



Youth and Young Adult Traditional Wellness Survey Feedback



11 surveys gathered

Who in your community would like to teach you, share wisdom, experiences and knowledge about connection to land, ceremony, culture, and being Indigenous?

I am willing to learn from anyone who has knowledge to share.

Elders, Knowledge Keepers, and community members who are well-connected and strongly rooted in their identities



Peers

What is happening in your community that supports traditional health and wellness?



Beading circles, drum making and drumming circles, monthly potlucks, carving, etc

The many services & programs at Métis Community Services



Plant & medicine gathering

Monthly potlucks & courses (rattle making, octopus bags, Michif classes)

What traditional teachings would you like to learn about for connection to land, ceremony, culture and being Indigenous?

The culture, traditions and history of Métis society

More ceremonial teachings & protocols, sash making, lessons about Métis heritage, Indigenous book club.



Land-based activities, art, ceremonies and learning how to connect with my culture daily



Traditional medicines and their uses and place in ceremony



Métis creation story; oral tradition/storytelling

What do you want to learn about?

Interest

Traditional food gathering, preparation, and storage	100%
Indigenous Ceremonies: Sweat lodge, Smudging, Water Ceremony	100%
Plants and medicine	100%
Mental Wellness	100%
Medicine Wheel Teachings	91%
Spiritual Wellness	91%
Emotional Wellness	91%
Language	91%
Beading, drum making, hide tanning, fishing net instruction	91%
Mountain or Vision Questss	82%
Red River Cart Teachings	82%
How we identify as Indigenous Peoples, family, knowing your roots	82%
Métis Sash, infinity symbol	82%
Traditional dance, jigging, cultural movement	82%
Harvesting wild game, hunting camp, hunting protocols and getting started	64%
Citizenship, Kinship, Genealogy	64%
Gardening	55%
Traditional Exercise and Games	36%



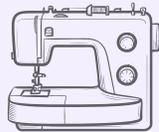
Youth and Young Adult Activity Survey



These reflections are from youth and young adults who participated in the Ribbon Skirt/Shirt Making Program. The program included picking out materials and ribbons, receiving teachings about sewing, tobacco tie, leather braiding, and spirituality from an Elder, and coming together to share meals.

What was the activity you participated in?

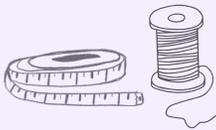
Ribbon Skirt Making



Ribbon skirt workshop



Visiting with Elders



Cutting, measuring, pinning, sewing



Cutting and choosing fabric & ribbons

Ribbon Skirt photos

What did you like best about the activity?



It was really enjoyable to learn more from the Elders about protocols and practices.

Learning to sew

Doing a project to completion & making something with a purpose

Socializing & learning about ribbon skirts



Gathering together with community and meeting new people & building connections

It was lovely to learn more about Michif language

Community engagement & connection to community

Seeing everyone's finished skirts & shirts & learning tobacco tie teachings



Sharing teachings & laughter with one another

What would you change for the next activity?

Pictures/diagrams of the pattern pieces would be really helpful



Learn from Syilx knowledge holders and Syilx songs

Nothing

Maybe a blessing or prayer before each session!

I would add more helpers & supplies



More people, I love to connect

36

 surveys gathered

All youth shared they would recommend this activity to others

Anything else to say?

"Thank-you for the opportunity to participate in this activity & learn more about traditional Metis attire"

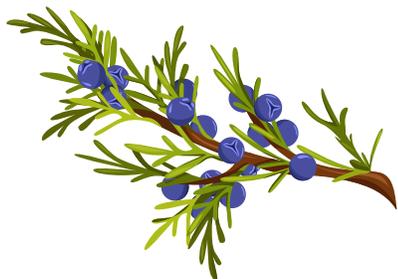
"I loved the laughs and the non-judgemental environment. I enjoyed learning a few Michif words."

"The facilitators were amazing, knowledgeable & so helpful; I'm so grateful for this opportunity!"



Elder Facilitator Feedback and Recommendations

5 surveys gathered



What was the activity you led?

Ribbon Skirt Making



Teachings



What worked well when leading the activity?

For the most part all of it



Was good, some folks did different styles & did their own thing, which was fine



All, very well organized

Meeting people & sharing



What did not work well and what would help to improve or support in leading the activity?

All was good :)

Forgot to remind participants not to touch dials on machines

Frustration with braiding activity

Knowing the different skill set but it all worked out

Additional Thoughts

"We need to identify novice & expert, experienced sewers. Sewing small practice bag first day!"

"Be more familiar with the machines"

"Start from scratch for braiding activity"

Elder Suggested: talking more with helpers & participants, beginning with a simple sewing project such as a small bag for practice, and noting the level of sewing experience of each participant in order to support those who need additional guidance.

For more information, visit www.urbanindigenouwellbeing.com/iyw