

GENDER-BASED VIOLENCE MEDICINE WHEEL

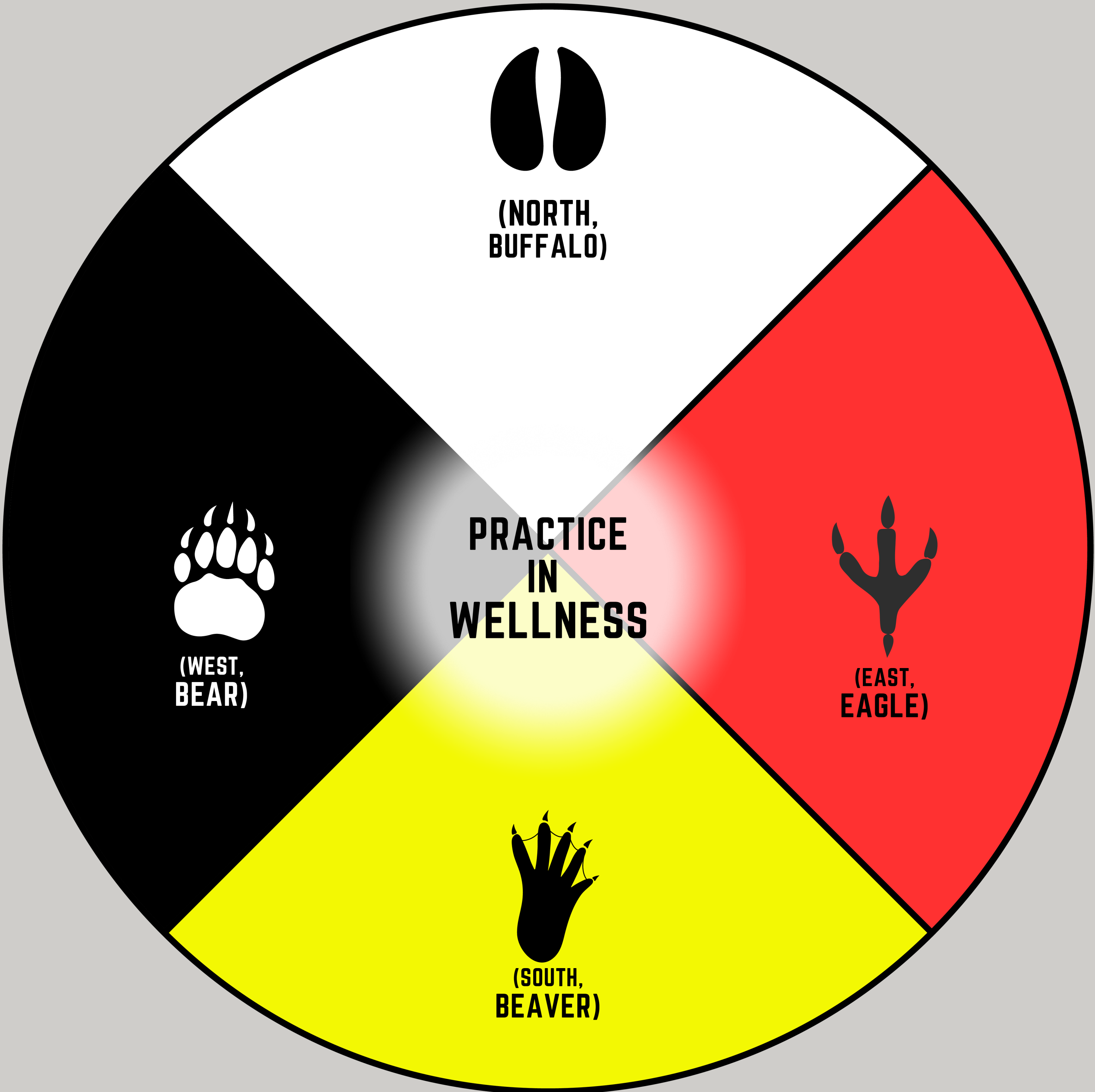
THE CANOE PROJECT

LESSONS:

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SPIRIT
KEEPERS:

- BEAVER 🐾
- EAGLE 🦅
- BUFFALO 🐃
- BEAR 🐻
- HUMMINGBIRD 🐦
- WOLF 🐺
- TURTLE 🐢



SACRED
MEDICINES:

- CEDAR
- TOBACCO
- SAGE
- SWEETGRASS
- JUNIPER
- SPRUCE TIPS
- BERRIES

SEVEN SACRED
TEACHINGS:

- TRUTH
- HUMILITY
- HONESTY
- BRAVERY
- RESPECT
- LOVE
- WISDOM



SEVEN SACRED MEDICINES

CEDAR (HEALING CEREMONIES)

TOBACCO (HEALING CEREMONIES)

SAGE (HEALING CEREMONIES)

SWEETGRASS (HEALING CEREMONIES)

JUNIPER

SPRUCE

BERRIES

HAVING AN EMERGENCY PLAN IS CRUCIAL FOR UNFORSEEN EVENTS. UNDERSTANDING TRIGGERS, REFLECTING ON PAST TRAUMAS, AND LEARNING FROM EXPERIENCES CAN ENHANCE SELF-AWARENESS AND LEAD TO HEALTHIER RELATIONSHIPS. TO ACHIEVE TRAUMA-INFORMED GENDER-BASED VIOLENCE (GBV) SERVICES, ADDRESSING THE 7 LAYERS IS ESSENTIAL FOR MEETING THE NEEDS OF INDIGENOUS WOMEN FACING GBV.

SEVEN SACRED TEACHINGS:

WISDOM: RECOGNIZING AND UNDERSTANDING THE PRESENCE OF VIOLENCE. SIMILAR TO A BEAVER IDENTIFYING ISSUES AND SEEKING SOLUTIONS

LOVE - FOCUSING ON SELF-LOVE, SELF-WORTH AND PEACE. IT IS HELPFUL TO DRAW INSPIRATION FROM THE PROTECTIVE NATURE OF AN EAGLE

RESPECT - RESPECTING ALL LIVING THINGS, INCLUDING ONESELF, FINDING BALANCE AND ENSURING PERSONAL NEEDS ARE MET IN A RESPECTFUL WAY, AS REMINDED BY THE BUFFALO

COURAGE/BRAVERY - CONFRONT THE DARKEST ASPECTS OF ONE'S LIFE, LEARNING FROM MISTAKES AND INITIATING CHANGE. LIKE A MOTHER BEAR PROTECTING HER CUBS, KNOWING WHEN TO BE FIERCE AND WHEN TO RELAX IS CRUCIAL FOR MANAGING TRIGGERS AND FACING FEARS

HONESTY - FOCUSING ON SELF-ACCEPTANCE, LEARNING FROM PAST EXPERIENCES AND HONESTLY EVALUATING THE EFFECTIVENESS OF SOLUTIONS TO IMPROVE IN THE FUTURE.

HUMILITY - EMPHASIZES COMMUNITY CARE AND AND SELFLESSNESS, SEEKING CHANGE FOR THE BETTERMENT OF ONESELF AND OTHERS, AND CELEBRATING MOMENTS OF GROWTH. AS MODELED AFTER COMMUNAL NATURE OF A WOLF PACK

TRUTH - TAKING TIME TO PROCESS, ACCEPT REALITY AND SEEK HELP TO LEAVE A HARMFUL RELATIONSHIP. COMPARABLE TO THE SLOW, STEADY PACE OF A TURTLE

YOU CAN ALSO REACH OUT TO THE TOLL FREE INDIGENOUS HOPE FOR WELLNESS HELP LINE, 1-855-242-3310

SERVICES PROVIDED SHOULD: MAINTAIN A SAFE SPACE • SEEK CONSENT BEFORE CONNECTING WITH INDIVIDUALS TO INDIGENOUS CULTURAL RESOURCES • REFLECT ON THEIR COMFORT AND PURPOSE WHEN WORKING WITH INDIGENOUS COMMUNITIES • EMBRACE THE SEVEN SACRED TEACHINGS • WHERE RESPECT URGES THOROUGH REFLECTION AND CHALLENGES ASSUMPTIONS WITHIN PRACTICE • PRIORITIZE HUMILITY TO FOSTER EQUAL CLIENT RELATIONSHIPS, ALIGNING WITH THE VALUE OF RESPECT IN UNDERSTANDING OTHER PERSPECTIVES

FOR MORE INFO:



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Dr. Peter
Centre

