



Youth and Young Adult Traditional Wellness Survey Feedback



5 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?

The Mamawapowin Elders and Knowledge Keepers

syilx Elders and knowledge keepers

I'm willing to learn from whoever is willing to teach me

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

More ceremony (sweat lodge, vision quests)

syilx protocols and traditional teachings

How to make ribbon skirts

More about harvesting plants and connections to land with foraging and traditional medicines.

Michif

Canoe journey

Learn to live off the Land

How to hunt/fish, hide tanning, preparing hunted animals to eat

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

Indigenous People's day Festival & Powwow; Harvesting group; beading circle

There are some support groups for people struggling with health and wellness, and some activity groups for yoga and other things.

Drumming circles, land walks, community gatherings, crafting, picking medicines

Coming to events at the Métis Center

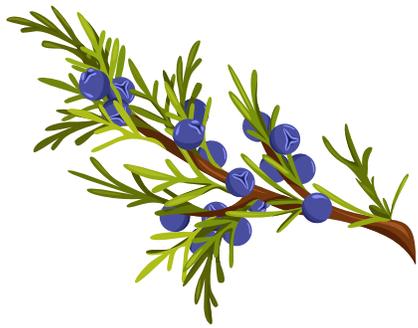
What do you want to learn about? Interest

What do you want to learn about?	Interest
Mountain or Vision Quests	100%
Plants and Medicines	80%
Beading, drum making, hide tanning, fishing net instruction	80%
Language	80%
Traditional dance, jigging, cultural movement	80%
Spiritual Wellness	80%
Indigenous Ceremonies - Sweat lodge, Smudging, Water Ceremony and others	80%
Gardening	60%
How we identify as Indigenous Peoples, family, knowing your roots	60%
Medicine Wheel Teachings	60%
Citizenship, Kinship, Genealogy	60%
Harvesting wild game, hunting camp, hunting protocols and getting started	60%
Traditional exercise and games	60%
Red River Cart Teachings	40%
Emotional wellness	40%
Mental wellness	40%
Métis Sash, infinity symbol	20%



Elder Facilitator Feedback and Recommendations

7 surveys gathered



What was the activity you led?

Métis Past and Fashion aen saak - medicine pouch

Metal and sea shell bracelet - Métis girls' pre-gloss beads

Genealogy

Fish scale art

Seasonal Métis Lifestyle and Genealogy

Jigging on the last day

Cultural teachings

What worked well when leading the activity?

Everyone was very enthusiastic

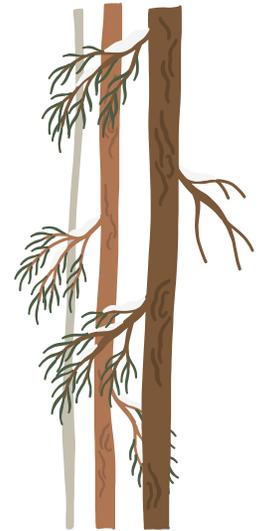
Great listeners, organization, Haley's welcome atmosphere

Relaxed and connecting

The participants were very involved and willing to laugh at themselves and try something new

Sharing, answering questions and learning more myself

Creativity and ingenuity



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

Not enough time. Could have been 2 hours longer.

Not everyone knew how to bead.

Difficulty with waxed sinew.

A speaker for music would have been nice and it was too hot to go for too long but we made it work.

It would have helped if I had slowed-down music to learn the basic steps.

Additional Thoughts

"We need more ways to help youth find out who they are and where they belong."

"Was fun and informative. Good mix of community"

"More ways to bring us together"

"Love everyone."



Youth and Young Adult Activity Survey



These reflections are from the Reclaim My Roots program which included teachings on Métis history, medicine bag making, fishing and fish scale art, Family Trees, medicine gathering, traditional bracelet making and jigging.

What was the activity you participated in?

Métis past experiences

7 Grandfather teachings

Jigging, BBQ, plant walk

Fishing

Family tree

Medicine bag making

Bracelet making

Fish scale art

What did you like best about the activity?

Being able to sit and gain knowledge but also have a place to share and create

The food at the programs

The visiting and storytelling.

Being outside with like-minded individuals

Finding strawberries and huckleberries.

Learning how to fish

The giggling

The laughs and learning

Hearing elders share stories and history about the Métis nation.

Walking around in nature, learning about plants and gathering medicines. I loved the property we were on.

What would you change for the next activity?

Larger table so everyone can sit together. Learn how to introduce yourself in michif.

AC/Fans, was very hot

Jigging inside

More traditional knowledge

A swim

A speaker for the music. More jigging moves/dancing.

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

Anything else to say?

"Would love to do again!!"

"I can't wait for the next activity. I would love for there to be an adults' event (with no age limit)."

"Thank you for organizing this. Would love to do a medicine gathering."

"Loved the activity, the people and the land."

For more information, visit www.urbanindigeno.uswellbeing.com/iyw