

Health and Wellbeing of Indigenous Women Living with HIV

How are Healing Health Partnerships Built?

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

Guided by Elders with Water and Animal Teachings

We asked the **Wise Women** of the CHIWOS-PAW study what they want health providers to know about their health journey.

"**Respect** our culture and values"

"Our knowledge is our **strength**"

"**Our bodies know** a thing or two about a thing or two about **our health**"

"Take time to learn about colonization and intergenerational trauma. **It is exhausting** to have to continue to explain this."

"We are still here; **we draw strength from our culture**; we are going to grow ever stronger from it'; and we are going to teach others"

"Nothing about us without us"

"We are the ones who live with HIV. **We know our bodies.**"

"Talk to us first, talk to us as an individual and we'll tell you - you don't know us. **Don't make decisions on my behalf.**"

Together we can make change.

As teachers we are learners, and as learners we are teachers.

The Bear represents courage.

It takes courage to make change, to stand strong, and to take care of your health.

The Wise Women expressed **gratitude** towards healthcare providers for their hard work and dedication to supporting women's health and wellbeing.

We are all connected.

Listening to the words and stories of Indigenous Women will build relationships and support their health journeys together.



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