



Youth and Young Adult Traditional Wellness Survey Feedback



9 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?

People I trust regardless of age

Knowledge Keepers

My family



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

LFCS link Program
Fridays hold youth and Elder projects



Friendship center workshops/events

Local drumming circles, ceremonies, medicine workshops



Band events community events

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

How to make salves and ways to use the medicines

More medicine making/gathering/identification ceremony teachings language teachings

Hunting and fishing

Learn about healing plants



Know much as possible

Traditional Prayers to hold for my own purposes and understanding

What do you want to learn about?

Interest

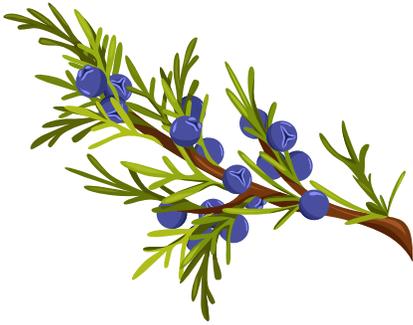
Traditional food gathering, preparation and storage	100%
Plants and medicines	100%
Beading, drum making, hide tanning, fishing net instruction	88%
Language	88%
Mental wellness	88%
Harvesting wild game, hunting camp, hunting protocols	88%
Spiritual wellness	77%
How we identify as Indigenous Peoples, family, knowing your roots	77%
Medicine Wheel Teachings	66%
Emotional Wellness	66%
Citizenship, Kinship, Genealogy	66%
Indigenous Ceremonies	66%
Traditional exercise and games	66%
Red River Cart Teachings	55%
Gardening	55%
Traditional dance, jigging, cultural movement	55%
Métis Sash, infinity symbol	44%
Mountain or Vision Quests	33%



Elder Facilitator Feedback and Recommendations

6 surveys gathered

What was the activity you led?



Making Dandelion Salve

Medicine card info

Pain Relief Medicine with Rattlesnake Plantain Cottonwood buds Mullein, Yarrow, beeswax, olive oil.

Knowledge Keeper

Facilitating our St'at'imc Language to the medicines of the mountain.

Storyteller

What worked well when leading the activity?

Doing and showing youth how to do it

Having Mariko have an assistant to do the preparations.

Having participants grate beeswax, pour their own jars & using all the senses

Sharing with the new members in the group the traditional names of the plants

Students were Great, 12-13 students

Personal experience and people they knew as well as local known locations



What did not work well leading the activity?

Everything worked well

The lack of time and a warm facility to work in.

We ran out of time!

Keeping full attention; parts of story needs some more work to keep them focused.

Additional Thoughts

"It is awesome seeing the young adults having interest in our traditional ways & medicines."

"I would like to have this more often."

"It was a great break having a storyteller join us for the evening."

"I loved working with this age group."



Youth and Young Adult Activity Survey



These reflections are from the Ama Smáwal program which included making traditional medicine guidebooks, smudges and salves, and Elder storytelling.

What was the activity you participated in?

Medicines cards and grinding it up to make smudge. Introductions and stories.



Presenting our group project



Finishing our medicine cards and stories

Group research

Salve making for Eczema & Pain

Making cards for people.



Medicine making

Learning medicine

What did you like best about the activity?

Everyone was friendly and laughing together

Learning how to prepare plants



The social aspect



Working with a new group

Picking out the background paper

Learning about medicine for the flash cards and stories

Researching taking notes

Hearing elders telling stories and using the mortar and pestle

What would you change for the next activity?

I would like some written versions of our traditional Stories.



More time/ organization



More medicine

Add stinging nettle

Softer food

I would change how the instructions were instructed.

27

surveys gathered and all shared that they would recommend the program to others

Anything else to say?

"Appreciate mentions from others and good to share"

"Ama7 (good)"

"It was great"

"It was fun"

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