Re-membering and Re-Gathering (cultural resources for moving through trauma, regathering self, and family)

- What new understandings are emerging about the causes of the challenges I/we are facing?
- What are the cultural beliefs and lifeways of immigrant refugee communities and Indigenous peoples in Canada that will strengthen my/our ability to move through these challenges?
- What are the healing ceremonies and everyday practices that will strengthen family and intergenerational relationships?

West - Baangishimog Re-membering - Aanji Mikwendaasowin. Re-gathering - Aanji Maamawinigewin



Listening to self, listening to others: relationships, cultural assessment, identity and decolonization.

- How do you understand your cultural history & what has shaped your understandings of this?
- How has colonization & other social/historical influenced your life and beliefs?
- What's the quality of your intergenerational relationships and how does your culture as well as being in Canada affect these?
- How do your cultural beliefs both help and hinder you and your family here in Canada?
- Gender roles and sexual diversity (Two Spirited)
- How do your past and present relationships shape experiences of trauma and resilience
- What do you know about Indigenous ways of living here in Toronto?

MEDICINE WHEEL FOR INIDIVUAL AND **FAMILY HEALING**

North - Giiwedin. Revisioning - Aanji izhinamowin

PHYSICAL -

Mashkawi-bimaadiziwin

White - Waabishkaa. Winter - Biboon, Caring -Bamenim, movement -Mamaajise, actions -Izhiwebiizi and consequences -Inakamigizi, Elders - Gichi-aya'aa, Bear -Makwa, Sweetgrass - Wiiingashk

Mother Earth

-Shkaakaamikwe nurtures all races.

Balance -

PSYCHOLOGICAL -Inendam, SOCIAL -Wiidookaa'e

Red - Miskwaa, Relationships -Inawendiwen, Youth -Skiniigi, Cedar -Giizhik, Giniw - Golden Eagle.

South - Zhaawan. Being - Bemaadizid, Hearing - Noondamowin, Listening - Bizindamowin

Acknowledgement: The development of this medicine wheel has been guided by the teachings of Herb Nabigon, a much-respected Elder of the Nishnaabeg Nation who passed to the spirit world, March 2016. Translation by Don Ense, 2020.

SPIRITUAL -Manidoowaadizi

Yellow- Ozawaa, Spring -Ziigwan, Child -Abinoojiinh, Tobacco- Asemaa. Wolf - Ma'iingan

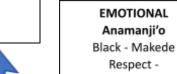
Revisioning our future

- What is my/our vision for the future of our family?
- What does Turangawaewae look like for us?
- How do we want to be living and what the key values that will shaper that?
- How can Intergenerational relationships and resilience be strengthened and restored?
- What are the steps we want to take to decolonize the ways we are thinking and living?
- What economic, social, cultural and technological and environmental resources will be needed?

East - Waabung. Arriving - Bagami-& Grounding - Gwayakwakamiga

Prayer, Spiritual Connection, Love (establishing or quality of therapeutic relationship). Positive identity, past experiences, wisdom, knowledge, homeland, ceremony.

- How did you come to be living here?
- How do the challenges show themselves?
- Trauma and intergenerational trauma (manifestations and impacts?)
- What does it mean to be well? How do kin-relations support this?
- What keeps you strong? What are the resources (inner and outer) that you have drawn on in the past & now?
- How does your culture support you here? How does it get in the way?
- What ceremonies, medicines, daily practices will help ground you here? What skills, knowledge, wisdom?
- Stories of Turangawaewae symbols of and ceremonies for.



Mndaadenmaad, Water - Nbiizh, Autumn - Dgwaagig, Adult -Gichi-aya'aawi Sage - Bashkodejiibik, Thunderbird-Nimkiid-b

nesi.

Dibaabishkoojigan