



HEALTH AND WELLBEING

PROGRAM QUESTION	What is Reconciliation?
-------------------------	-------------------------

TIMELINE	60-120 minutes
-----------------	----------------

LEARNING OBJECTIVES

- To understand how oppressive histories in Canada have led to intergenerational trauma
- To understand how intergenerational trauma manifests itself and its connection to Residential Schools
- To take an active part in the healing process by deconstructing agents of harm: self-medication, lateral violence, and cultural shame
- To understand the concepts of harm reduction, community care, intersectionality, and queerness, and how this connects to Reconciliation
- To obtain an understanding of Indigenous traditional medicines and their uses

CONTENT

Although Canada boasts one of the highest qualities of life in the world, this is not the reality for Indigenous peoples, particularly those living on reserve. Nearly 50% of Indigenous children in Canada live in poverty, and Indigenous peoples are twice as likely to die from avoidable causes than the average Canadian. The underlying issues for the health crises facing Indigenous communities are well documented: unsafe drinking water; lack of adequate housing and affordable food supplies; lack of adequate health care and emergency services; lower income levels and lack of access to education and economic opportunity. Mental health is a key concern, including high levels of anxiety and depression, addiction, abuse, and suicide. Although the challenges can seem overwhelming, this unit will underscore the urgent need for action, and introduce some amazing people and organizations that are shaping a path forward.





ACTIVITY		
ACTIVITY	Nature Walk	
TIMELINE	60-120 minutes	
MATERIALS	<ul style="list-style-type: none"> • Reconciliation Conversations – Health and Wellbeing Google Slide • <i>Optional: device for taking photos</i> 	
1 Learn Explore the Google slide as a group. Share what you know about traditional medicines and other plants in your region.	2 Walk As a group, or as individuals, set out on a Nature Walk scavenger hunt. Keep an eye out for traditional medicines and other regional plants. <i>Optional: Take photos of what you were able to find and create a mosaic using padlet.com</i>	3 Share Reconvene and discuss. What plants in your territory? Which ones were you able to find? What did you notice for the first time? What emotions did you experience?
Additional Prompts: How was the experience for you? Was this your first time looking for Traditional Medicines? What would you like to do with the Traditional Medicines? Do you want to use them? Why or why not? (discussing cultural shame) Do you have any Traditional Medicines or practices within your culture or community that you practice for health & wellbeing? When practicing health and/or wellbeing in your own life, what kinds of emotions are you met with when you do these activities? Why do you think it is important to have a knowledge of Traditional Medicines? Have you ever learned about Traditional Medicines before? What do you think we gain when we teach about Traditional Medicines? How can we ensure the survival of Traditional Medicine teachings? How do you think this is an act of Reconciliation?		



RESOURCES / NOTES

2-Spirits Resources: <http://www.2spirits.com/>

Across Boundaries <http://www.acrossboundaries.ca/>

Anishinaabe Kwewag Gamig: <http://akgshelter.ca/>

Anishnawbe Health Toronto: <https://www.aht.ca/>

Bounce Back Ontario: <https://bouncebackontario.ca/>

Calgary ConneCTeen: <https://calgaryconnecteen.com/>

Canadian Mental Health Association: <https://cmha.ca/>

Canadian Psychological Association: <https://cpa.ca/psychologyfactsheets/>

Centre for Suicide Prevention: <https://www.suicideinfo.ca/>

Children's Mental Health Ontario: <https://cmho.org/>

Chimo Helpful: <http://www.chimohelpline.ca/>

Connect with Culture... for Life: <http://cultureforlife.ca/index.html>

Empowering the Spirit: <http://empoweringthespirit.ca/>

First Nations Health Authority - Health through wellness: <https://www.fnha.ca/wellness>

First Nations Pedagogy: <https://firstnationspedagogy.com/theory.html>

First Nations Youth Suicide Prevention Curriculum: <http://firstnationsuicideprevention.com/>

Indigenous Services Canada - Hope for Wellness Help Line awareness - Need to talk?: <https://www.sac-isc.gc.ca/eng/1576092599338/1576092641234>

Inuit Tapiriit Kanatami: <https://www.itk.ca/>

Kids Help Phone: <https://kidshelpphone.ca/>

Lesbian Gay Bi Trans Youth Line: <https://www.youthline.ca/>

Life Voice - Indigenous Crisis Supports: <https://www.lifevoice.ca/crisis-supports/indigenous-crisis-supports>

Me to We: <https://www.metowe.com/leadership-programs/indigenous-leadership-education/>

Métis Nation Health - Resources: <https://health.metisportals.ca/index.php/resources>



Métis Nation of Ontario - Healing and Wellness: <http://www.metisnation.org/programs-and-services/healing-wellness/>

mindyourmind: <https://mindyourmind.ca/>

National Collaborating Centre for Aboriginal Health - Aboriginal Peoples and Historic Trauma: <https://www.ccsa-nccah.ca/docs/context/RPT-HistoricTrauma-IntergenTransmission-Aguiar-Halseth-EN.pdf>

Native Women's Association of Canada - Aboriginal Lateral Violence: <https://www.nwac.ca/wp-content/uploads/2015/05/2011-Aboriginal-Lateral-Violence.pdf>

National Association of Friendship Centres: <https://www.nafc.ca/en/friendship-centres>

Native Youth Sexual Health Network: <http://www.nativeyouthsexualhealth.com/index.html>

Ontario Native Women's Association: <https://www.onwa.ca/>

Pass The Feather: <https://passthefeather.org/>

Right to Play: <https://www.righttoplay.ca/en-ca/national-offices/national-office-canada/get-involved/play/>

The Island Helpline: <https://www.theislandhelpline.com/>

Thunderbird Partnership Foundation- First Nation Mental Wellness Continuum Framework : <https://thunderbirdpf.org/first-nations-mental-wellness-continuum-framework/>

University of Toronto - Centre for Addiction and Mental Health: <https://lgbtqhealth.ca/community/two-spirit.php>

Two-spirited podcasts: <https://lgbtqhealth.ca/projects/two-spiritedpodcasts.php>

We Matter: <https://wemattercampaign.org/>

Well for Culture an Indigenous Wellness Initiative: <https://www.wellforculture.com/>

Youth Space: <https://www.youthspace.ca/>

CHALLENGE

Wellness Bingo

Step 1) Download the graphic, and check off the items you have completed today for your wellbeing. If you can't do them all today, there is always tomorrow!

Step 2) Share it on your personal account and make sure to tag Experiences Canada!



@ExperiencesCanada



@experiencescanada



@ExperiencesCAN