

MARCH 2023 NEWSLETTER

N'Quatqua Band/Health Station

Jenn Levine/Reception ext.221

Email: jennifer.levine@nquatqua.ca

Deadline for next newsletter will be:

Tuesday- April 4, 2023

If you have any important information or suggestions for the newsletter you would like to share please contact the Band & Health Station at the front desk during office hours or email me before the deadline.

N'Quatqua Band & Health Station

OFFICE CLOSED

**Thursday- April 6th, 2023
(in lieu Good Friday)**

**& Monday April 10th, 2023
(Easter Monday)**



OFFICE RE-OPEN

Tuesday- April 11th, 2023

From N'Quatqua Band Staff.



**Band Office Box 88
Health Office Box 100
D'Arcy, B.C. Canada
V0N-1L0**

**120 Casper Charlie Place
Toll free # 1-800-933-0323**

Band Office Phone & Fax

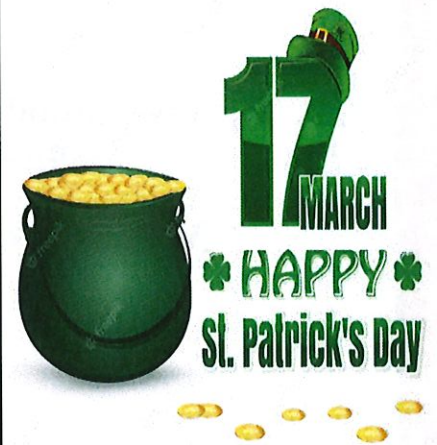
**(604) 452-3221 (P)
(604) 452-3295 (F)**

Health Office Phone & Fax

**(604) 452-3290 (P)
(604) 452-3280 (F)**

Office Hours

**Monday- Thursday
9:00am-4:30pm**



Social Development Worker- Sylvia Patrick

****Friendly Reminder to Social Assistance Clients****

Renewals & Utility bills are due: **Monday- March 20, 2023**

(Renewal slips can be found at the Band/Health Station table)

Direct Deposit/Cheque: **Wednesday- March 29, 2023**

If you have any questions, comments or concerns please give me a call.

Thank-you,

Sylvia Patrick
Social Development Worker
(604) 452-3221 ext. 224

Pemberton
Community Shopping Day

(VAN)

Monday- March 13th, 2023
leave at 10:00am

Sign up before March 9th

Squamish
Community Shopping Day
(BUS)

Wednesday- March 29th, 2023
leave at 8:00am

Sign up before March 28th 4pm

Please phone the N'Quatqua Band & Health Station
to put your name on the list.
(604) 452-3221

*Friendly reminder there is **zero tolerance** of any Drugs, alcohol and marijuana permitted on the Band Vehicles*

**** Must wear a face mask on Band Vehicles ****



Wellness Worker- Adele Fletcher
Adele.fletcher@nquatqua.ca

AA OR WELLBRITY MEETINGS

Wednesday- March 1st

And every other Wednesday's

March 15th & 29th

At: 7pm-8pm

Band Health Station

Coffee and snacks by donation

Sponsored by: Adele Fletcher, Community Wellness Worker
N'Quatqua Band Health Station
604-452-3221

Come on out share a story have some
hot tea or hot chocolate and some
snacks.

If you need a ride please call me.

Women's Fire Circle

Wednesday March 8th

And every other Wednesday's

March 22nd

6 pm

Health Station

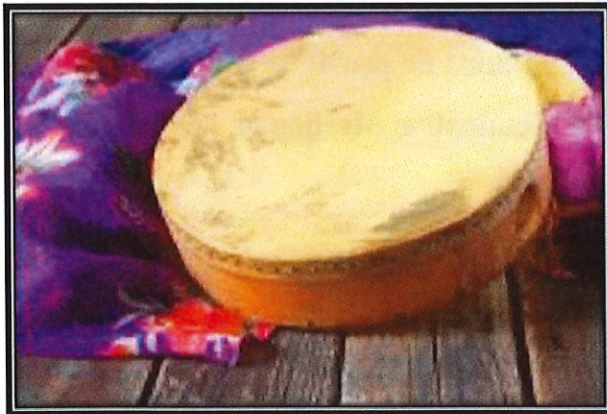
Boardroom

Darcy, B.C.

Sponsored by: Adele Fletcher
Community Wellness
(604) 452-3221

PULAK7ACAL-KULEM KUPULAKA7

DRUM MAKING



March 15th & March 22, 2023

N'Quatqua Health Station Boardroom

Sign up for Drum making either day or night with Jenn or
Adele. (604) 452-3221

Only 15 spots available

-Day sessions: 1-3Pm

-Evening Sessions: 6-8pm

Snacks provided and drinks

Contest

Name our t'laoz'!

**Come on everyone put your thinking caps on
and let's give our Canoe a name.**

Names will be posted on Facebook for a vote.

Winner will receive a gift card.



Email: adele.fletcher@nquatqua.ca

P (604) 452-3221

N'QUATQUA
Notice of Nomination Meeting

Notice is hereby given that a meeting of the **Electors of the N'Quatqua** will be held at The N'Quatqua Band Office and Health Station, 120 Casper Place, D'Arcy, BC on, **March 16, 2023**, beginning at **5:00 PM** and lasting for at least two hours, for the purpose of nominating candidates for the positions of two (2) Councillors on the Band Council of the N'Quatqua for the next ensuing term. The election will be held at The N'Quatqua Band Office and Health Station, 120 Casper Place, D'Arcy, BC on, **April 26, 2023**.

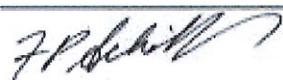
Please note that in order to be a candidate you must:

- (a) **Be present at the Nomination Meeting**
- (b) **Appear before the Electoral Officer before the close of nominations to accept or decline the Nomination .**
- (c) **Appear before the Electoral Officer before the close of nominations to swear a Declaration of Eligibility.**
- (d) **Present a Criminal records check from the Stl'atl'imx Tribal Police Service or the R.C.M.P. to the Electoral Officer no later than March 21, 2023.**
- (e) **Deposits are required from Candidates and must be provided to the Electoral Officer prior to the close of the Nomination Meeting or the Candidate's name will not appear on the ballot.**

DEPOSITS REQUIRED ARE AS FOLLOWS:

Councillor Candidates - \$75.00

Given under my hand at Delta, this 10th day of February, 2023.



Fred Schiffner-Electoral Officer

Phone: 604-786-2512




Toll Free: 1-800-813-2173, Email: fschiffner90@gmail.com



N'Quatqua Child & Family Development Centre

604-452-3584

Spring Break for SD 48 : March 13-23

<p>Please sign in when you come into our building, sanitize, continue to be COVID safe</p> <p align="center">*</p> <p>Afterschool Program hours 10am-4:45pm except on Pro -D days then its 8:30-4:15pm Spring Break 8:30-4:45 Bring extra changings</p>	<p>Kate & Pippa will be here on March 6th</p> <p>We are so excited to introduce <u>nXexzumalus</u> who will be coming Wednesday mornings to speak <u>Ucwalmicwt</u> with our Toddlers & Preschool children - basic commands, animals, colors, prayer, songs, this is such a blessing</p> 	<p><u>Seeking On call workers:</u> 604-452-3584</p> <p>Food Safe, First Aid, Criminal Record Check. (from the Criminal Record Check Program in Victoria) is required to work in this licensed facility.</p> <p>★ RA's, ECE's , IT's, SN certified on-call workers</p> <p>Due to Licensing, staff were reorganized to meet requirements for the programs. Yay, I love the support we get from Heather Nash.</p>
<p>-Please let us know who is picking up your child and ensure they are on your <u>emergency pick up list</u>, call us if you need to update it. Let your contacts know they are on this list too</p>		
<p>Bring extra clothing in case your child gets wet, winter is still with us.</p>	<p>Parent Tot will be starting up again before the end of this month, look for posters for time and dates soon with Sylvia Levine</p> <p align="center">*</p> <p align="center">Spring Solstice Ceremony March 20th 11:30am then join us for lunch</p> <p align="center">*</p> <p align="center">All in all, we have a wonderful winter, we are blessed to have four seasons</p>	<p><u>Spring is Coming</u></p> <p>Tulip bulbs are ready to be planted when the ground softens, we are looking to purchase a bunch of strawberry plants for our planter box , and our children enjoy raspberries each summer, yummm.</p> 
 <p>★ <u>Happy Birthday Raquel on the 28th</u></p> <p>Thank you to our on-call workers who helped us with staffing, we are growing.....</p>		

Emails for N'Quatqua Band Staff

Phone: (604) 452-3221 & (604) 452-3290

Fax: (604) 452-3295 & (604) 452-3280

N'Quatqua Band/Health Station Staff emails

Reception- Jenn Levine	ext.221	jennifer.levine@nquatqua.ca
Community Health Representative- Nicole Patrick	ext.222	nicole.patrick@nquatqua.ca
Elders Coordinator- Sharleen Patrick	ext.222	Sharleen.patrick@nquatqua.ca
Family Support- Victoria McDonald	ext.223	victoria.mcdonald@nquatqua.ca
Social Development- Sylvia Patrick	ext.224	sylvia.patrick@nquatqua.ca
Lands & Resource Dept.- Dennis Silzer-Smith	ext.225	dennis.silzer-smith@nquatqua.ca
Accounting- Kristy Stowell	ext.226	kristy.stowell@nquatqua.ca
LSTC Projects & Accounting Specialist- Linda Brown		linda.brown@lstc.ca
Band Admin. Assistant & Councillor- Chantel Thevarge	ext.227	chantel.thevarge@nquatqua.ca
LSTC Chief Administrative Officer- Sheldon Dowswell		Sheldon.dowswell@lstc.ca
Band Administrator- N/A		
Wellness Worker- Adele Fletcher		adele.fletcher@nquatqua.ca
Chief- Micah Thevarge		micah.thevarge@nquatqua.ca
Councillor-Doris Peters		doris.peters@nquatqua.ca (604) 862-0532
Councillor- Dennis Silzer-Smith		dennis.silzer-smith@nquatqua.ca
Housing Coordinator- Jason Bob		jason.bob@nquatqua.ca

Operation & Maintenance

Fire Dept.- Duane Thevarge	duane.thevarge@nquatqua.ca
Water Works- James Gellatly	james.gellatly@nquatqua.ca

Education Trailer (604) 452-3291

Education Coordinator & employment- Julie Thevarge	julie.thevarge@nquatqua.ca
Youth Intern- Josie Joseph	youthworker452@gmail.com
Youth Worker- Cassidy Barley	01youthworker@gmail.com

N'Quatqua Child & Family Development Centre emails (604) 452-3584

Anita Patrick- Director	anita.patrick@nquatqua.ca
Sylvia Levine- ECE, Infant Toddler Educator, Special Needs Educator	sylvia.levine@nquatqua.ca
Ryan Peters- Early Childhood Educator Assistant	ryan.peters@nquatqua.ca
Rechelle Patrick	
Eunice Sam	

[View this email in your browser](#)



March 2023

Environment



Figure 1: <https://greenadmiral.ca/plants/soapberry/>

Xúsem – Soapberry – Shepherdia canadensis

SGS Environment has decided to have a “Berry of the Month” segment in each of our newsletters. This month is on Xúsem, commonly known as “Soapberry” or “Foamberry”. Soapberry is a deciduous shrub that is usually found on dry, rocky, or sandy soil sites and can thrive in nutrient poor sites due to its ability to fix nitrogen. It has several medicinal properties which include (but not limited to) the treatment of flu, indigestion, and constipation. Soapberry is used in several ways and can be dried and made into tea, utilized as soap, or eaten as food. Perhaps the most well-known way to

prepare soapberry is to make “ice cream” using the berries. This process involves picking the small red berries (which taste both bitter and sweet), crushing the berries and then whipping them to activate their foaming properties. The result is foamy dessert, often sweetened with sugar or other berries. A very special plant indeed!

If you (or anyone you know) has a suggestion for future segments of “Berry of the Month” please drop an email to either one of SGS Environment technicians at nmorgenstern@statimcgs.org or nandrascik@statimcgs.org.

British Columbia Forest Professionals Conference (BCFP)

SGS’ Environment Technician and Forester-in-Training, Nina Andrascik, virtually attended the 75th BCFP annual conference and annual general meeting this past month. The conference spanned over three days and consisted of multiple plenary panels, breakout sessions and keynote speakers. One of the sessions was focused on Indigenous Leadership and co-managing BC’s forests where panelists, Chief French from Takla Lake First Nation, Lori Ackerman CEO of Blueberry River Resources Ltd., and Lenny Joe CEO of the First Nations Forestry Council, all shared stories and discussed the past relationships with industry to the present to the future of co-management and Indigenous led management. They called for the need for a professional’s role to take on additional dimensions in their work to learn and encompass traditional knowledge and practices into their lens of practice of professional forestry and they shared their perspectives and visions for the profession.

The new Chief Forester of BC, Shane Berg, spoke twice at the conference and shared some new information and announcements. Shane spoke of a relatively new opportunity agreement for First Nations called a Wildfire Salvage Opportunity Agreement (WSOA). Essentially, a WSOA would allow for faster reforestation and action on harvesting severely damaged areas by wildfire through the leadership of First Nations. A WSOA would enable the direct award of a forestry license to First Nations to streamline the process and allow the harvest of some logs while they still hold some commercial value. Given the recent history of severe wildfires around St’át’imc Territory, this could be an economically viable way to help remediate the land and manage it for the way of the Nation’s desires and not of a local licensee. More info can be found [here](#).

A second announcement that has not been officially made yet was about removing the line of a GAR (Government Actions Regulation) that says when managing for the land as a license holder you can manage it as long as to not “unduly reduce the supply of timber from British Columbia forests.” With this removed, it could allow for more innovative silviculture practices with higher amounts of deciduous species in stocking standards or allowance for return of natural grasslands in some areas. Furthermore, as of February 15th, the Ministry made some announcements on new measures for old growth, forest stewardship, collaboration with First Nations all in an eight point plan; news release and plan can be found [here](#).

The conference also consists of the BCFP’s Annual General Meeting (AGM). One of the main announcements at the AGM was switching the regulatory body’s name from the “Association of British Columbia Forest Professionals” to “British Columbia Forest Professionals”. The word *association* indicates a group or a club; whereas in reality under the new Professional Governance Act (passed in late 2018), registrants are upheld to professional standards and morals that should be kept and if not, reports can be filed against individual members [here](#), and they will be investigated. In fact, you can view on their website [here](#) a list of occasions where action was taken against registrants.

Another key part of the AGM was discussing diversity within the profession and the status of registrants compared year to year. In 2022, 22.8% of the registrants were female and 77.1% were male, 44% of all trainees and practicing registrants are over the age of 50, 4% of all registrants self-identify as First Nations, Inuit, or Métis and they saw a 3.7% decrease in new trainee sign-ups. These statistics as a young female registrant called for both alarm and optimism as with many current registrants ageing out in the years to come. It creates space for more young, innovative, and resilient-minded folks who want to steward the land for the better and be put in positions where they can create and push for change. I believe the BCFP staff have work to do to improve recruitment for a diverse workforce, work towards having registrants of different backgrounds and help pair trainees with sponsors who will motivate them to success.

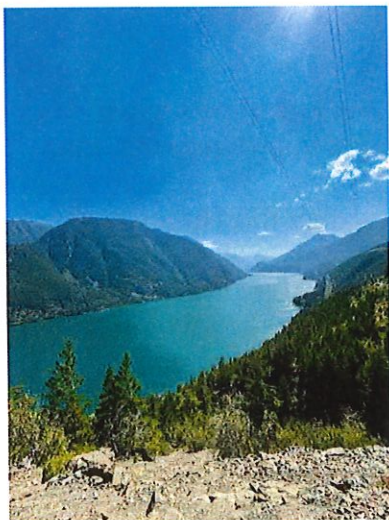
For more info, you can read the 2022 annual report [here](#). Overall, it was an informative conference with many more sessions and a variety of topics covered. If anyone has any questions about the BCFP or processes to enroll as a registrant, please don't hesitate to reach out to nandrascik@statimcgs.org. Thank you!

Implementation Manager



Hello Everyone, My name is Margaret Michell (nee Adolph) and I am from Xwisten. My father is Victor Adolph, Sr.(X'axlip) and mothers are Marie Bobb (Spuzzum) and Florence Peters (Lytton). I would like to introduce myself in my new role at SGS as the Implementation Manager.

The past 27 years, I have been involved with development and implementation of the St'at'imc-BC Hydro Settlement Agreement. During these years, my main role has been Administrative Assistant. But during the Agreement negotiations, I had done other roles such as the Liaison Officer and Main Table Negotiations Table support staff.



The Implementation Manager primary role is monitoring the implementation processes to ensure commitments of the Settlement Agreements are met. The Implementation Manager collaborates with the SGS Relations Manager on projects and engagement at all levels. Works with other Department Managers responsible for the implementing program deliverables, and as required with St'at'imc Communities and BC Hydro to ensure the Settlement Agreements are administered as agreed.

I am looking forward to working with the St'at'imc Communities, SGS team, and BC Hydro in my new role. For me it will be different to be at the front of things, as I always had been working in the background.



Capital Planning

One of the more critical studies / engagement activities coming up in the next few months is the Accommodations and Logistics Study.

The study scope includes:

Transportation

- Collecting information from agencies about existing travel routes including known safety and slope stability issues, maintenance practices, planned improvements, load ratings, etc
 - Terrain hazard mapping and rating along relevant routes, including the Hurley, Highway 40 and Highway 99
 - Anticipated traffic volumes and patterns for upcoming BC Hydro projects
 - Options for transporting materials, equipment, and people to and from work sites
- Evaluating options and developing recommendations for potential improvements which could include road widening, geometric improvements, re-surfacing, subgrade repairs, sightline improvements, construction of pull-outs.

Accommodation

- Existing accommodation inventories and planned developments
- Project needs for worker accommodation and related amenities
- Availability and capacity for food services, telecommunications services, domestic water supply, sanitary sewer services and solid waste disposal
- Assessing options including onsite and distributed accommodations

Understanding interests and concerns related to housing availability and affordability, addressing potential for negative social behaviours related to temporary workers in

communities, potential economic and community opportunities related to supply of temporary housing, etc.

Evaluating options and developing recommendations for potential accommodation solutions

Community engagement will occur in 2023, please watch for invitations and participate to ensure local knowledge and data is captured and considered in any recommendations.

Evaluation results and preliminary recommendations are expected in Fall 2023.

Explore project related information at your own pace by accessing information on SharePoint.

Here is a small sample of what you can find on the [St'át'imc SharePoint Information Portal](#):

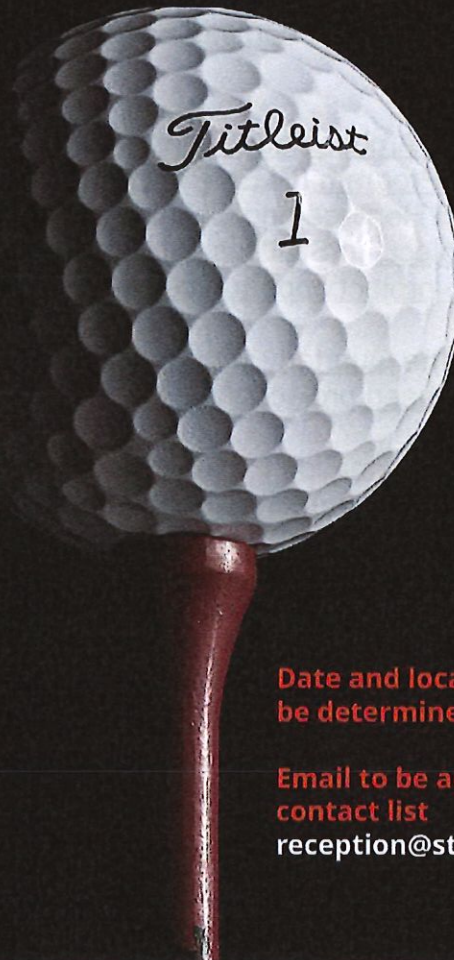
- Reports on the [Reservoir Archaeology Program \(RAP\)](#) and the [Seton Lake Environmental Mitigation Program \(SLEMP\)](#). If you have any questions regarding RAP or SLEMP, please contact Heritage and Culture at heritage@statimcgs.org
- [List of the BC Hydro projects](#) in St'át'imc Territory
- Copies of the [BC Hydro project opportunities](#) that have been provided to St'át'imc businesses
- Materials and notes on the [Quarterly Capital Planning Meetings](#)
- A [glossary of commonly used project and system terms](#)

The St'át'imc SharePoint Information Portal access now requires Multi-Factor Authentication – an instruction sheet has been sent out on how to set this up. The instructions also provide a way to contact tech support should you have a problem. If you did not receive the instructions, please call Sherry Kane at SGS (778.771.5903)

Sept 2023

SAVE THE DATE

St'át'imc Scholarship
FUNdraiser



Date and location to
be determined.

Email to be added to our
contact list
reception@statimcgs.org

Community Adult Learning Centre (CALC)

Community Adult Learning Centre (CALC) provides educational and vocational training services to individuals living in the northern St'át'imc territory. CALC has contracted St'át'imc Government Services Education and Training (SET) program to develop a 3-year training plan for T'it'q'et, Sekw'el'was, Xwisten and Tskwaylaxw to administer funding from the Ministry of Advanced Education and Skills Training (AEST).

We will be setting up sessions with each of the communities and have a survey for the community members to complete. Dates for each session still need to be determined.

The purpose of the survey is to gather information for training and capacity building needs to develop training plans for T'it'q'et, Sekw'el'was, Xwisten and Tskwaylaxw, over the next 3 years. There will be a draw for gift cards if you wish to complete the survey and share your name with us.


Draw prizes (Five chances to win)
one (1) \$25 Chevron Gift Card
one (1) \$25 Amazon Gift Card
two (2) \$25 Visa Vanilla Gift Cards
one (1) \$50 Visa Vanilla Gift Cards



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Our mailing address is:

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe](#)

Grow your business with  **mailchimp**

Health Resources for SSHS Members

Local Health Resources

Pemberton Public Health Unit

Phone: 604-894-6967

For your ongoing immunization and COVID-19 vaccination needs.

Pemberton Medical Clinic

Phone: 604-894-6454

Mount Currie Dental

Phone: 604-894-6656

SSHS Patient Travel

Phone: 604-966-1228

Online Health Resources

Smart Parent

www.smartparent.ca

FNHA Virtual Doctor of the Day

www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day



Southern St'at'imx
Health Society

This information is current as of March 2, 2023.



First Nations Health Authority
Health through wellness

Mental Health and Cultural Supports

TELEPHONE AND ONLINE SUPPORT

Hope for Wellness Help

Line offers immediate mental health counselling and crisis intervention by phone or online chat. Call **toll-free** 1-855-242-3310 or start a confidential chat with a counsellor at hopeforwellness.ca.

Kids Help Phone is a 24/7 national support service offering professional counselling, information and referrals and volunteer-led, text-based support to youth. 1-800-668-6868 or text the word "connect" to 686868 to access text support.

KUU-US Crisis Line Society

is available 24/7 to support Indigenous people.
Toll-Free: 1-800-KUU-US17 (588-8717)
kuu-uscrisisline.com
Adult/Elder: 1-250-723-4050
Child/Youth: 1-250-723-2040

Provincial Alcohol and Drug Information Referral Service provides free referral services to support with any kind of substance use issue (alcohol or other drugs).
Toll-free: 1-800-663-1441
Lower Mainland: 604-660-9382

Foundry: health and wellness supports, services and resources for young people ages 12–24 and their caregivers. No referral or



assessment required.
In-person: foundrybc.ca/find-a-centre/
Virtual: foundrybc.ca/virtual/

Métis Crisis Line is a service of Métis Nation British Columbia. Call 1-833-MétisBC (1-833-638-4722).

FNHA MENTAL WELLNESS AND COUNSELLING SUPPORT

Mental Health and Wellness Counselling in BC may be eligible for Health Benefits coverage. Many providers are registered to bill Health Benefits directly for services so clients do not have to pay out of pocket. Before booking an appointment with a counsellor, call 1-855-550-5454 or visit

fnha.ca/benefits/mental-health to check if they are registered and if the service is eligible for coverage.

A list of providers registered with Health Benefits can be found on the [Provider List](#) or by contacting: **1-855-550-5454**.

INDIAN RESIDENTIAL SCHOOL RESOLUTION HEALTH SUPPORT PROGRAM PROVIDERS

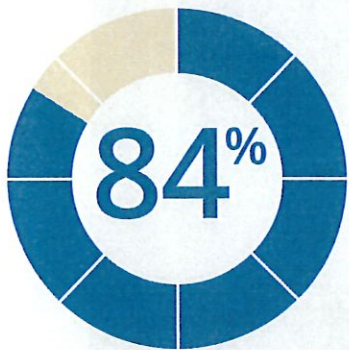
Adah Dene Cultural Healing Camp Society Margo Sagalon: 250-996-3813
Admin.elders@telus.net
Tracey Charlebois: 250-996-1475
Nakazdliieiders@telus.net

Gitanyow Human Services
Wanda Good: 250-849-5651
Wanda.e.good@gmail.com

What we heard about Opioid Use

SUPPORT FOR CULTURAL PRACTICES

84% of Indigenous people believe that traditional cultural practices and teachings can support a person's healing journey.



Indigenous people disagree with harsh approaches towards opioid use and addiction.

Going "cold turkey" is the best way to overcome addiction

% DISAGREE

62%

A "tough love approach" is appropriate for dealing with addiction

54%

People need to hit "rock bottom" before they can be helped

45%



The two most popular sources of information about opioids and addiction for Indigenous people are health care providers (doctors, nurses) and websites.

What we heard about Harm Reduction



People should choose to "stop using drugs" that are harmful.



Male

64%

65+ years

60%

Living in community

56%

More than half of Indigenous people who are over 65 years of age and/or male and/or living in community are unlikely to support harm reduction approaches to opioid use and addiction.

A harm reduction approach recognizes that every life is valuable and that substance use and addiction are complex and challenging.



First Nations Health Authority
Health through wellness

www.fnha.ca

"People" referred to in this infographic are survey respondents and may not be representative of the population at large. This infographic was published in July 2019.



First Nations Health Authority
Health through wellness



Time to Mask Up!

Your mask helps protect you and your community

Our First Nations teachings are to take care of one another. Let's do this by wearing our masks, especially to protect our Elders and other vulnerable community members.

When to wear a mask.

Well-fitting, high quality masks are recommended for use in situations where you cannot always maintain physical distance:



At the grocery store



On public transit



Indoor spaces with poor ventilation



Crowded outdoors spaces (gatherings)

Masks are not enough.

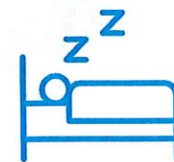
Masking is one way we can help stop the spread of respiratory viruses, but it's also important to:



Get your flu shot and COVID-19 vaccine



Wash hands frequently for 20 seconds



Stay home when feeling sick

Remember that others may choose not to wear a mask for personal or medical reasons. It's important to always be kind and respectful.

Feeling sick? Stop the spread

Lots of people are getting sick this season. It could be a cold, the flu, or COVID-19. If you're not feeling well — no matter what virus you have — help stop the spread.

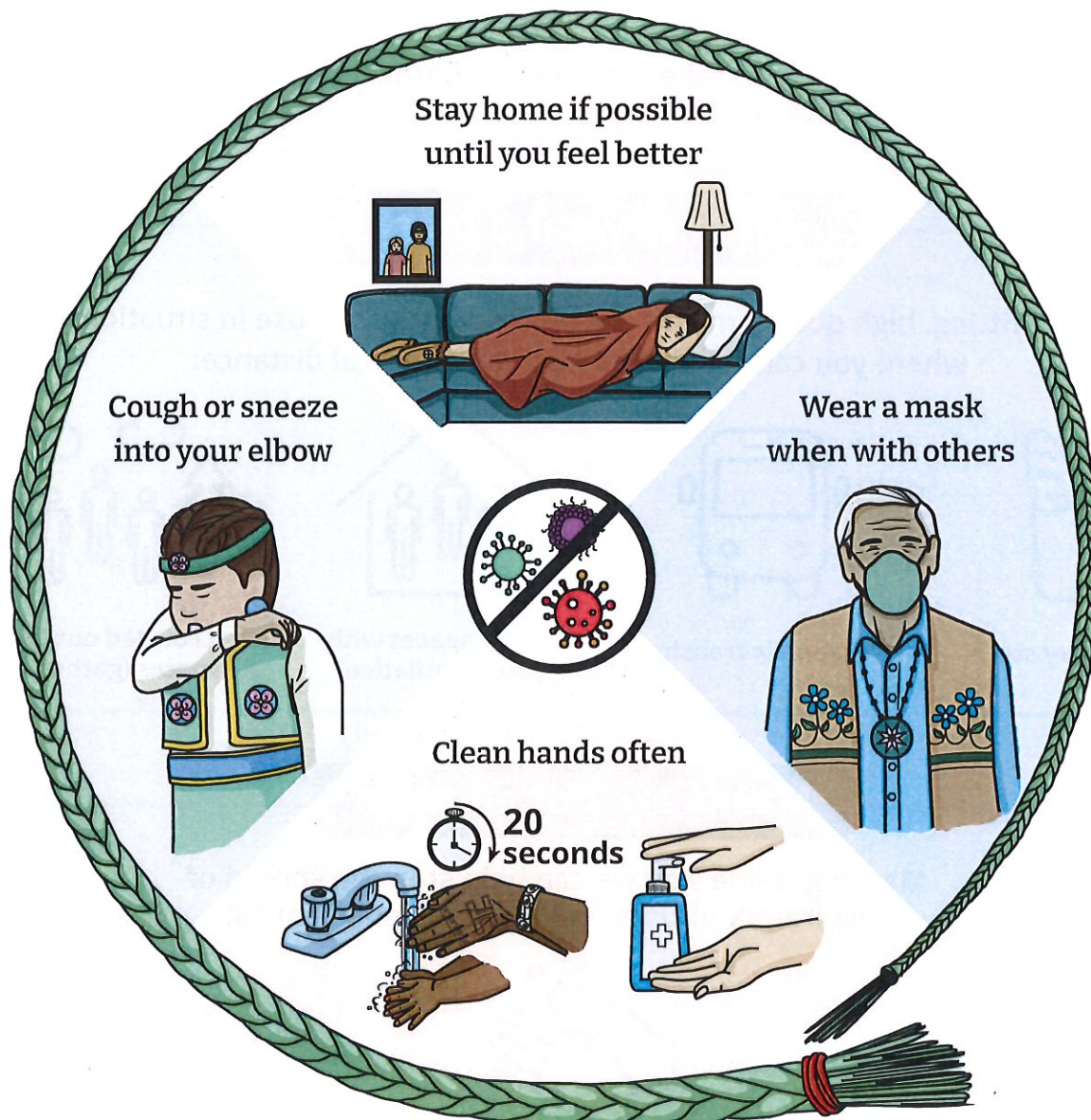


Illustration: Shoshannah Greene

Keep up to date with your vaccines.

Check with your healthcare provider for more information.



N'QUATQUA TUTORING CLUB

Mondays and Wednesdays, 1-6. Jan-June, excluding holidays.

Earn your highschool diploma



School supplies provided
Paid co-op opportunities available



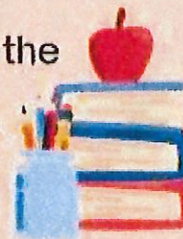
Dinner and snacks provided
Suggestions welcome!



MEET THE INSTRUCTOR

My name is Kate Thornton & I'm one of the youth care workers at PSS. I'm a lover of the outdoors, which is what brought my pup (Stella) and I to the sea to sky.

Located at the
N'Quatqua
Education
Trailer



Pemberton Secondary School
School District #48



CONTACT US!

604-452-3291

kthornton@sd48.bc.ca



First Nations Approaches to Traditional Medicine



Treat the medicines and the healers with respect. The medicines are powerful and should be respected and honored at all times, from the time of harvest, through preparation, and during ingestion of the medicines.



Incorporate more traditional foods into the diet: a focus on whole foods and not processed foods. The sacredness of the land is important to respect as we rely on the land to provide nutrition through gardens, fishing, hunting, trapping and gathering.



Traditional healers aid the body in its own healing process by not just covering symptoms but getting to the cause of symptoms.



Language is integrally linked to indigenous knowledge and practices.



Traditional approaches to healing are a life long process as we learn how to take good care of our body, mind, heart, and spirit. Lifestyle changes are needed for personal, cultural, and spiritual healing.



The understanding that relationships with and connections between family members, within communities, and with the physical environment all affect health.



Renewal of spirituality.



Restoring the wisdom of traditional teachings, practices, and medicines that promote balanced health.



Despite the help and teachings we receive from traditional healers, the responsibility of our wellbeing is our own.