immigrant community in Ontario. In 2022, she co-founded the Kabenguetan Dance Troupe, where she serves as Creative Director and Advisor, leading efforts to revitalize ancestral dances and pass traditional values and dance to future generations.



Gretchen Mangahas is an Indigenous Ibaloi and Kankana-ey community leader whose work bridges scholarship, cultural practice, and community empowerment. Rooted in Benguet in the Cordillera Region, Philippines she brings deep knowledge of Indigenous values and community dynamics. Specializing in Intercultural Communication, she leads cultural initiatives in Toronto as co-founder of Likha Filipino Cultural Hub, Kabenguetan Dance Troupe, and Managing Director of Inabelution. Her work champions ethical cultural sharing and co-creation, representation, intergenerational storytelling, and cultural resurgence.



Leanne Lacap is a research coordinator and community-engaged storyteller whose work bridges mental health, migrant narratives, and social equity. She supports mixed-methods research, data visualization, and community-driven knowledge translation at St. Michael's Hospital and CAMH. A former Radyo Migrante host, she highlighted Filipino migrant stories and advocacy. Her earlier roles in care coordination and community service strengthened her communication and client-centered practice. As the project co-lead, Leanne brought perspectives from her research and organizing work into participant engagement.



Patricia de Leon is a mental health practitioner, speaker, and emerging storyteller whose work bridges community well-being, youth advocacy, and creative communication. With frontline experience at Jack.org, Lakeridge Health, Durham CAS, and the Mental Health Commission of Canada, she brings a trauma-informed, people-centered approach. A motivational speaker and mental health advocate, she translates complex concepts into accessible narratives. Patricia is also a member of the Folklorico Filipino Dance Troupe. Patricia captured the project participants' stories turning them into a beautiful short documentary film.



Aivien Shudimai Mangahas is an Indigenous Ibaloi and Kankana-ey youth whose work centers on cultural continuity, storytelling, and community engagement. Rooted in the Philippine northern highlands, she shares and practices Cordilleran traditions through creative content and outreach. In Toronto, she is a Community Engagement Worker with Agincourt Community Services Association. Her past roles—including Councillor Aide and digital content creator—reflect her commitment to uplifting community voices and cultural pride. Aivien served as the coordinator for this project.



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© 2026 The National Collaborating Centre for Indigenous Health (NCCIH). This publication was funded by the NCCIH and made possible through a financial contribution from Health Canada and the Public Health Agency of Canada (PHAC). The views expressed herein do not necessarily represent the views of Health Canada or PHAC.



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