

Health and Wellbeing of Indigenous Women Living with HIV



How is Health Connected with Traditional Medicines & Ceremony?

Lessons learned from the **CHIWO-S-PAW** study

Guided by Elders with Water and Animal Teachings

Traditional Medicines are gifts from nature that are to be honoured and respected.

Traditional Medicines and Ceremony are protection from illness and in one's journey.

The Wise Women of CHIWO-S-PAW would like to have **access** and **support** to use Traditional Medicines and Ceremony in their healthcare journeys.

The Wise Women of CHIWO-S-PAW teach us why we need Traditional Medicines and Ceremony:

"I **feel grounded** when I'm able to spend time in nature and use traditional medicines"

"It **supports** my health and wellbeing journey"

"It's **a gift** from Mother Nature to be honoured"

"**Brings me closer** to my community, provider, and body"

The Beaver represents wisdom.

We can learn to care for our community and environment by valuing diversity, advocating for others and working together.

Indigenous Medicines include: sage, tobacco, sweetgrass, cedar, juniper, chaga, devils club, stinging nettle, and more.

Ceremonies like smudging are ways to connect mind, body, heart, and spirit.



Let us work together to weave Wise Women's words and desire to use Traditional Medicines and Ceremony in the care we provide.



For more information:
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Art by Dale Stonechild
 Teachings remembered from childhood
 and recently from Elder Fred John.