
WELCOME TO OUR

ON-NEIHR Seasonal Newsletter



we're so glad you're here!

AANIIN, BOOZHOO, SEKON, WACHAY, HELLO!

We are thrilled to release the newest issue of the Shkaakaamikwe gchi twaa miigwewin seasonal newsletter, marking the sixth edition of our publication. This issue will showcase the exceptional work that has been taking place at the Ontario NEIHR, as our team has been hard at work on a variety of critical projects and initiatives. From research studies and presentations to community knowledge sharing circles, we have many accomplishments to share and celebrate.

These events and publications have been empowering in numerous ways, and we are excited to continue our journey towards improving the spiritual, mental, emotional, and physical health and well-being of individuals and communities. We also remain committed to honoring and respecting the Elders and Knowledge Keepers who generously share their teachings with us. We sincerely hope you will enjoy reading about our progress and will continue to support us as we strive to make a positive impact. We extend our gratitude to all of our supporters and look forward to your continued engagement.

Mahsi cho/miigwetch/marsi/nia;wen/thank you,

Lydia, Krisalee & ON-NEIHR Research Team

--

Lydia C. Rehman, Research Assistant at WIIH, Co-Editor
Krisalee Campbell, Research Assistant, Co-Editor



Upcoming & Past Events

SHARING INDIGENOUS KNOWLEDGES IN ACADEMIA

OSPWAGON PIPE CEREMONY

led by Clayton Shirt

In-Person Event



Thursday, December 14 2023
Thursday, January 18 2024
Thursday, February 15 2024
Thursday, March 14 2024

1PM - 5PM

Location available after RSVP

all U of T students, staff, and faculty are welcome wear appropriate winter clothing, skirt protocol recommended but optional food and drinks provided

for more information please contact
wbiih.dlsph@utoronto.ca or ontario@neihr.dlsph@utoronto.ca

OSPWAGON PIPE CEREMONY

Please accept this as an invitation to our Oswagon (pipe ceremony), led by Clayton Shirt! The event location can be obtained by registering or emailing wbiih.dlsph@utoronto.ca. Please wear appropriate winter clothing. Skirt protocols recommended but optional. Food and Drink will be provided. Please feel free to share with your networks! This series is open to all U of T students, staff and faculty, however priority will be given to Indigenous individuals if space becomes limited. Takes place from 1-5pm.

SHARING INDIGENOUS KNOWLEDGES IN ACADEMIA
Hosted by WILHELMSONBERG

Drop-In Ceremony + Sacred Fire

A weekly drop in Ceremony at Askaakamigokwegiwamig (Mother Earth Learning Lodge)

6PM - 8PM

Wednesday Sept 13
Wednesday Sept 20
Wednesday Sept 27
Wednesday Oct 4
Wednesday Oct 11
Wednesday Oct 18

Wednesday Nov 1
Wednesday Nov 8
Wednesday Nov 15
Wednesday Nov 22
Wednesday Nov 29
Wednesday Dec 6
Wednesday Dec 13

Led by:
Dr. Gokoomis (Grandmother)
Jacqueline Lavallée
&
Dr. Hopi Martin

This event is open to all U of T students, staff, and faculty.

Askaakamigokwegiwamig (Mother Earth Learning Lodge)
20 Willcocks St.
University of Toronto,
Toronto, ON, Canada




DROP-IN CEREMONY + SACRED FIRE

Dr. Gokoomis (Grandmother) Jacqueline Lavallée and Dr. Hopi Martin continue to host weekly Drop In Ceremony at Askaakamigokwegiwamig (Mother Earth Learning Lodge) from 6-8pm. This event was open to staff, students, faculty, and community from all Four Directions (i.e. everyone is welcome!) Thanks to support from: WIIH, NEIHR, IEN, and Edge of the Bush

WAKARINSS INSTITUTE FOR INDIGENOUS HEALTH INVITES YOU TO THE

DRUM CIRCLE

LED BY SPIRIT WIND

2024 DATES:

JANUARY
TUESDAY, JANUARY 9
TUESDAY, JANUARY 23

FEBRUARY
TUESDAY, FEBRUARY 6
TUESDAY, FEBRUARY 20

MARCH
TUESDAY, MARCH 5
TUESDAY, MARCH 19


APRIL
TUESDAY, APRIL 2
TUESDAY, APRIL 16

5 PM - 7 PM

IN-PERSON EVENT


GATHERING AREA
DLSPI WIIH
ROOM 400

155 COLLEGE ST
TORONTO



ALL U OF T STUDENTS, STAFF, AND FACULTY WELCOME BRING YOUR OWN DRUM OR DRUMS TO BE PROVIDED FOOD AND DRINK PROVIDED

FOR MORE INFORMATION PLEASE CONTACT
WIIH@IHPH.UTORONTO.CA



DRUM CIRCLE LED BY SPIRIT WIND

The Drum circle will be led by Spirit Wind. Feel free to bring your own drum. If you do not have one, a drum can be provided. No experience is necessary. All U of T students, staff and faculty are welcome. This will be held at the WIIH office until the spring.

PAST EVENTS ON NEIHR WEBINARS

ON-NEIHR WEBINAR SERIES

"Culture Counts":
Advancing Indigenous Cultural
Training Impact Assessment Research



In conversation with:
Paul Whitinui

Wed, Sept 27, 2023
1:00 PM - 2:00 PM EDT



Scan QR Code to RSVP



WATCH ON YOUTUBE!

ON-NEIHR WEBINAR SERIES

Impacts Of Climate Crisis On
Indigenous Young Adults Mental Health



In conversation with:
Shanti Aguilar-Cardenas
and Michael Brown

Tue, Oct 31, 2023
12:30 PM - 1:30 PM EDT



Scan QR Code to RSVP



WATCH ON YOUTUBE!

ON-NEIHR WEBINAR SERIES

Oskápéwisk / Traditional Helpers



In conversation with:
Luana Shirt
and Julia Harper

Tue, Nov 28, 2023
12:00 PM - 1:00 PM EST




Scan QR Code to RSVP




WATCH ON YOUTUBE!

ON-NEIHR Webinars 2024

Ethics Workshop with Dr. Suzanne Stewart January 25th @ 1pm




ON NEIHR WEBINAR SERIES 2024-2025
Ethics Workshop
Dr. Suzanne Stewart
Thursday January 25, 2024
1:00 PM - 3:00 PM EST




Dr. Stewart is a member of the Yellowknives Dene First Nation and a registered psychologist. She is Director of the Waakebiness Institute for Indigenous Health, and Associate Professor in Social and Behaviour Health Sciences at the Dalla Lana School of Public Health, University of Toronto. Research and teaching interests include Indigenous mental health and healing in psychology (homelessness, youth mental health, identity, and work-life development), Indigenous pedagogies in higher education, and Indigenous ethics and research methodologies. She is also Chair of the Aboriginal Section of the Canadian Psychology Association, and recent recipient of the Order of Ontario and is committed to advancing Indigenous healing issues through the disciplines of health and psychology.

The Bear Teachings with Grandmother Pauline Shirt January 30th @ 11am



ON NEIHR WEBINAR SERIES 2024-2025
The Bear Teachings
Grandmother Pauline Shirt
Tuesday January 30, 2024
11:00 AM - 12:00 PM EST



The Bear Teachings are about getting us ready for the Bear Moon, which is in February. These teachings are about what the bear is bringing us, what our responsibilities are and the protocols of that. We are getting ourselves ready to welcome him. That is what the Grandmother Moon is telling us. Grandmother Pauline Shirt was born and raised with her seven sisters and one brother in Alberta, Canada on the Saddle Lake Reserve, where her family raised horses and farmed the land. She is a first speaker in her Indigenous language of Plains Cree. In the late sixties she moved her family to Toronto, where she and her then husband, the late Vern Harper raised their five children. She has been part of an Indigenous Medicine Society since the early 1980s, where she holds a degree in sacred Indigenous Knowledge, equivalent to a PhD in western based education systems.

Pauline is a wisdom keeper and pioneer in Indigenous education, holistic health and judicial system changes in Canada. This continues to makes her well sought after for her traditional teachings, lectures, and wise counsel.

Publications & Engagement

Journal Articles & Reports

- Stewart, S.L., Mirza, S. & Strebel, R. (August 2023). Ontario Network Environments for Indigenous Health Research. Annual Year 3 Annual NEIHR Report.
- Waakebiness Administration. (November 2023). Waakebiness Institute for Indigenous Health Annual Activities Report.

Awards

- ON-NEIHR Scholar, Dr. Christopher Mushquash, Ph.D., C.Psych has been awarded the **Canada Gairdner Momentum Award** for Indigenous-led mental health services for Indigenous children, adolescents, and adults.
- Please visit profile [Dr. Mushquash's 2023 Winner profile](#) to join us in congratulating him!



Conference Presentations, Workshops & Research Symposiums

- Mirza, S., Aguilar-Cardenas, S. & Russell, D. (November 2023). Climate Crisis and Mental Health. Kids Help Phone Weaving Threads Forum. Sheraton Hotel, Toronto, Ontario.
- Brown, M. & Aguilar-Cardenas, S. (October 2023). Indigenous youth and mental health: Indigenous knowledges solutions for personal and community healing and the climate crisis. National Gathering of Graduate Students Finding Medicine in Connection and Community. Cape Breton, Nova Scotia.
- Brown, M. & Aguilar-Cardenas, S. (October 2023). Indigenous youth and mental health: Indigenous knowledges solutions for personal and community healing and the climate crisis., ON-NEIHR Webinar Series.
- Stewart, S., Gagnon, F., Philips, W., Gable, C., McCormick, R., Shirt, C., Fairman, K., Smylie, J., Paulette, F & Elder Mackenzie (October 2023). Indigenizing Health Symposium: Nations Gathering on the Land
- Brown, M., Gabriel, M. (October 2023) The Ku-gaa-gii pimitizi-win Study: COVID-19 and Indigenous Vaccination Hesitancy, Experiences from the Streets. Indigenizing Health Symposium: Nations Gathering on the Land. Poster Presentation.
- Aguilar-Cardenas, S., Brown, M. Mirza, S. (October 2023). Impacts of Climate Crisis on Indigenous Young Adults Mental Health. Indigenizing Health Symposium: Nations Gathering on the Land. Poster Presentation
- Russell, D. (October 2023). Indicators of Safety and Well-being for Urban and Off-Reserve Indigenous Women, Girls, and Two-Spirit Peoples. Indigenizing Health Symposium: Nations Gathering on the Land. Poster Presentation



Past Events & Engagement

SHARING INDIGENOUS KNOWLEDGES IN ACADEMIA
HOSTED BY WIIH, ON NEIHR & ONTARIO IMN:

INDIGENIZING HEALTH SYMPOSIUM 2023: NATIONS GATHERING ON THE LAND

SCAN OR
FOR REGISTRATION



OCTOBER 25-26 2023
CALEDON, ON

TO REGISTER OR REQUEST MORE INFORMATION
PLEASE CONTACT ONTARIO NEIHR.DLSPH@UTORONTO.CA

Indigenizing Health Symposium Nations Gathering on the Land

The WIIH & ON NEIHR along with the the Ontario IMN co-hosted Indigenizing Health Symposium 2023: Nations Gathering on the Land, aimed to share knowledges, and foster dialogue and collaboration about Indigenous health and land based healing. This year's symposium was the first Ontario Network Environment for Indigenous Health Research (NEIHR) land-based gathering.

The gathering brought together a diverse group of keynote speakers who delivered presentations and facilitated workshops in the in the teaching lodge at Hart House Farm. Attendees had the opportunity to participate in ceremony, and other cultural activities throughout the two-day event. Indigenous scholars, Elders, Knowledge Keepers, and graduate students shared their insights regarding the importance of policy grounded in Indigenous Knowledges, and the processes of increasing accessibility of policy work to Indigenous communities.

Keynote Speakers

Kimberly Fairman, Nunavummiut, Executive Director at the Institute for Circumpolar Health Research and NEIHR Lead for Northwest Territories.

Dr. Chelsea Gabel, Métis from Rivers, MB, citizen of the Manitoba Métis Federation, Associate Professor and Canada Research Chair, McMaster University

Elder George Mackenzie, First Nation, Behchokò. Previous Grand Chief, T'lichò Government, Advisor for the Institute for Circumpolar Health Research

Dr. Rod McCormick, Kanienkehaka (Mohawk), Professor and Research Chair, Thompson Rivers University

Elder Françoise Paulette, Denesuline, a Denesuline Elder and member of the Smith's Landing Treaty 8 First Nation, Officer of the Order of Canada.

Dr. Janet Smylie; Family Physician, Research Scientist, and Strategic Advisor Indigenous Wellbeing, Reconciliation, and Partnerships, Unity Health Toronto; Professor, University of Toronto; Tier 1 Canada Research Chair in Advancing Generative Health Services For Indigenous Populations in Canada

Elder Ahwidokazit Wendy Philips, Potawatomi Nation & Jamandomac Nation, belongs to The 7th Fire, member of the Bald Eagle Clan, and member of Wasauksing First Nation

Past Events & Engagement

Biiskaabe Zaa'emaanag

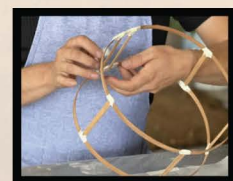
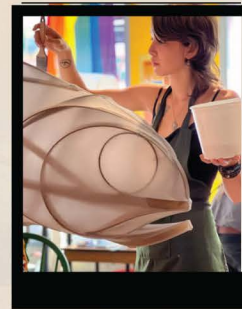
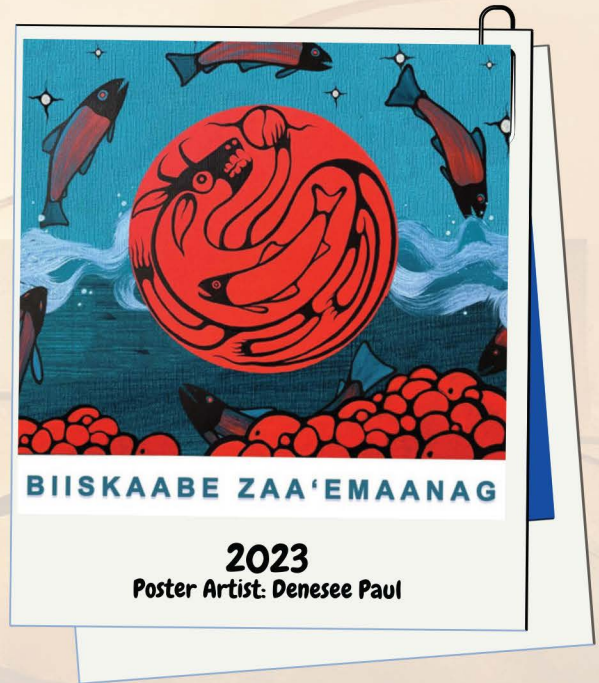
BRIDGING COMMUNITY ARTS, RESEARCH, AND HEALING

The ON-NEIHR has been actively engaged in an Indigenous research evaluation led by community partner: Red Pepper Spectacle Arts (RPSA) in the project titled-*Biiskaabe Zaa'emaanag* (Return of the Salmon). This is a collaborative arts project in Toronto, honoring the annual Atlantic salmon spawning migration recognizing salmon as a vital part of the land's history. The project seeks to welcome the return of the salmon to Toronto's waterways after their hundred-year absence. The core production team at Red Pepper Spectacle Arts worked collaboratively the last several months to create seven large salmon-lanterns with the guidance of Lead Artist, Joseph Sagaj, Nookomis Rachel Shilling, Elder Dr. Jacqueline Lavallee.

Biiskaabe Zaa'emaanag is a holistic and community-centered project using art as a tool for healing, wellness, and positive change for individuals and groups in the urban Indigenous community of Toronto. By focusing on the interconnectedness of people and the environment, it aims to foster reconciliation, celebrate cultural traditions, and promote community health and well-being. A research evaluation framework has been developed to measure the impact of the project on wholistic wellness for both those involved in the creating and delivering the project, and community members who engage with the completed art project. The aim of the evaluation is to determine the relevance and level of achievement of project objectives, development effectiveness, efficiency, impact and sustainability.

The evaluation will also identify strengths and gaps for project stakeholders, which includes community partners and general community members. Evaluation is an important part of RPSA's accountability to its funders and to Indigenous community at large. Both the project and its evaluation showcase the power of culturally grounded arts and research to bring about transformative change while honoring Indigenous traditions and perspectives.

The event took place on **October 14th 2023**, at the Spadina House Museum, was grounded in spirit, and joined by community through food, friendship and collaboration. The data collection is underway, and a report will be available within the early New Year to share back with community.





From our Family to yours!

HAPPY NEW YEAR!



We hope your holidays are filled with Kindness, and Warmth!

To our Extended Network of Kin and Research Communities/Collaborators,

We wanted to take a moment to express our heartfelt gratitude for the wonderful collaboration we've had throughout 2023. Working together with you has been a joy and a privilege.

As we look ahead to the coming year, we are filled with excitement and anticipation for all the possibilities it holds. We can't wait to continue our journey together, creating meaningful connections and making a positive impact on our community through research.

We wish you all good health, boundless joy, and an abundance of high spirits. May the coming year be filled with new opportunities, moments of happiness and chances to gather!

Mahsi cho/miigwetch/marsi/nia;wen/thank you,

--

ON-NEIHR Research Team



Follow us on Social Media!

Keep Up to Date With Us! Follow Our Social Media channels for the Latest News + updates.

Facebook: @Waakebiness Institute for Indigenous Health
Instagram: @neihr_on | @wbihh_
LinkedIn: @Waakebiness Institute for Indigenous Health, University of Toronto
Youtube: @Waakebiness Institute for Indigenous Health
Website: <https://www.dlsph.utoronto.ca/institutes/wiwh/research-initiatives/network-environments-for-indigenous-health-research-neihr-ontario/>

