

Title: A community-based pilot study exploring links between health, spirituality, and wellbeing within the Métis Nation of Alberta – Region 3
Principal and Co-Investigator: Ginn, C.S., and Ginn, C.W.C.
Ethics ID: REB18-0433

Study ID _____ Date of Birth: _____

Members, leaders, and Elders of the MNA – Region 3 have met together to develop these questions/questionnaire/survey.

Please check off areas of interest to you:

<input type="checkbox"/>	Prison ministries
<input type="checkbox"/>	Addiction
<input type="checkbox"/>	Spirituality
<input type="checkbox"/>	Blending different cultural practices
<input type="checkbox"/>	Blending different spiritual practices
<input type="checkbox"/>	Cultural immersion
<input type="checkbox"/>	Traditional knowledge
<input type="checkbox"/>	Learning in community
<input type="checkbox"/>	Spirituality as a tool for healing
<input type="checkbox"/>	Cultural history as a tool for healing
<input type="checkbox"/>	Elder’s role in healing (physical)
<input type="checkbox"/>	Elder’s role in healing (spiritual)
<input type="checkbox"/>	Reconciliation (government)
<input type="checkbox"/>	Reconciliation (church)
<input type="checkbox"/>	Forgiveness (government)
<input type="checkbox"/>	Forgiveness (church)
<input type="checkbox"/>	Passing on both(?) Métis traditions and culture to younger generation
<input type="checkbox"/>	Nutrition for mental wellness (for example Diabetes/Mental health)

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<input type="checkbox"/>	Nutrition for physical wellness
<input type="checkbox"/>	Land claims
<input type="checkbox"/>	Harvesting rights
<input type="checkbox"/>	Learning language
<input type="checkbox"/>	Preserving language
<input type="checkbox"/>	Pilgrimages to sacred sites

Please use the next few pages to write about any of the topics you checked off above.

Additional Questions:

- (1) Are there ways that you see your health, spirituality, and wellbeing as connected?
- (2) What are the most important things you have done in your lifetime that have impacted your health?
- (3) Are there ways that your Métis identity affects your health, spirituality, or wellbeing?
- (4) How do you blend different religious or spiritual practices to maintain your health, spirituality, or wellbeing?
- (5) Are there any other areas you want to write about related to health, spirituality, and wellbeing?