

January 4 2022 White board lost cultures and connection

Actively in conflict with colonial mentality- this is coming out in our health. Conflicted stage of trusting western medicine.

hard to reconnect with your culture if you don't have a connection. Mental health, community- all of society is lacking this not just us.

seemed that data reflected people newly becoming connected to Metis culture.

Spirituality piece, blurred between Metis and Indigenous piece.

People at a loss with spirituality, church or traditional ways. Conflicted with Metis culture- celebrations seem to be from European side. First Nations ways of being are matriarchal, became hidden with Colonization, dishonours our great Grandmothers.

Grappling with dual identity, Metis and Catholic. Power in the land.

Fiddles, guitars, food, dance- release and joy.

Conflicted with self- generational stigma. People are easy to judge without knowing the whole story.

Metis Identity connecting with health and well being

Without Metis identity- will impact your mental health, core values. When trying to fit into a way that is not who you are, this could be detrimental to health.

Metis heritage can relate to physical health. Impacts of not identifying as Metis can effect physical health.

Whats our Heritage?

Damned if you do damned if you don't. Where do you fit in? Hard to fit yourself, have to identify with what you beleive, no right or wrong. We are scared to identify with what we feel. Culture that we are re-learning

Fear in identifying as Metis- may draw away from what the medical issue is. Don't feel enough as a Metis to be included in western diagnosis- genetics qualities for predispositions.

Stigma- being excluded from appropriate health care. Self disclosing can be a barrier or path to more understanding. Need to have to do continual teaching to those who are well meaning. Us having to help them care for us.

| Overarching themes | |
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| Not feeling you're (you look) Metis enough. | Reconnecting with Metis identity being older has been challenging. Focus (programs) has been on youth reconnecting with identity. Still Searching. |
| Don't think I'm Indian enough. Fitting in now because I took the side of my grandmothers. Spirit was around me- I was supposed to be there. The more I got involved, the feelings and the emotions grew and wanted more. Spirit guiding me, I knew I was supposed to be there. Take whats good for you. I'm comfortable being in the middle, take from both sides. | Searching for programs independently, online as programs focus on youth. Shame a barrier. All this and all the ways (hidden or not) has effected health/mental health. So Far Reaching. |
| | Reconnection to land. Traditional medicines, how/where can we find knowledge keeper to share this information. Elders say never to buy medicines- purchasing/trading monetarily- barriers to urbanization. |

January 11 2022 White board

Connections to healthy vices: crafts, smudging, to the land, yoga, -increase the mental well being. Community connections very important. Health conditions like diabetes and suicide need to be addressed.

Stigma is a big part of this. Judgment of culture and discrimination- how we are judged by others is deep rooted. Mother taught us how to present ourselves, put together, clean. A way to defend yourself, self care, you don't know when you're going to run into things.

Theme: everyone would like to learn more. They may not know much, but would like to know more. Connecting spirituality with their well being through their environment.

Overall Impressions

Lateral violence to Metis who practice spirituality, to those who didn't practice the Catholic faith.

Discrimination in health care. My own mother died in hospital because that discrimination. Huge issue. My mom more visibly Indigenous than I am. Can see that Metis are having similar experience with health care. This affects a person's health and well being.

Discrimination in health care. Witnessed an inmate who was well spoken, hit a brick wall in the doctors office. The doctor had an idea The inmate was determined to get across was he was going to stay, but stuck to it. Doctor had some preconceived notions, but the inmate had to push through those I

Saw my doctors who came back from South Africa. Doctor spoke about he black people, comparing them to brown people, Indigenous people. Thinking about complaining about this doctors, been fighting my way through here.

You can set laws against us, as kids we had to put blankets on our windows to hide our dancing. I am the only practicing Catholic left in my family. I lost my faith (after the discovery of the children in Kamloops).

Shoes left to honour children left at church, they wanted to throw them out. "you're going to display all those shoes, this is where you're reconcilliation is going to start"

Reconcilliation is never going to be over

Was doing the prayers of the faithful at church, prayer included only Indigenous. I changed it to include First Nations, Metis and Inuit.

My parents always teased each other about gettin married behind the church. The Metis and the French built the church, but only the french could go in, the Metis had to go behind. We had to sit in the back of the church always.

Experiences of discrimination (not being as to take up the offering at church) stay with children forever.

There's joy in seeing my parents speak their language

Covid hit, now missing part of mv spirituality

the Catholic church has shut you out (Metis), but I still have my spirituality.

Can see how spirituality, mental health and physical health are interconnected. They all go together.

In Covid, missing our laughter and our connection, which grounds us.

Big theme is "a connection to something" Whatever you practice physically to stay healthy. A connection to your culture (whether you grew up that way or not). When you learn it, you want more. Connection to people who are like you, when you feel like you belong somewhere. CONNECTION

Shows in our Metis functions (dances and music)- you're welcome there, you can be who you are, enjoy the kinship of other people who are like you.

Main themes

The connection needs to be made again. My grandparents, I don't know what they did spiritually, but did a lot of Metis things. When they moved to Calgary that stopped. Don't know why? Maybe to assimilate? Necessary to well being to be connected to culture and spirituality. How do you do that, it was cut off so extremely. There are so many people who didn't know they were Metis. It's necessary for health, but how do you reconnect with all of those ways: culture, spirituality and connection. Health will falter without. (Grandparents spoke Michif, they went to Batoche every year. Grandfather was a jigger and played the spoons)

Beading session, people open up, connecting and talking, laughing, being themselves. Very rewarding teaching this.

Eating traditional foods. I don't know if I've experienced eating my traditional foods. Don't know if this would make a difference in health. If we ate them more, maybe this would increase our health. In general I don't know if we eat a lot of our traditional food.

Access to traditional medicines (Sage, sweet grass, also berries and other traditional methods)- as a contribution to health.

Accross the board, no was said there wasn't a connection between mind, body and spirituality, not mentioned how. SOme mentioned trauma they experienced. Making that spiritual connection helped them heal and overcome. Grounded to the earth, and doing things outdoors helped them feel less stressed.

Learning about being Metis, had felt like an outsider or a fraud.

Honouring the land, makin banok brought her comfort. Wearing Metis sash brough her source of strength. Being part of a larger Metis community has helped her.

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Interconnectedness, connections,
multiples, no singular theme.

Feelings of disconnection.
Searching for something that
worked for me. Searching for
filling the void.

Kinship, being together.

Protecting each other, always
room for one more.

Searching for something.
Searching for grounding.
Longing.

When your history is behing
you, it's in you.

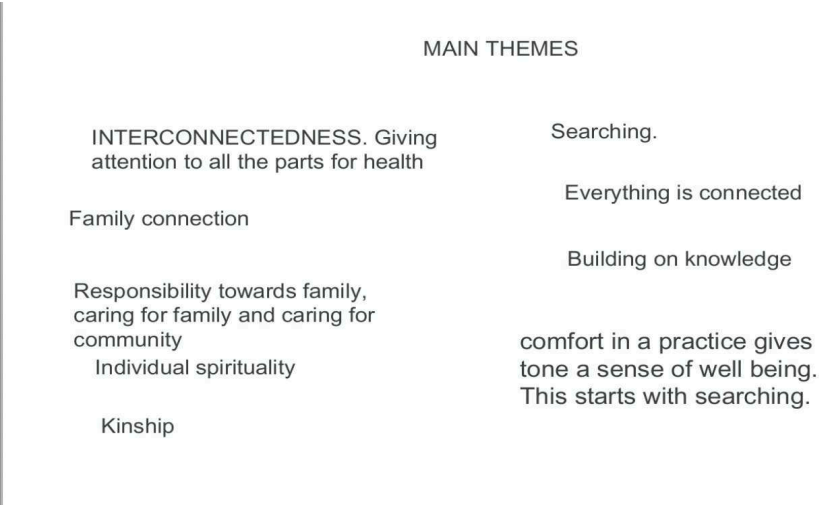
Some had seemed to find meaning
and understanding in their journey

exlusion

No mater what you look like,
when you're Metis, you belong.

Imposter
syndrome.

Perception of others when sharing Metis
heritage



White board January 25, 2022
Recognizing negative and positive coping methods.

Importance of having Metis culture visible in the workplace.

Connecting modern life with historical life, mainly learning traditional ways to deal with problems of modern life.

Representaion and connection to culture.

Metis representation missing in work and education.

Diverse way of reconnecting with Metis traditions

We live in 2 worlds, and that's o.k.

Not enough inclusion for Metis people

Others need to be educated about the Metis culture.

Metis have fallen through the cracks.

Main themes about health wellbeing
and spirituality

blended approach (western and
Metis) to wellness and spirituality

Spirituality, any connection to it,
supports wellbeing

Physical wellness improved when
connecting to traditional practices

trauma leading to illness

Metis peoples are still lost.

Harvesting, hunting, going to the
forest- these practices can be hard, but
are connected to wellness

Misconceptions about Metis leads
to advocating

Spirituality is complex, affected by
colonialism