

## A MESSAGE FROM NWAC'S CEO

LYNNE GROULX LL.L., J.D. | CEO  
NATIVE WOMEN'S ASSOCIATION OF CANADA  
L'ASSOCIATION DES FEMMES AUTOCHTONES DU CANADA



## WELCOME TO THE 14TH EDITION OF KCI-NIWESQ, THE MAGAZINE OF THE NATIVE WOMEN'S ASSOCIATION OF CANADA.

### THIS ISSUE IS ABOUT HEALING.

It was the visit of the Pope to Canada earlier this summer that inspired these stories. We saw the pain in the faces of the residential school survivors who turned out to hear his apology, and we knew we had to devote some space in this magazine to finding ways forward.

There are so many aspects of colonization that have left indelible impacts on the Indigenous women and gender-diverse people represented by our organization. Those scars may never fade. But the open wounds can heal.

Sometimes it's difficult to know how to approach people who are still suffering from long-term trauma. So we have talked to Shirley David, a residential school survivor and therapist with the Indian Residential School Survivors Society, about the best ways to approach former students of the notorious schools to ask them to share their stories.

Counselling can be good medicine. But professional counsellor Angela Grier tells us about a change in government funding that makes it difficult for Indigenous people to get the help they need.

Food can be healing. Tabitha Robin, an Indigenous (Cree and Métis) food scholar, explains that we need to think of food as more than physical nourishment. It is a connection to the past, the future, and the land.

The physical aspects of healing are also critical. Lynn Lavallée, a Métis professor at Toronto Metropolitan University, tells us how being physically active can help to mend spiritual injuries, and says Indigenous people need more autonomy over how sports and recreation are delivered in their communities.

There is healing in art. Leanne Charlie, a descendant of the Tagé Cho Hudän (Big River People), reconnects with her culture through her visual works, and exposes tensions created by colonization. Her art pushes for reconciliation and healing.

We take you on an early visit to what will be our new Resiliency Lodge near Gagetown in New Brunswick. Elder Alma Brooks talks to us about how the lodge will offer healing programs that are focused on decolonization. We also return to our existing Resiliency Lodge in Quebec, which we hope to eventually replicate in provinces and territories across Canada.

And we talk to four prominent Indigenous women about what healing means to them.

So, thank you once again for opening the pages that follow. Thank you for reading the 14th edition of Kci-Niwesq. Please drop us a line and let us know what you think at [reception@nwac.ca](mailto:reception@nwac.ca).

### MIIGWETCH.

MONTHLY MAGAZINE TO TELL OUR STORIES