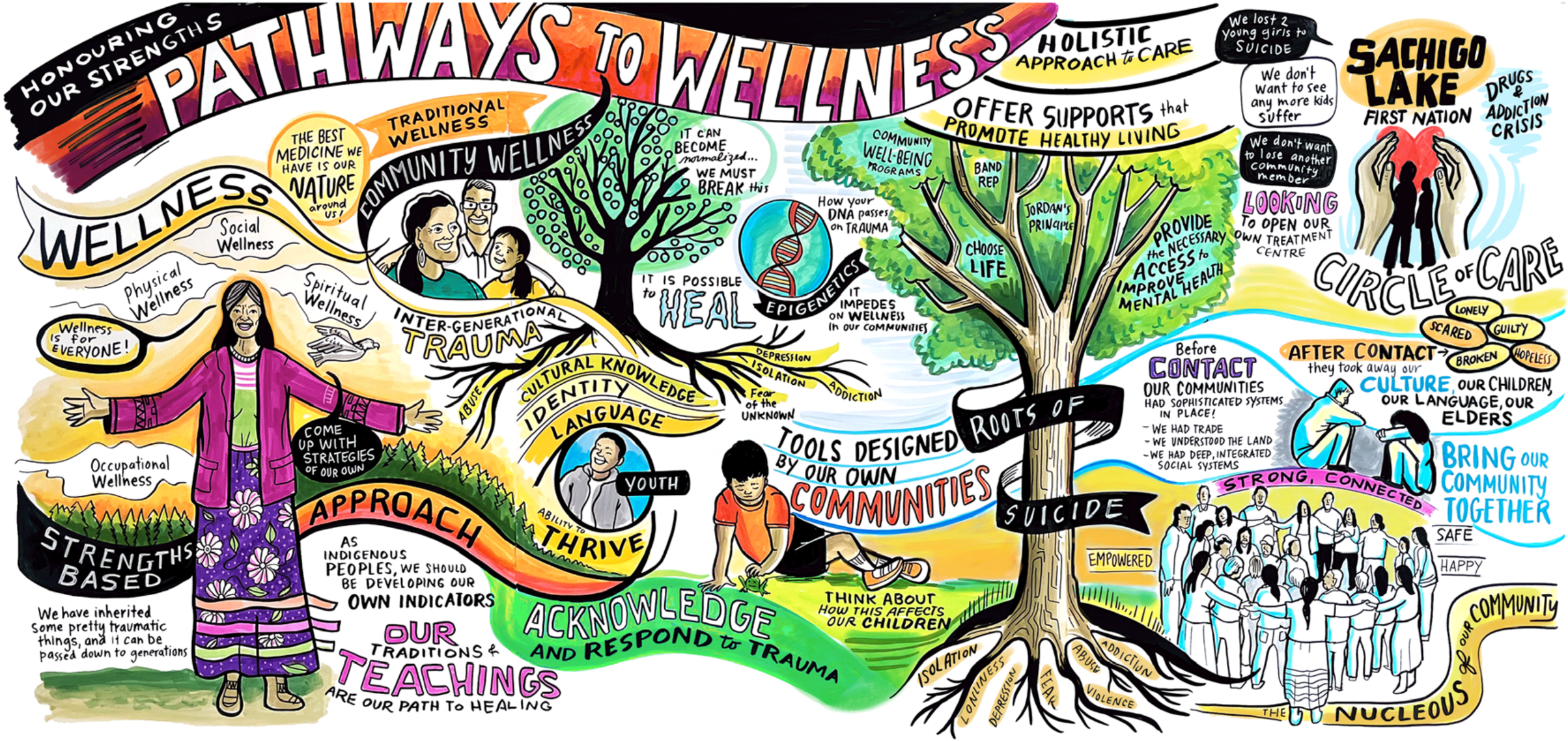

PATHWAYS to WELLNESS
HOPE!
POSITIVITY!
LOVE!
GATHER & CELEBRATE
NEW BIRTH
in YOUR COMMUNITY
WE OWE OUR CHILDREN CARE, WELLNESS AND A COLLECTIVE PATH FORWARD
SUPPORT
A WHOLE & HEALTHY PERSON
LET'S BRING BACK THE CARE WE KNOW
WE STILL REMEMBER HOW IT USED TO BE IN OUR COMMUNITIES
SHARE STORIES
HONOUR THE STRENGTH WITHIN
GRIEVE
KEEP MOVING FORWARD
ACKNOWLEDGE THE PAST
SPEAK THE TRUTH
TEACH
LISTEN
LAUGH TOGETHER
EMPOWER YOUTH
THE DRUM CAN HEAL
MAKE CONNECTIONS
ALWAYS KEEP LEARNING & GROWING
NOT JUST "SURVIVE" BUT THRIVE
KEEP THE CHILDREN WELL
DISMANTLE THE SYSTEMS of OPPRESSION
REBUILD
CHANGE THE NARRATIVE
HONOUR THE INDIGENOUS LENS
RECLAIM YOUR IDENTITY
BE A ROLE MODEL
TRADITIONAL WELLNESS & MEDICINES
LANGUAGE IS HEALING
WELLNESS INVOLVES THE WHOLE COMMUNITY
EVERYONE!
LAND-BASED HEALING
AVOID PASSING ON THE INTERGENERATIONAL TRAUMA
SEEK HELP!
TALK!
FEEL SIGNS
CONNECT WITH CULTURE
RE-WRITE your own BLOOD MEMORY
PUT BACK THE BUNDLE
BRING BACK THE CHILDREN
THE ELDERS
START AT THE CENTRE
THE WOMEN
THE MEN
THE 2 SPIRITED
NATURE PROTECTS US & KEEPS OUR SPIRITS WELL

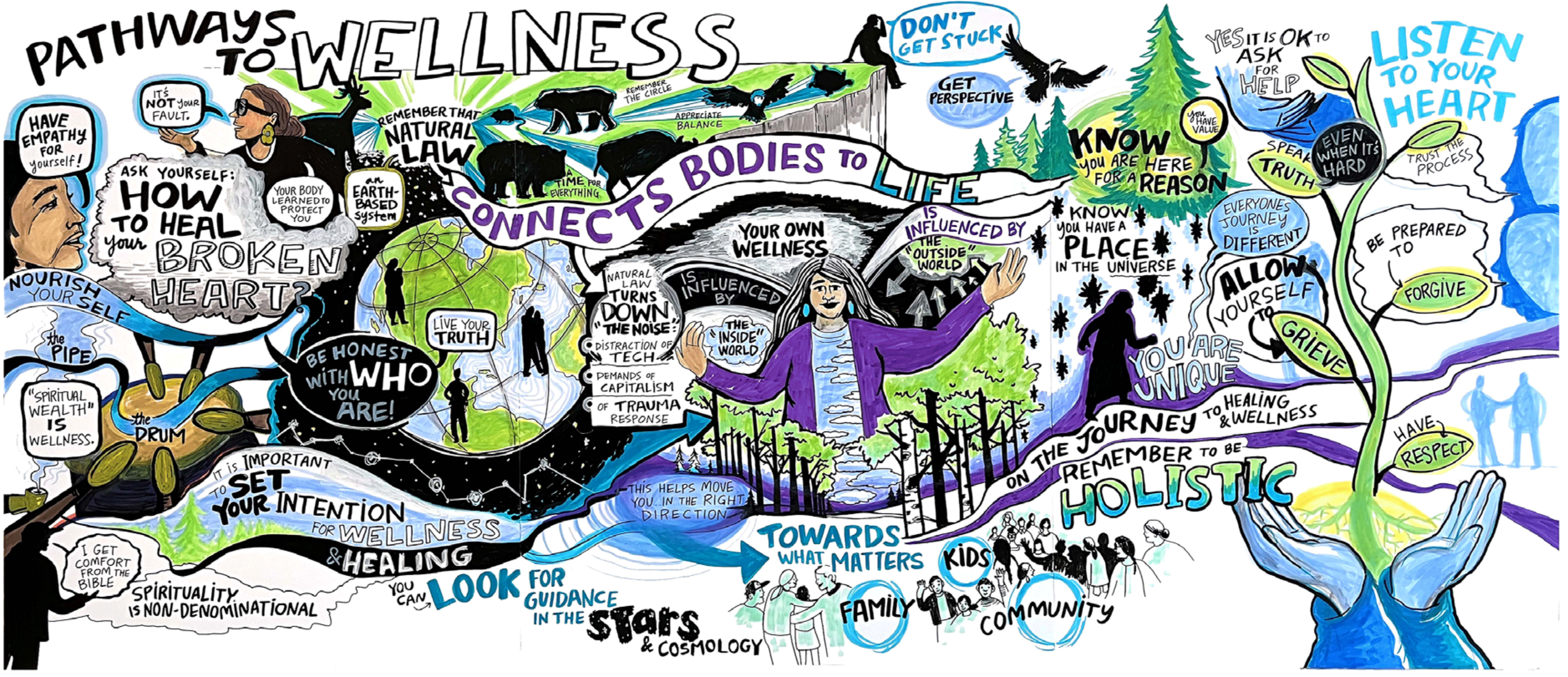

PATHWAYS to WELLNESS
HONOURING OUR STRENGTHS
WE NEED TO DO THIS FOR OUR KIDS!
IT'S NOT the same as it used to be for our parents & grandparents
LET'S MAKE CHANGE together
Let's GO BACK to OUR COMMUNITIES and IMPLEMENT A PLAN
GRAND CHIEF ALVIN FIDDLER
CELEBRATE LIFE
OUR YOUTH
A PATH FORWARD
TAKE A MOMENT to VISUALIZE POSITIVITY
OUR WAYS OF KNOWING
Water is important for our SURVIVAL
WE ALL HAVE A STORY
THERE WAS A TIME NOT LONG AGO THAT WE WEREN'T ALLOWED TO GATHER
TO BE AN ALLY YOU NEED to LISTEN
SINGING is HEALING
OUR OWN MINDS CAN CHANGE
WE ARE ADVANCED ORATORS
WE LOOK AT WEALTH DIFFERENTLY
I GOT DIAGNOSED WITH COMPLEX PTSD FROM ALL THE ABUSE
OFTEN, THE KIDS THAT PICKED ON ME MOST WE OTHER MARGINALIZED KIDS
VIOLENCE WASN'T NEW TO ME!
YOU HAD PRIDE in HOW TOUGH YOU WERE!
I DID 6 MONTH IN JUVENILE DETENTION
I WAS CALLED "A DIRTY ..."
I GOT GOOD AT STEALING
WHEN I WENT BACK TO MY COMMUNITY CENTRE I CRIED... I FELT AT HOME
I FOUND A DIFFERENT PATH
WHERE WE COME FROM
TRAUMA CAN TAKE OVER
I DIDN'T HAVE THE SUPPORTS
I BELIEVED THE STEREOTYPES
LET US BE THE SUPPORT
MAINTAIN WHAT'S IMPORTANT IN LIFE
HOLD EACHOTHER UP
Celebrate the ONES who have beaten DRUGS!
-CELEBRATE BIRTHS
-CELEBRATE ACHIEVEMENTS
TELL YOUR 8 YR OLD SELF "IT'S OK"
TEACH OUR YOUNG PEOPLE THERE IS HOPE
YOU HAVE TO LOVE YOURSELF
RESPECT WATER
RESPECT BALANCE
RESPECT BELIEFS
HAVE A SPIRIT NAME
NURTURE OUR SPIRIT
OUR STRENGTH IS OUR CHILDREN AND YOUTH
EDUCATION IS VERY IMPORTANT
WE NEED OUR CEREMONIES
WE NEED to SUPPORT OUR YOUTH


HONOURING OUR STRENGTHS
PATHWAYS TO WELLNESS
HOLISTIC APPROACH to CARE
We lost 2 young girls to SUICIDE
We don't want to see any more kids suffer
We don't want to lose another community member
SACHIGO LAKE FIRST NATION
DRUGS & ADDICTION CRISIS
LOOKING TO OPEN OUR OWN TREATMENT CENTRE
CIRCLE OF CARE
LONELY
SCARED
GUILTY
BROKEN
HOPELESS
WELLNESS
Social Wellness
Physical Wellness
Spiritual Wellness
Occupational Wellness
Wellness is for EVERYONE!
THE BEST MEDICINE WE HAVE IS OUR NATURE around us!
TRADITIONAL WELLNESS
COMMUNITY WELLNESS
IT CAN BECOME normalized... WE MUST BREAK this
IT IS POSSIBLE to HEAL
How your DNA passes on TRAUMA
EPIGENETICS
IT IMPEDES ON WELLNESS in our COMMUNITIES
INTER-GENERATIONAL TRAUMA
ABUSE
DEPRESSION
ISOLATION
ADDICTION
Fear of the UNKNOWN
CULTURAL KNOWLEDGE
IDENTITY
LANGUAGE
YOUTH
ABILITY to THRIVE
COME UP WITH STRATEGIES OF OUR OWN
APPROACH
STRENGTHS BASED
AS INDIGENOUS PEOPLES, WE SHOULD BE DEVELOPING OUR OWN INDICATORS
We have inherited some pretty traumatic things, and it can be passed down to generations
OUR TRADITIONS & TEACHINGS ARE OUR PATH to HEALING
ACKNOWLEDGE AND RESPOND to TRAUMA
TOOLS DESIGNED BY OUR OWN COMMUNITIES
THINK ABOUT HOW THIS AFFECTS OUR CHILDREN
COMMUNITY WELL-BEING PROGRAMS
BAND REP
JORDAN'S PRINCIPLE
CHOOSE LIFE
PROVIDE the NECESSARY ACCESS to IMPROVE MENTAL HEALTH
OFFER SUPPORTS that PROMOTE HEALTHY LIVING
ROOTS OF SUICIDE
ISOLATION
LONLINESS
DEPRESSION
FEAR
ADDICTION
ABUSE
VIOLENCE
Before CONTACT
OUR COMMUNITIES HAD SOPHISTICATED SYSTEMS IN PLACE!
- WE HAD TRADE
- WE UNDERSTOOD THE LAND
- WE HAD DEEP, INTEGRATED SOCIAL SYSTEMS
AFTER CONTACT → they took away our CULTURE, OUR CHILDREN, OUR LANGUAGE, OUR ELDERS
STRONG, CONNECTED
EMPOWERED
BRING OUR COMMUNITY TOGETHER
SAFE
HAPPY
THE NUCLEOUS of OUR COMMUNITY

Day 1 - Interactive Visual Map



Day 2 - Visual StoryMap



Day 2 - Live Graphic Recording

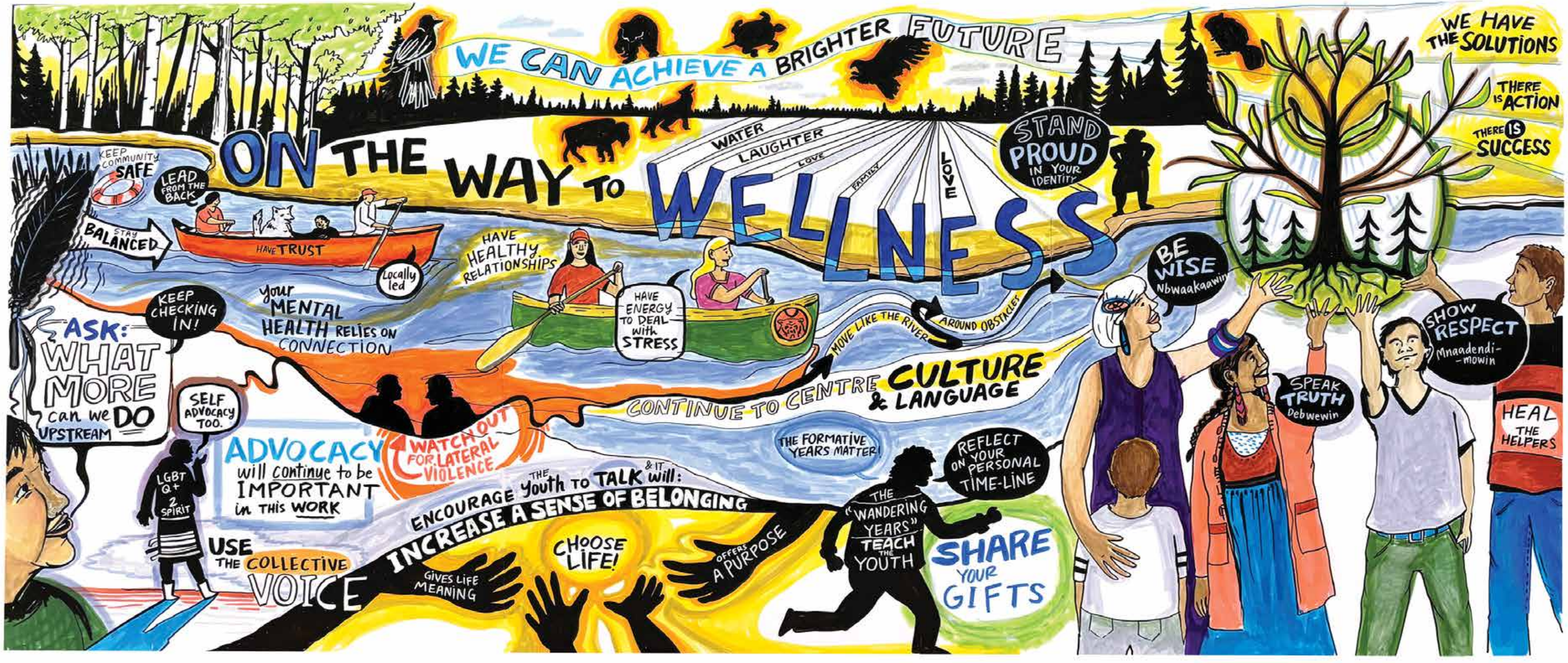


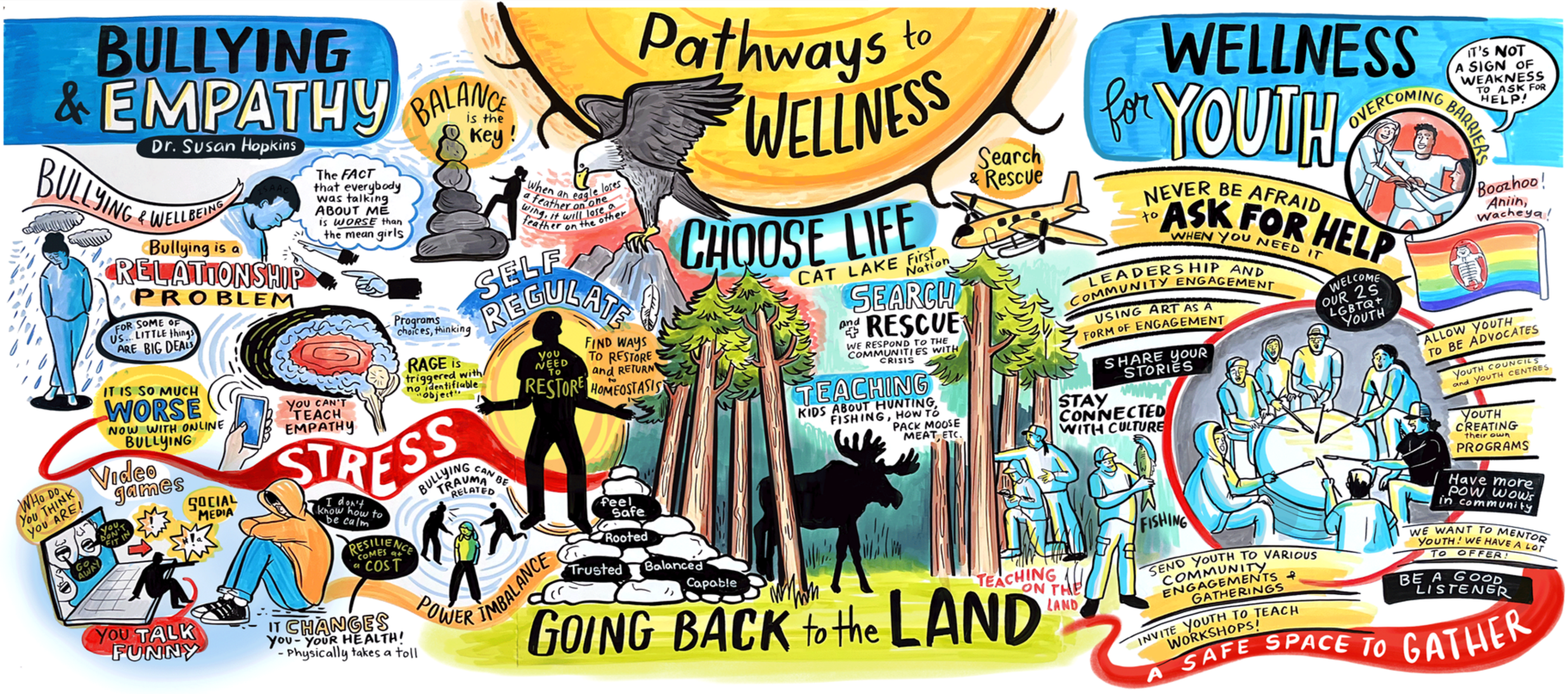

Dr. Farah Jindani
HEALTHY GRIEVING PROCESSES
OUR PRESENCE & SHOWING UP CAN BE ALL YOU NEED
TIME & SPACE
DOUBTING yourself in the PROCESS
BLAMING YOURSELF
OUR HEART to HEART CONNECTIONS
LANGUAGE
WE QUESTION IT... WHY?
STRENGTHS
WE HOLD ON TO OUR GRIEF
I WANT TO BE ACCEPTED, NOT JUDGED
THE Culture WE SHARE
EMPATHY
trying to be holistic & perspective taking
COMPASSION
Share our LIVED EXPERIENCE to help others
Sharing my SKILLS to HELP OTHERS
Listening to them
SHARE OUR LIVED EXPERIENCE
PATHWAYS to WELLNESS
HONOURING OUR STRENGTHS
IN OUR COMMUNITY GROWING UP, WE DIDN'T HAVE SUICIDES
WE SAT TOGETHER AND TALKED IT OUT
Neskantaga First Nation Chief Christopher Moonias
CONNECTING WITH your MIND, HEART & SPIRIT
WE NEED To COME TOGETHER
OPPRESSION
COLONIALISM
RACISM
POVERTY
DRUG USE
ABUSE
TALK ABOUT THE ISSUES
WHEN A CRISIS HITS In our COMMUNITY there's always going to be someone to HELP
WE NEED TO BUILD UP OUR COMMUNITY
RECONNECTING WITH the LOVE YOU HAD FOR your LOVED ONE
TRAINING FOR CONTRACTORS
HOUSING
Affordable, Accessible & Safe
RECREATION
Funding, Outreach Leadership Roles, Reduced fees
CONTINUE TO OR LEARN TO SPEAK OUR LANGUAGE
OUR TRADITIONS
STRENGTH in SPIRITUALITY
I KNEW I HAD TO LEARN TO FORGIVE
WE HAVE TO DEAL WITH THE COMMUNITY SECRETS
WE HAVE TO LOOK DEEP WITHIN
"THERE WILL COME A TIME WHEN WE WILL BE IN A PLACE OF CRISIS"
WE ARE IN THIS TIME TODAY...
OPIOID CRISIS
DRUGS & ADDICTIONS
RACISM
POVERTY
SOME OF US TURN TO THE BIBLE & SOME ARE TRADITIONAL
EDUCATION WILL CONNECT US... IT WILL HELP OUR CHILDREN
LEAVE NO ONE BEHIND
FOOD SECURITY
focus on budgeting, gardening, Hunting & water testing
MUSIC
ACCESS to CULTURE
Camping trips, Youth workshops & Drumming
EDUCATION
Post Secondary Prep & Language teachers
HYDRO UPGRADES
COMMUNITY GROWN MENTAL WELLNESS
WE HAVE TO PUT in THE HARD WORK

Day 2 - Interactive Visual Map



Day 3 - Visual StoryMap




BULLYING & EMPATHY
Dr. Susan Hopkins
BULLYING & WELLBEING
Bullying is a RELATIONSHIP PROBLEM
FOR SOME OF US... LITTLE things ARE BIG DEALS
The FACT that everybody was talking ABOUT ME is WORSE than the mean girls
IT IS SO MUCH WORSE NOW WITH ONLINE BULLYING
YOU CAN'T TEACH EMPATHY
STRESS
Video games
SOCIAL MEDIA
WHO DO YOU THINK YOU ARE!
GO AWAY
YOU DON'T FIT IN
YOU TALK FUNNY
I don't know how to be calm
RESILIENCE COMES at a COST
IT CHANGES YOU - YOUR HEALTH! - Physically takes a toll
BALANCE is the Key!
Programs choices, thinking
RAGE is triggered with no identifiable "object"
BULLYING CAN BE TRAUMA RELATED
POWER IMBALANCE
Pathways to WELLNESS
When an eagle loses a feather on one wing, it will lose a feather on the other
SELF REGULATE
YOU NEED TO RESTORE
FIND WAYS TO RESTORE and RETURN to HOMEOSTASIS
Feel Safe
Rooted
Trusted
Balanced
Capable
CHOOSE LIFE
CAT LAKE First Nation
Search & Rescue
SEARCH and RESCUE
WE RESPOND TO THE COMMUNITIES WITH CRISIS
TEACHING
KIDS ABOUT HUNTING, FISHING, HOW TO PACK MOOSE MEAT, ETC.
TEACHING ON THE LAND
GOING BACK to the LAND
WELLNESS for YOUTH
IT'S NOT A SIGN OF WEAKNESS TO ASK FOR HELP!
OVERCOMING BARRIERS
NEVER BE AFRAID to ASK FOR HELP WHEN YOU NEED IT
Boozhoo! Aniin, Wacheya!
LEADERSHIP AND COMMUNITY ENGAGEMENT
USING ART AS A FORM OF ENGAGEMENT
WELCOME OUR 2S LGBTQ+ YOUTH
SHARE YOUR STORIES
STAY CONNECTED WITH CULTURE
FISHING
ALLOW YOUTH TO BE ADVOCATES
YOUTH COUNCILS and YOUTH CENTRES
YOUTH CREATING their own PROGRAMS
Have more POW WOWS in community
WE WANT TO MENTOR YOUTH! WE HAVE A LOT TO OFFER!
SEND YOUTH TO VARIOUS COMMUNITY ENGAGEMENTS & GATHERINGS
BE A GOOD LISTENER
INVITE YOUTH TO TEACH WORKSHOPS!
A SAFE SPACE TO GATHER

Day 3 - Interactive Visual Map

