

TRADITIONAL WELLNESS

Experience

for Healthcare Practitioners

The First Nations Health Authority, along with the First Nations Communities of the Fraser Salish Region, invite Healthcare providers to join them to hear origin stories, experience community based traditional wellness practices, understand the deep historical roots of ongoing issues stemming from colonialism, and to appreciate First Nations People's cultural identity and relationships with the land.

The re-emergence of traditional practices as complementary to Western methodologies speaks to their importance to cultural identity. As Healthcare professionals who can influence transformative change, the sharing of this knowledge system affords the opportunity to value and incorporate traditional practices with a variety of strategies.

You may hear stories or experiences that may be difficult to comprehend, or are emotionally impactful for you. The communities are aware of this and will take care of you in a culturally respectful manner that may include ceremonial cedar brushings, prayer songs, and/or offerings to you as someone who has come to bear witness.

Multiple Dates

October 17, 2023

October 24, 2023

October 26, 2023

November 7, 2023

November 9, 2023

What does the day look like?

- Each visit will be 4-6 hours duration.
- You will meet 10-12 health practitioners at a central location.
- Travelling by bus, a facilitator will share cultural context and knowledge on the way to your destination.
- Community Leaders/members will greet you upon arrival.
- Lunch and snacks will be provided (please bring your own water bottle).
- Participants are encouraged to dress for the weather and wear running shoes or similar footwear.



FRASER SALISH REGION
First Nations Health Authority

Scan the QR code or email
manpreet.rai@fnha.ca to register!

