



Saskatchewan
Health Authority

Traditional Wellness and Healing Practices: What have we Learned from First Nations and Métis Communities?

Traditional Wellness and Healing Practices (TWHP) for Saskatchewan First Nations and Métis peoples are sacred and key components to improving the overall health and wellbeing of Indigenous people in Saskatchewan.

Traditional Healers, Medicine Keepers and communities across Saskatchewan will guide the wholistic vision of improving mental, emotional, spiritual and physical wellbeing of Indigenous peoples. Teachings and practices vary between nations and regions, but they are all rooted in Indigenous ways of knowing and being.

While this vision is being further refined, below is more information to provide some understanding about TWHP's. As you review, please consider what this could mean for SHA programs and services and how you might envision TWHPs alongside Western Medicine.

Below are some examples and resources illustrating what TWHPs could typically include.

- Traditional land-based activities
- Diverse Indigenous ceremonies
- Storytelling
- Smudging with the 4 sacred medicines
- Offering access to Traditional Medicines
- Cultural teachings
- Support from Elders

.....all guided by the wishes of patients.

Links to Helpful Resources

First Nations Health Authority BC

<https://www.fnha.ca/what-we-do/health-system/traditional-wellness-and-healing>

https://www.fnha.ca/WellnessSite/Documents/Traditional_Medicine_web.pdf

Traditional Medicine

Indigenous identity and traditional medicine: Pharmacy at the crossroads - PMC

Example from Southwestern Ontario

SOAHAC

Questions? Contact us at fnmr@saskhealthauthority.ca



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