



JANUARY 2022

MEDICINE POUCH WELLNESS WORKSHOP PROJECT SUMMARY

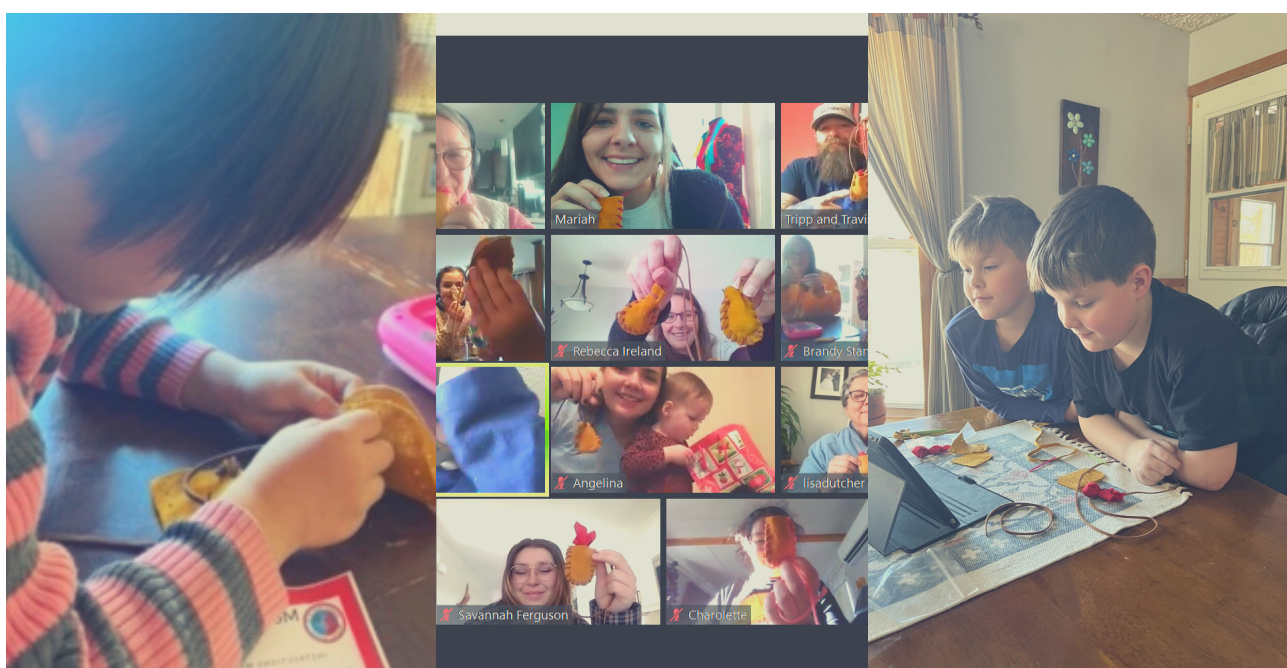
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ABOUT THE EVENT

Medicine Pouch Wellness Workshop for Youth brought to you by the Indigenous Women of the Wananaki Territories and We Matter Campaign. IWWT staff and volunteers created and posted advertisements to promote the project and recruit participants. Participants were allotted time to register to receive their kits and zoom invitation for the workshop.

Kits provided the leather pattern (precut and punched), lacing, the four sacred medicines and instructions (video of pouch assembly was posted to IWWT website and Facebook page).

The zoom workshop started off with an opening prayer and traditional medicine teachings from Elder Alma Brooks. While a demonstration of assembly of pouch took place, participants were encouraged to chat, ask questions and connect while pouches were completed. Participants were asked to send picture to be entered for a wellness gift. The workshop ended with a sharing circle. All participants were pleased.



GOALS OF THE PROJECT:

Create a beautiful craft with family bubble and connect virtually with youth in other communities.

Provide a safe space for youth to connect with elders/knowledge keepers though the difficulty of Covid 19.

Create opportunity for Indigenous youth and elders/knowledge keepers to reach an audience that typically couldn't be reached during the Covid 19 pandemic.

Access to and knowledge of traditional medicines.

WHY A VIRTUAL WORKSHOP FOR THE COMMUNITY?



All indigenous youth deserve access to, and knowledge of traditional medicines by a local respected elder.

It is important that indigenous youth have the ability to connect with elders/knowledge keepers and other youth especially during the difficulty of Covid 19.

There are also many wellness benefits to connecting and crafting, like: relaxation; relief from stress; a sense of accomplishment; connection to tradition; increased happiness; reduced anxiety; enhanced confidence, as well as cognitive abilities (improved memory, concentration and ability to think through problems). The Medicine Pouch Kit Wellness Workshop connected with a large group of indigenous youth and provide a wellness support that isn't typically offered.

PROJECT DETAILS

How many participants took part?

- 175 registered participants
- 49 participants attended the online workshop
- The remaining 25 kits will be available at IWWT office for youth in need

What is the age range of participants?

- Youth and their families aged 2-60 participated

What are two success of the project?

- Providing youth within the Wabanaki Territory with traditional medicine and teachings from a highly respected elder.
- Creating space and opportunity for youth to connect virtually to chat, debrief and create something they were proud of during a provincial lock down.

What are two challenges that came up during the project?

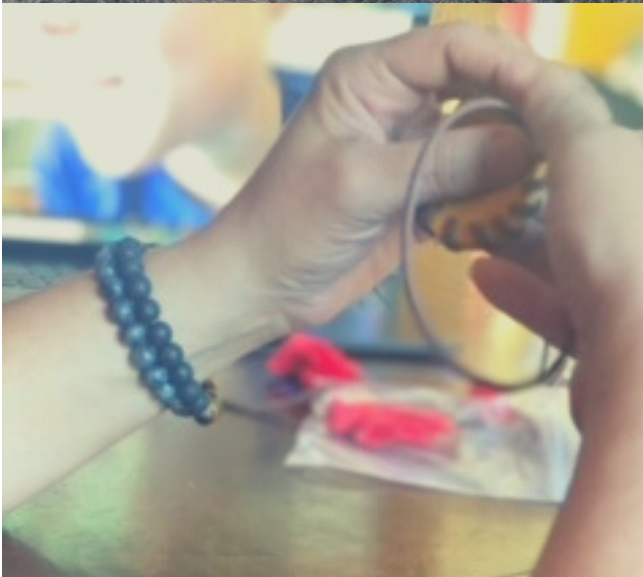
- The original date for the zoom meeting was postponed due to lack of registered participants, I feel this was due to the to the holiday season as participants quickly registered after the holiday ended.
- Limited mailing days around the holidays became a concern but thankfully not a problem.

If you were to change something about the project for next time, what would it be?

- I had an amazing time facilitating this project! The positive feedback from participants has me confident that the workshop itself went well and requires no change.
- In the future I would not advertise/recruit participants during the holiday season and I would wait until after the workshop has ended to post a video of instructions to encourage participants to attend the zoom workshop.

AIMS AND GOALS

Provide indigenous youth and their families an opportunity to access and learn about traditional medicines while connecting with others virtually.



PROJECT TIMELINE

December.13 2021 - January.23 2022

IWWT staff and volunteers prepared and advertised the Virtual Wellness Workshop

Supplies to create the medicine pouch kits were gathered, prepared then mailed out to registered participants.

A video of medicine pouch assembly was posted to IWWT website and Facebook page for participants that could not attend the zoom meeting.

A zoom workshop took place on January. 16th at 2PM. Participants were encouraged to send in pictures to be entered into a wellness gift draw that took place on January.18th.

TIMELINE

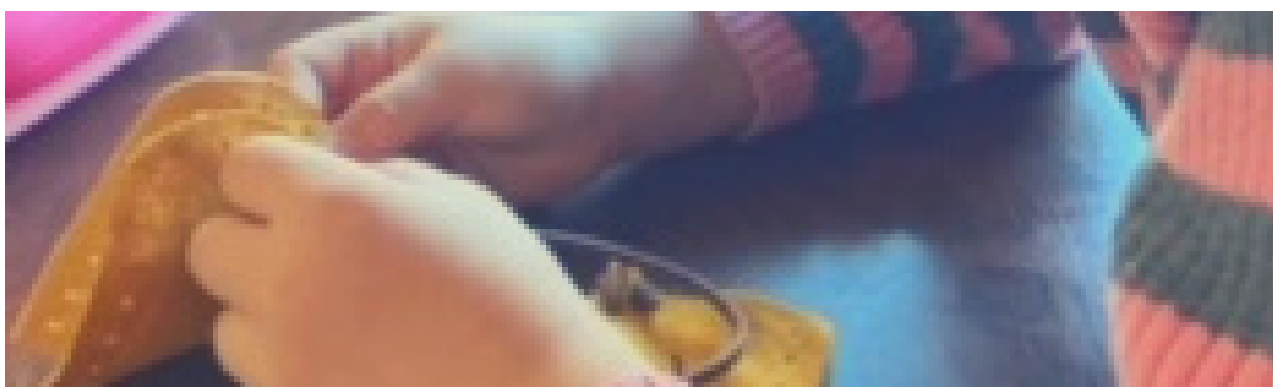
STEP 1 - COLLECTING RESOURCES



STEP 2 - CREATE/PREPARE AND SEND MEDICINE POUCH KITS



STEP 3 - ZOOM/MEDICINE POUCH CREATION



MEDICINE POUCH KIT WORKSHOP

Traditional medicine heals hearts.



Indigenous Women of the
Wabanaki Territories

WE MATTER campaign