



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?

- Anybody that has the knowledge and has permission to share it
- Elders, knowledge keepers, peers
- Syilx people
- My Indigenous Advocate



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



Community gatherings and workshops at Mamawapowin

Programs such as this where we come together to do land walks, harvest medicine, share traditional teachings



Events through the Indigenous programs and services at UBCO

In my outdoor Ed class we have learned some traditional Indigenous hunting traditions

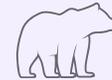
What traditional teachings would you like to learn about for connection to land, ceremony, culture and being Indigenous?

The culture, traditions and history of Métis society

Traditional medicines & how to use them



Syilx protocol & how to engage with Syilx land respectfully as a guest



Métis teachings about grizzly bears

Sweat, harvesting, hunting practices, fishing



Drumming, dancing, all the good things

What it means to be two spirited

What do you want to learn about?

Interest

Beading, drum making, hide tanning, fishing net instruction	100%
Traditional food gathering, preparation, and storage	100%
Mental wellness	100%
Emotional wellness	100%
Harvesting wild game, hunting camp, hunting protocols and getting started	80%
Language	80%
Plants and medicine	80%
Spiritual Wellness	80%
Indigenous Ceremonies: Sweat lodge, Smudging, Water Ceremony	80%
Traditional exercise and games	80%
Traditional dance, jigging, cultural movement	80%
Mountain or Vision Quests	80%
Gardening	60%
Red River Cart Teachings	60%
How we identify as Indigenous Peoples, family, knowing your roots	60%
Métis Sash, infinity symbol	60%
Citizenship, Kinship, Genealogy	40%
Medicine Wheel Teachings	40%

Feeding the Spirit Program

Indigenous Youth Wellness Program #4 Feedback Surveys Fall 2024



Youth and Young Adult Activity Survey



These reflections are from the Feeding the Spirit Program which included: drumming, spirit bath and water ceremony teachings around a fire at Okanagan Lake; learning jigging, songs, and Michif language; bannock and jam making; finger weaving; learning about ceremonies and having the opportunity to connect and talk with an Elder; and sharing meals together.

What was the activity you participated in?

Water ceremony



Jam & bannock making



Learning about ceremony & talking circle



Drumming by the lake



Finger weaving

Lunch and jigging

What did you like best about the activity?

Connection with healers and bringing all ages together

The food and being together

Connection with others

So nice to learn more about traditional ceremonies from an Elder

Being together and laughing



The soup and the time together



Doing the activity with a smaller group

Drumming, being with the water, all the medicines

Connecting with nature and taking in traditional medicines



Learning the Métis words for the ingredients

What would you change for the next activity?

Would have loved to put some medicine into our jam



Learn from Syilx knowledge holders and Syilx songs

Learn how to engage with this land in a good way



Nothing

Have a rough schedule available

I wouldn't change anything



15

 surveys gathered

All youth shared they would recommend this activity to others

Anything else to say?

"Thank you again for the opportunity to learn and connect to Métis culture"

"It was fantastic. If I had more notice on my end I would have invited and brought more people."

"Loved the activity, loved being on the land, always appreciate how prepared Haley is"

"Great activity!"

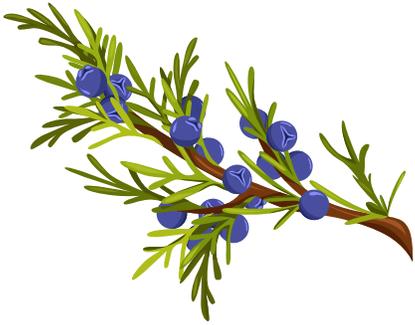
Métis Community Services Feeding the Spirit Program

Indigenous Youth Wellness Program #4 Feedback Surveys Fall 2024



Elder Facilitator Feedback and Recommendations

8 surveys gathered



What was the activity you led?

Activities mentioned in feedback:

- Spirit Bath
- Drumming + singing Indigenous songs with Women of Turtle Island
- Water ceremony
- Jigging
- Strawberry Li Koonfisheur (Jam) Lii bayng (fried bread)
- Ceremony talk
- Finger weaving

What worked well when leading the activity?

Positive feedback points:

- Participants were happy and willing to try and have fun
- Being at central location
- Using Michif language
- Circle was comfortable and warm
- Being with the group, showing who we are + what the songs mean
- Was relaxed and slow paced
- It was great to have extra drums for others to use



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

Challenges and suggestions:

- Having a space dedicated to ceremony
- more questions
- (Couldn't) find funnels (for jam making), however, it was a good teaching to use what we have
- It was a bit short to give participants time to figure out all the steps, but in the end I think the activity was the right amount of time
- more language (words)
- It was hard to be on my feet for a few hours, a place to sit might've helped

Additional Thoughts

"The exercise of bringing clean water to the lake, and lake water to the fire reminded me of the importance of cycles and I was thankful for that reminder"

"I was so happy to be involved, thank-you!"

"It is a wonderful program. I look forward to hear about other activities you do"

"Enjoyed my time with the youth and adults present from community."