



## Why are Meaningful Relationships and Community Important?

Lessons learned from the **CHIWOS-PAW** study

Guided by Elders with Water and Animal Teachings

"Inviting **my family and loved ones** into my care journey helps keep me accountable and healthy"

The Wise Women draw strength and support from belonging to a community and having meaningful **relationships** connected with their healing journey.

Connection across generations were a significant source of support for CHIWOS-PAW Wise Women.

Here are some of the important **relationships** that the Wise Women identified:

Sisters

Family

Elders

Children

Community

Peer Support

Healthcare Providers

**Trust**



**The Eagle represents love.**

Love is the importance of caring for others and confiding in loved ones for support.



Let us be mindful of Indigenous Women's desire to bring **family, loved ones,** and **community supports** into their healthcare journey while building **trusting relationships** with their care providers.

The desire to mother, give life, and be with their children supported a lot of women through bumps and falls. Some described this as having a responsibility and a purpose to stay on their path.



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 Teachings remembered from childhood  
 and recently from Elder Fred John.