

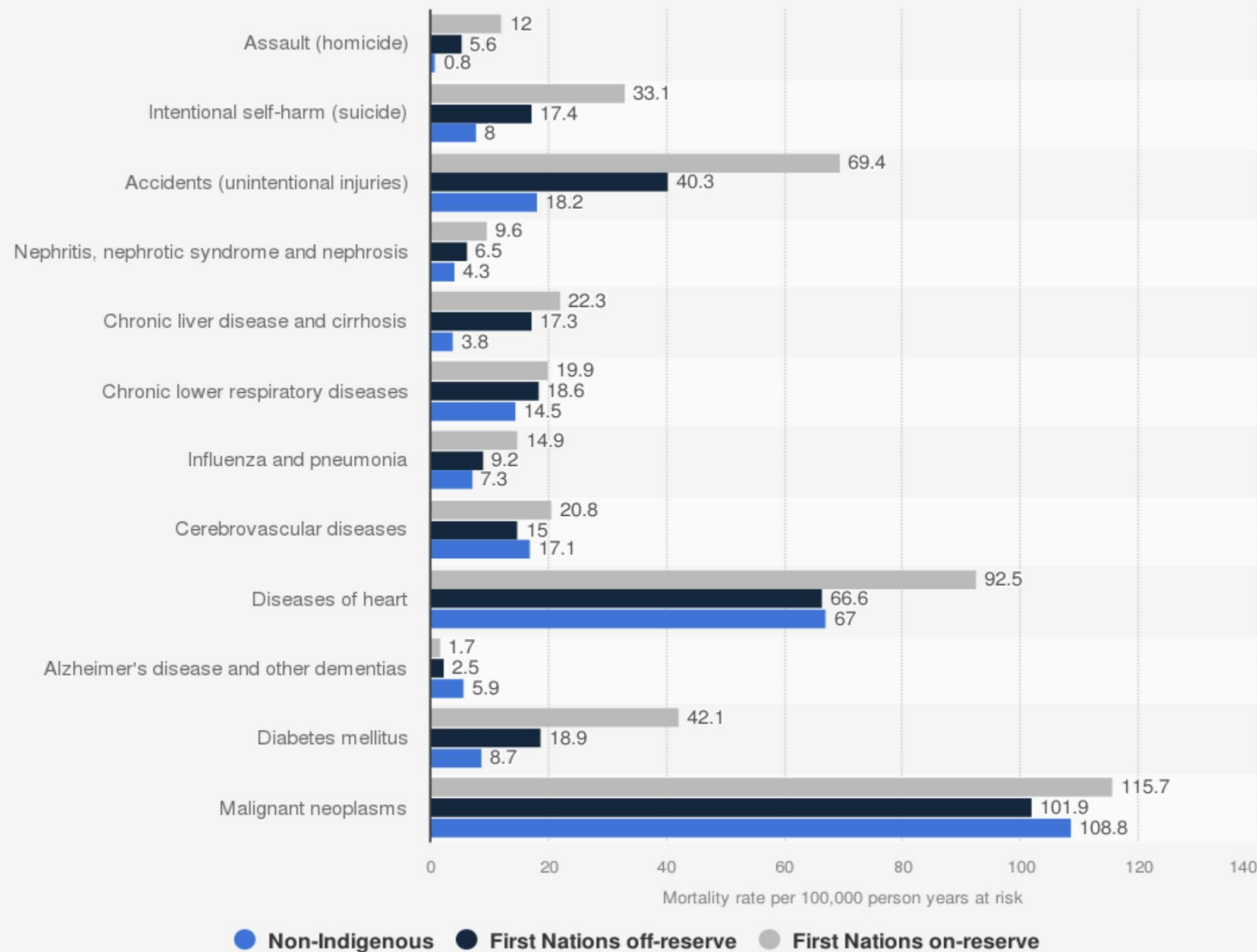


OUR TIME, OUR HEALTH: TIME TO  
RECONNECT, RESTORE AND  
REFOCUS

“WALKING OUR TEACHINGS INTO  
THE FUTURE”

Cynthia Wesley-Esquimaux, PhD

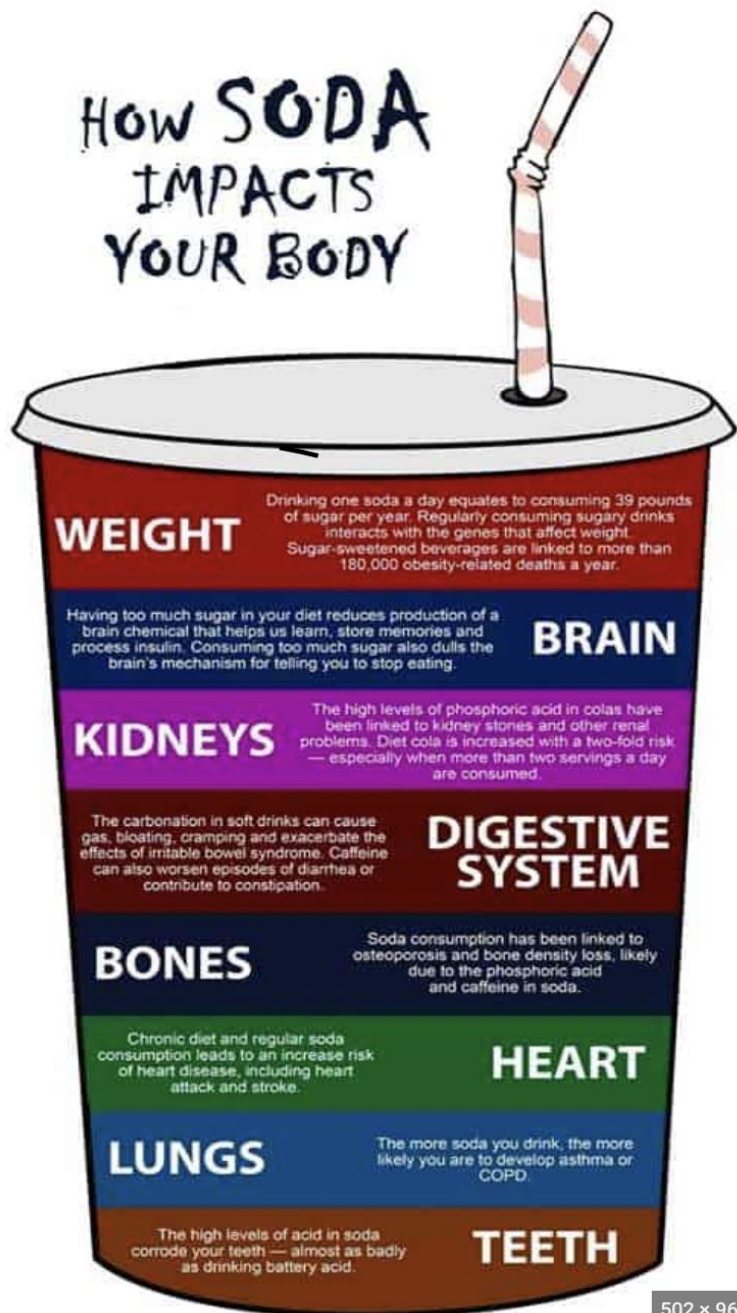
## Mortality rates among First Nations living on- and off-reserve and non-Indigenous in Canada from 2006 to 2016, by cause of death (per 100,000 person years at risk)



Sources  
StatCan; Expert(s) (Jungwee Park)  
© Statista 2022

Additional Information:  
Canada; StatCan; Expert(s) (Jungwee Park)

## How SODA IMPACTS YOUR BODY



502 x 960

# Indigenous children in foster care

## Indigenous children in foster care



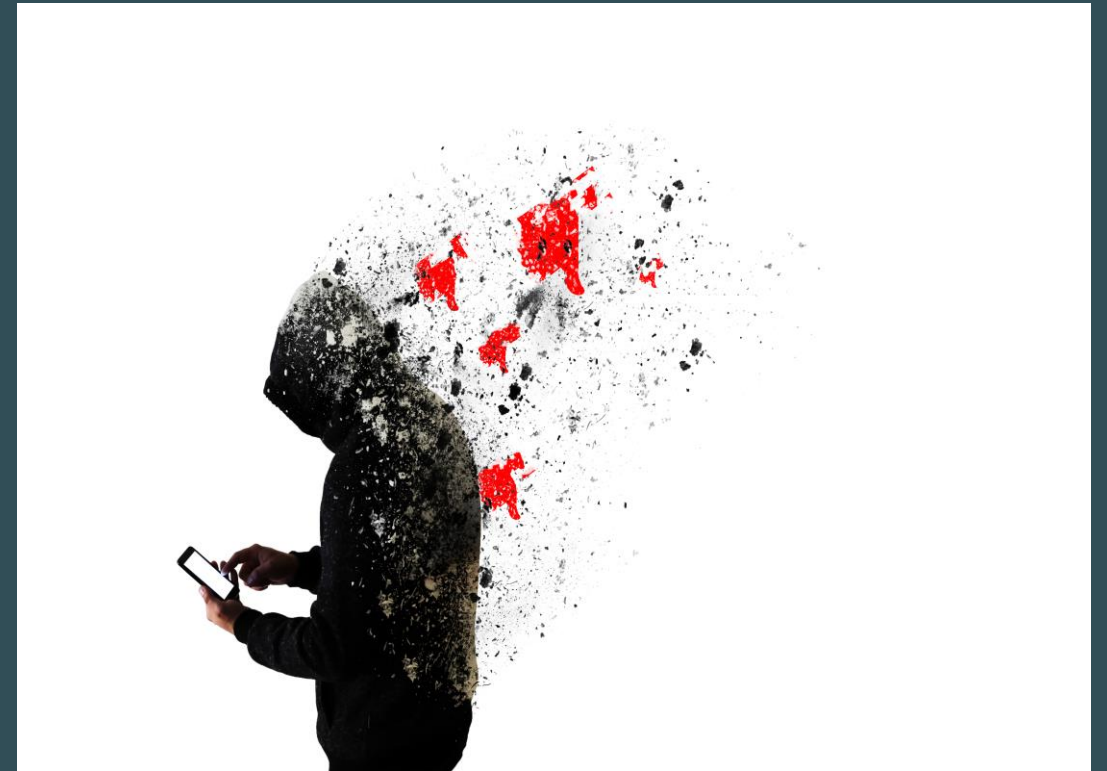
In Canada, 53.8% of children in foster care are Indigenous, but account for only 7.7% of the child population according to Census 2021.

Results from the 2011 National Household Survey also show that 38% of Indigenous children in Canada live in poverty, compared to 7% for non-Indigenous children.

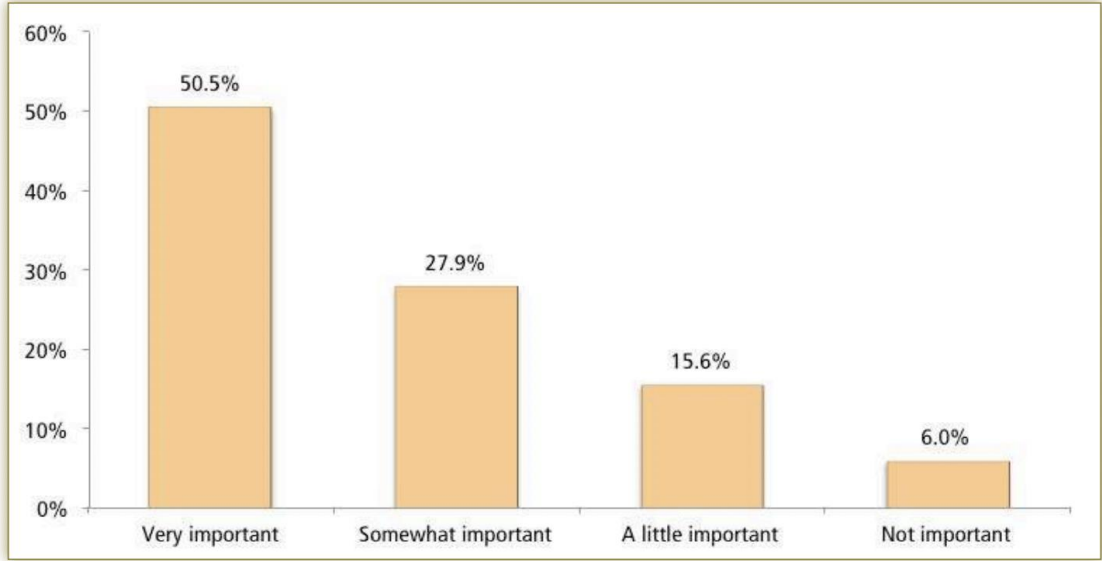




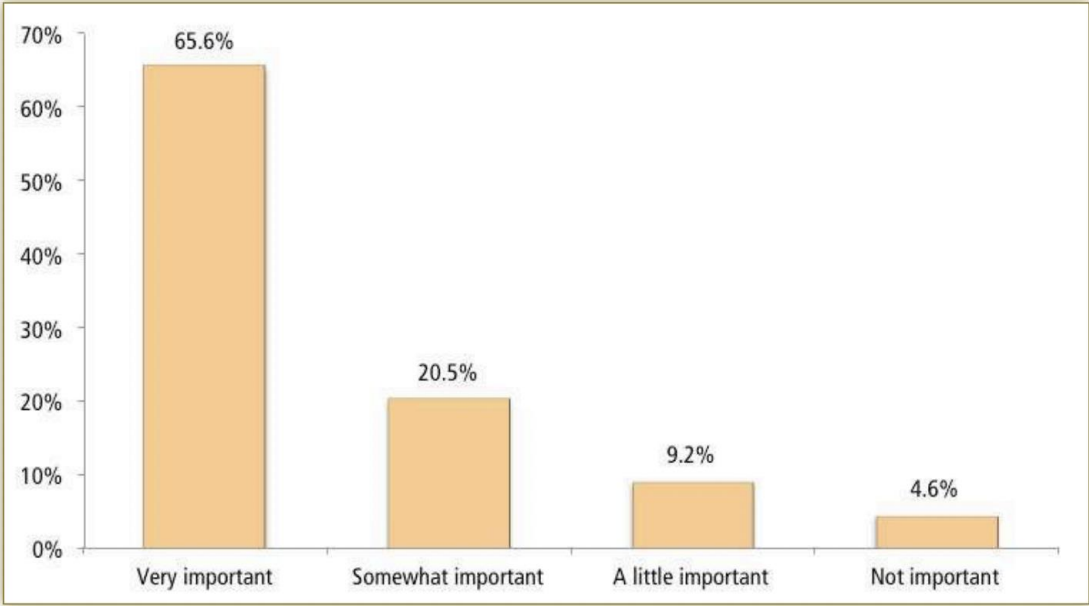
## Traditional Foods and Medicines – relearning?



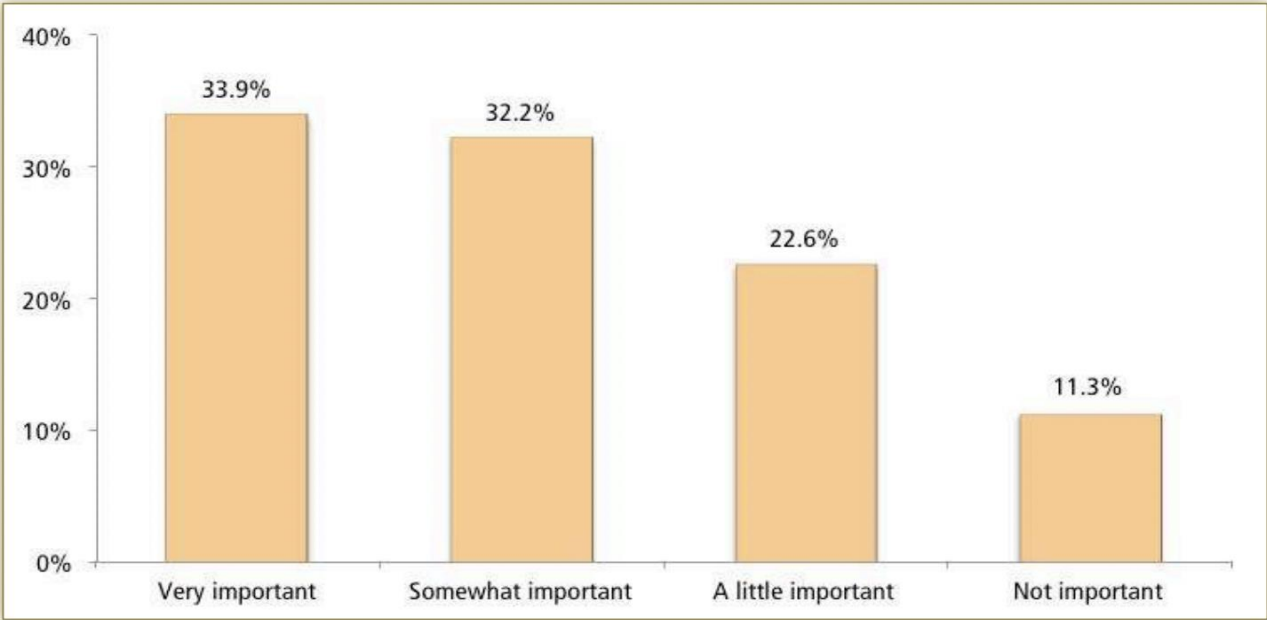
**Importance of knowing and learning about traditional teachings among First Nations youth**



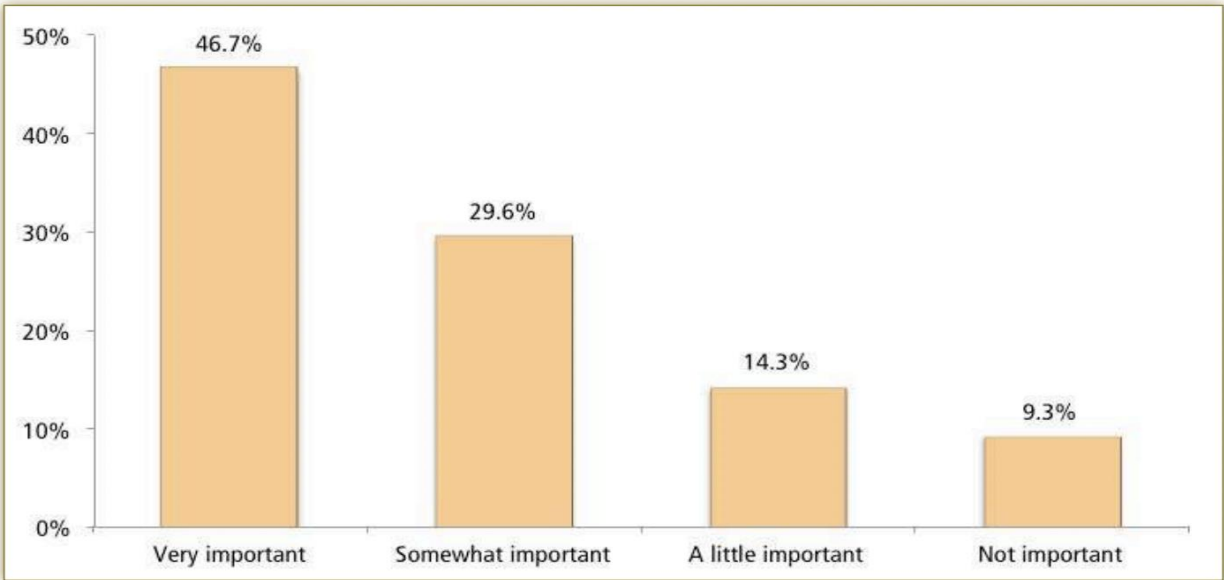
**Importance of knowing and learning about traditional teachings among First Nations adults**



**Importance of traditional spirituality among First Nations youth**



**Importance of traditional spirituality among First Nations adults**



# What is the Trickster Role in a Time of Change?

*Civilization provides some stability and order in a chaotic and wild world.*

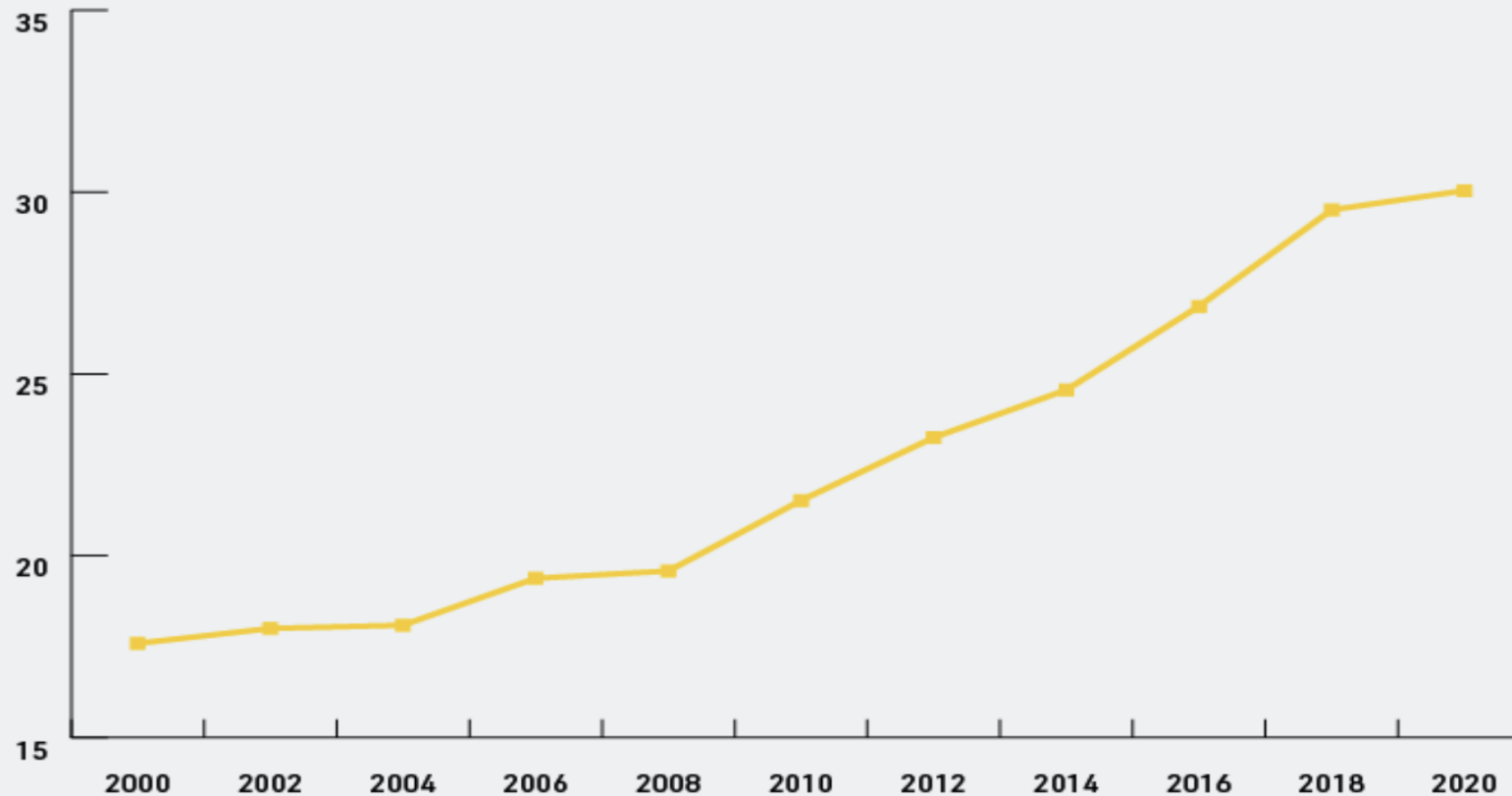
*A healthy fear of the wild is not such a bad thing.*

*But too much rejection of the wilderness can lead to a rejection of our own wildness, the source of our creativity.*

*The Trickster dances at the edge between the clean and the dirty.*

*He shakes us up, calling upon us to question those categories.*

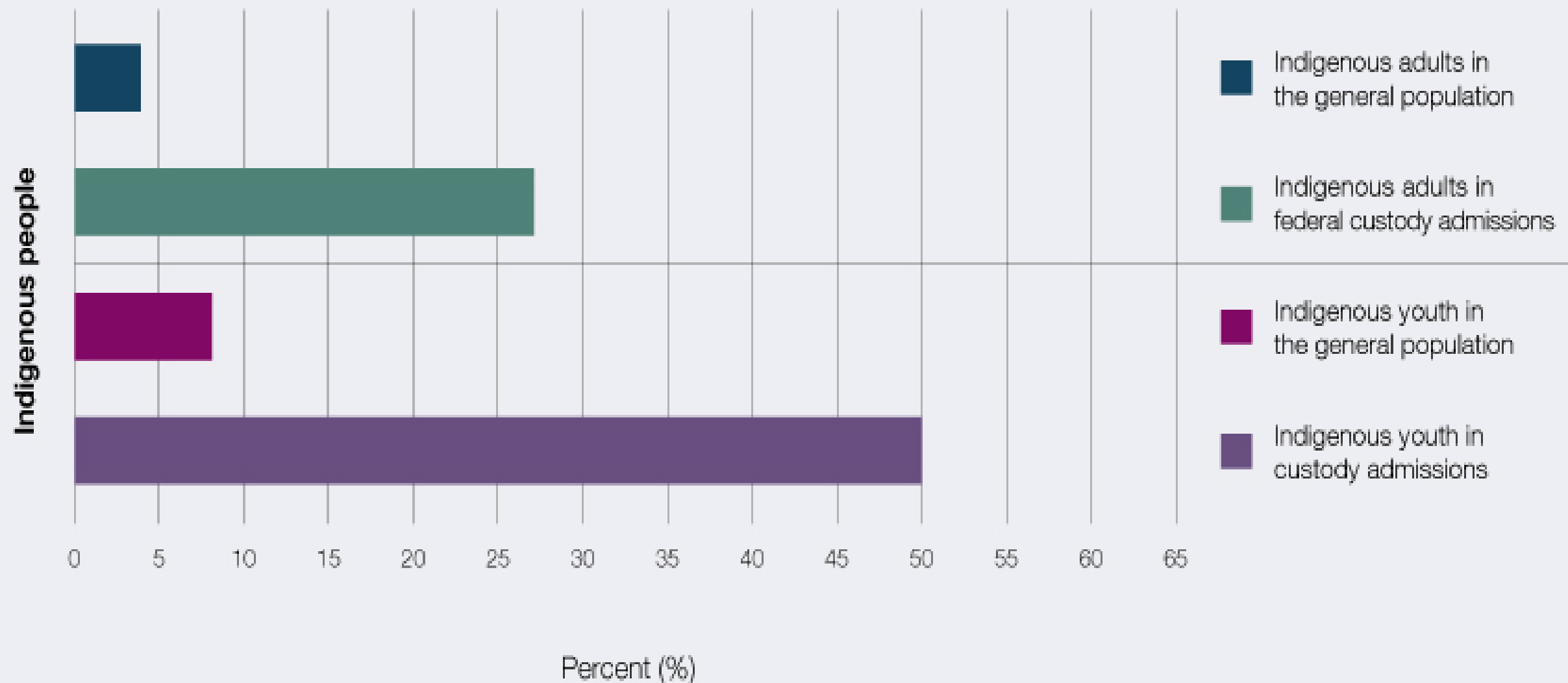
# Federally Incarcerated Indigenous Population since 2001



Source: Office of the Correctional Investigator, 2020

[YELLOWHEADINSTITUTE.ORG](http://YELLOWHEADINSTITUTE.ORG)

# Indigenous overrepresentation in custody







The infographic features a dark teal background with a large, light grey circular area in the center. Inside this circle is a map of Canada. A red circle is overlaid on the map, containing the text '70 Languages' and '12 language groups'. To the right of the map, three stylized human figures are shown: two children in red and orange, and an adult in green. Above them is the text 'X2'. Below the map, a green speech bubble contains the number '260,550'. At the bottom, there are two landscape illustrations: one on the left with two tipis (one orange, one white) and one on the right with several trees in green and orange. The text is in white and yellow, and the figures are in red, orange, and green.

There are more than 70 Indigenous languages across 12 language groups currently spoken in Canada.

70 Languages  
12 language groups

X2

There are now twice as many Indigenous children as elders who can speak an Indigenous language.

260,550

In 2016, an estimated 260,550 people spoke an Indigenous language.

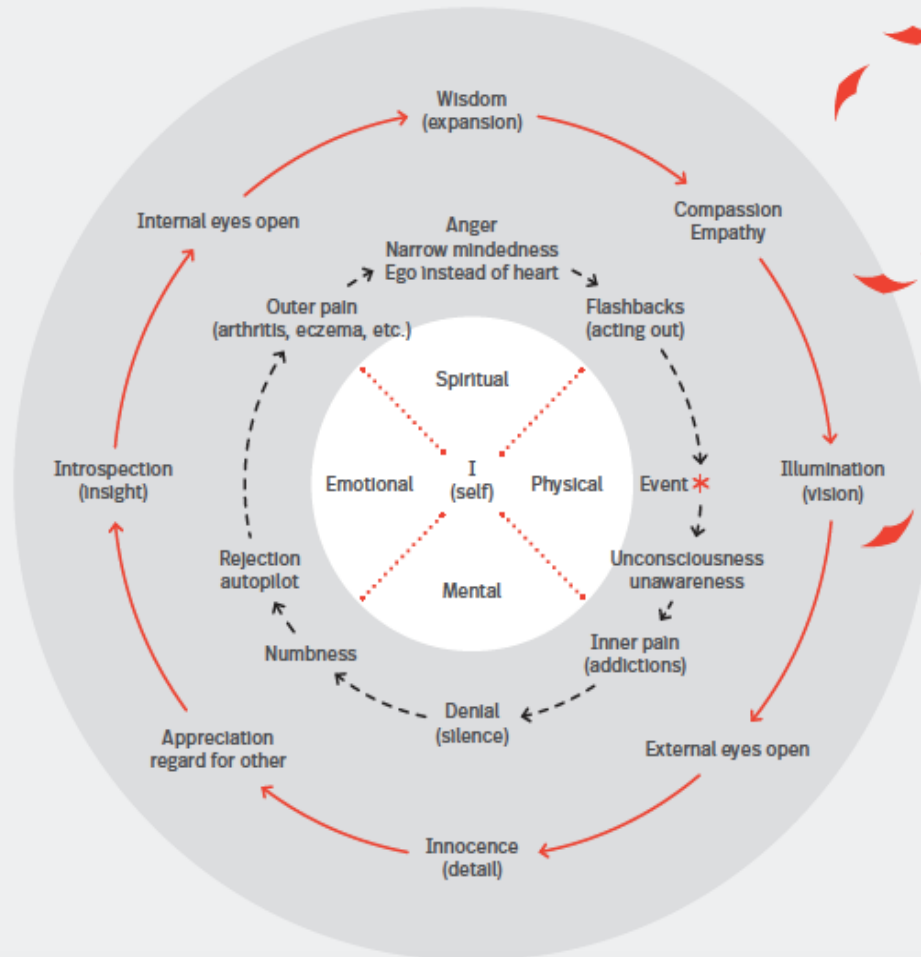


6 in 10 Indigenous women experience physical or sexual abuse: Statistics Canada | CTV News

# Circle of Trauma

Truth and Reconciliation Through Right Relations

DR. CYNTHIA WESLEY-ESQUIMAUX



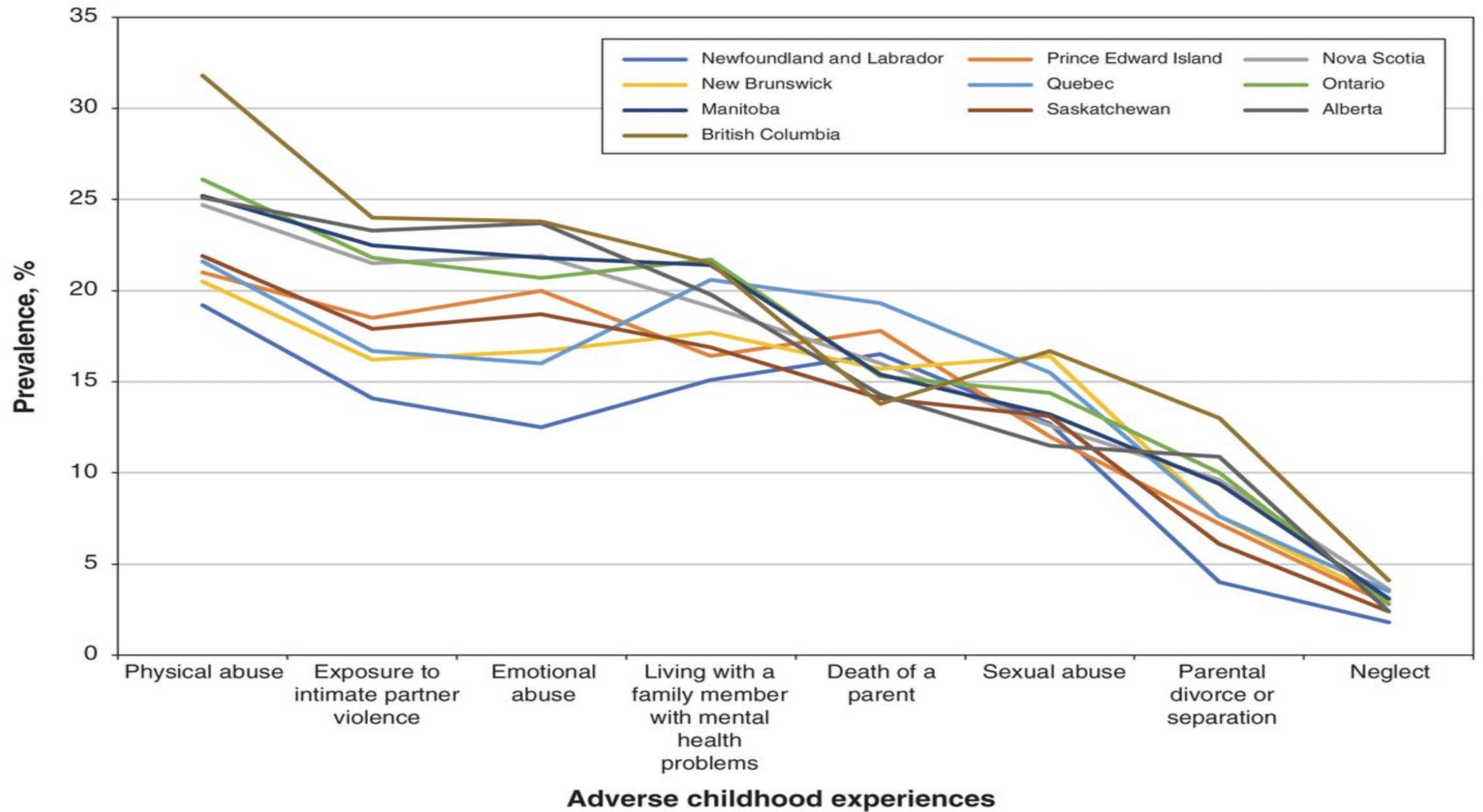
## Contact & IRS Legacy and Intergenerational Effects















# Miigwetch!

QUESTIONS AND ANSWERS TIME