

Bibliography for Wellness Week 2021

In Video Streaming Databases

In NFB

(<https://ezproxy.library.uvic.ca/login?url=https://www.nfb.ca/explore-all-films/>)

Finding Dawn

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=3578234>

Keepers of the Fire

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=4061504>

The Story of the Coast Salish Knitters

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=3580533>

We Were Children

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=3579010>

Hollow Water

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=3577847>

Kuper Island: Return to the Healing Circle

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=5322744>

Films by Alanis Obomsawin

<https://www.nfb.ca/directors/alanis-obomsawin/>

Orange Shirt Day NFB Playlist (some freely available, some not)

https://www.nfb.ca/playlist/orange-shirt-day-edu/?utm_campaign=627296 OSD - Ross - CAMPUS&utm_medium=email&utm_source=EDUCATION-ONFB-All_Users

In Kanopy

(<https://ezproxy.library.uvic.ca/login?url=http://uvic.kanopystreaming.com>)

Ohero: Kon - Under the Husk

<https://uvic.kanopy.com/video/ohero-kon>

Smoke from His Fire

<https://uvic.kanopy.com/video/smoke-his-fire>

Young Lakota

<https://uvic.kanopy.com/video/young-lakota>

Language Healers

<https://uvic.kanopy.com/video/language-healers-4>

Videos Available Online

Zuya (“the journey”)

<https://www.facebook.com/nctr.ca/videos/zuya-the-journey/898198123920252>

Rosie on Reconciliation

<https://www.facebook.com/nctr.ca/videos/rosie-on-reconciliation/665559731065749/>

Traditional Healing – animated short

[https://www.facebook.com/933534973335967/videos/673778710179714/?so=channeltab&rv=all videos card](https://www.facebook.com/933534973335967/videos/673778710179714/?so=channeltab&rv=all%20videos%20card)

Family Healing

[https://www.facebook.com/933534973335967/videos/1057656394677711/?so=channeltab&rv=all videos card](https://www.facebook.com/933534973335967/videos/1057656394677711/?so=channeltab&rv=all%20videos%20card)

Magit’s Doll

[https://www.facebook.com/933534973335967/videos/1004123946731326/?so=channeltab&rv=all videos card](https://www.facebook.com/933534973335967/videos/1004123946731326/?so=channeltab&rv=all%20videos%20card)

I am me – Two-Spirit Wellness

[https://www.facebook.com/933534973335967/videos/376969806824810/?so=channeltab&rv=all videos card](https://www.facebook.com/933534973335967/videos/376969806824810/?so=channeltab&rv=all%20videos%20card)

Slam poem: Intergenerational survivors of residential schools

[https://www.facebook.com/933534973335967/videos/344842573431189/?so=channeltab&rv=all videos card](https://www.facebook.com/933534973335967/videos/344842573431189/?so=channeltab&rv=all%20videos%20card)

Podcasts and Radio Programs

CKUA Indigenous Pathways

<https://ckua.com/indigenouspathways/>

Indigenous Music Countdown

<https://www.indigenousmusiccountdown.com/>

The Zone Orange Shirt Day

<https://www.thezone.fm/2020/09/30/orange-shirt-day/>

INDIGEFI (Modern Indigenous Music)

A weekly one-hour show featuring an eclectic blend of modern Indigenous music

<http://www.indigefi.org/>

Unreserved

The radio space for Indigenous community, culture, and conversation. Host Falen Johnson takes you straight into Indigenous Canada, from Halifax to Haida Gwaii, from Shamattawa to Ottawa, introducing listeners to the storytellers, culture makers and community shakers from across the country.

<https://www.cbc.ca/programguide/program/unreserved>

Other Resources

First Nations Perspective on Health and Wellness

<https://www.fnha.ca/wellness/wellness-and-the-first-nations-health-authority/first-nations-perspective-on-wellness>

Thunderbird Partnership Foundation on First Peoples Wellness Circle

<https://thunderbirdpf.org/about-tpf/first-peoples-wellness-circle/>

Turtle Lodge, MB

<http://onjisay-aki.org/turtle-lodge>

What is Mindsight?

<https://www.psychalive.org/what-is-mindsight-an-interview-with-dr-dan-siegel/>

Mikomosis and the Wetiko

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=3389099>

Victoria Native Friendship Centre Library

<http://www.vnfc.ca/the-bruce-parisian-library>

VNFC Bruce Parisian Library

<https://www.librarycat.org/lib/vnfc>

DVD in the library catalogue

Without Words

Presents the personal stories of two elderly survivors: one of the Holocaust, and one of the Canadian residential school system.

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=3579928>

The Warmth of Love (video recording): The Four Seasons of Sophie Thomas

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=1612739>

Indigenous Plant Diva

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=4061572>

Hózhó of Native Women

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=4647579>

Health and wellness [video recording]: three aboriginal profiles

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=1733879>

Smoke from His Fire

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=3433910>

The Mind of the Child

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=4307305>

CDs in the library

We are the Halluci Nation / A Tribe Called Red

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=3737913>

Nation II Nation / A Tribe Called Red

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=3737912>

Print Resources: Local Lands and territories

SENĆOŦEN: A dictionary of the Saanich language

<http://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=4155052>

SENĆOŦEN Classified Word List

<http://saanich.montler.net/WordList/index.htm>

The Care-takers: The Re-emergence of the Saanich Indian Map

<http://ezproxy.library.uvic.ca/login?url=http://waves-vagues.dfo-mpo.gc.ca/Library/181814.pdf>

Hiking Guide to the Big Trees of Southwestern British Columbia

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=33327>

Hiking the West Coast of Vancouver Island

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=5112092>

Print Resources: Resources for healing and wellness

Salt Water People

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=39048>

Healing Traditions: The Mental Health of Aboriginal Peoples in Canada

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=1658176>

Coming Full Circle: Spirituality and Wellness among Native Communities in the Pacific Northwest

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=3070911>

Religion and Healing in Native America: Pathways for Renewal

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=1625783>

Ancient Pathways, Ancestral Knowledge: Ethnobotany and Ecological Wisdom of Indigenous Peoples of Northwestern North America

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=3165822>

Ripple Effect of Resiliency: Strategies for Fostering Resiliency with Indigenous Children

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=3082574>

Our Spirits Listen: The Life and Contributions of Fred John

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=4113710>

Speaking Our Truth: A Journey of Reconciliation

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=3899365>

Tilly: A Story of Hope and Resilience

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=3103220>

A Healing Journey (electronic resource): Reclaiming Wellness

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=3503232>

In the Realm of Hungry Ghosts: Close Encounters with Addiction

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=4337868>

Hidden Lives (electronic resource): Coming Out on Mental Illness

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=5112071>

Reclaiming Youth at Risk: Our Hope for the Future

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=519303>

Arts of Engagement: Taking Aesthetic Action In and Beyond the Truth and Reconciliation Commission of Canada

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=3574771>

Resurgence and Reconciliation: Indigenous-settler Relations and Earth Teachings

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=4320040>

Final report of the Truth and Reconciliation Commission of Canada

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=3316868>

Indigenous Healing: Exploring Traditional Paths

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=3156418>

Aboriginal Healing in Canada (electronic resource): Studies in Therapeutic Meaning and Practice

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=3854867>

Routledge Handbook of Indigenous Wellbeing

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=4949363>

Legacy (electronic resource): Trauma, Story, and Indigenous Healing

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=5113336>

In My Own Moccasins: A Memoir of Resilience

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=4753228>

Seven Sacred Truths: Poems

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=4726663>

The Medicine of Peace: Indigenous Youth Decolonizing Healing and Resisting Violence

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=3880881>

Indigenous Cultures and Mental Health Counselling: Four Directions for Integration with Counselling Psychology

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=4933025>

Journey to Healing (electronic resource): Aboriginal People with Addiction and Mental Health Issues: What Health, Social Service and Justice Workers Need to Know

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=5113022>

Urban Indigenous People: Stories of Healing in the City

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=3575449>

The Outside Circle

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=3624988>

Up Ghost River: A Chief's Journey Through the Turbulent Waters of Native History

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=3757146>

Indigenous Poetics in Canada

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=3165820>

Reconciliation & the Way Forward

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=3373006>

Research for Indigenous Survival: Indigenous Research Methodologies in the Behavioral Sciences

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=3298480>

Decolonizing Social Work

<https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=2976040>