Bibliography for Wellness Week 2021

**In Video Streaming Databases**

In NFB

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**

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”)

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__=channel_tab&__rv__=all_videos_card

Family Healing
https://www.facebook.com/933534973335967/videos/1057656394677711/?__so__=channel_tab&__rv__=all_videos_card

Magit’s Doll
https://www.facebook.com/933534973335967/videos/1004123946731326/?__so__=channel_tab&__rv__=all_videos_card

I am me – Two-Spirit Wellness
https://www.facebook.com/933534973335967/videos/376969806824810/?__so__=channel_tab&__rv__=all_videos_card

Slam poem: Intergenerational survivors of residential schools
https://www.facebook.com/933534973335967/videos/344842573431189/?__so__=channel_tab&__rv__=all_videos_card

**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?

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**

SENĆOTEN: A dictionary of the Saanich language
http://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=4155052

SENĆOTEN Classified Word List
http://saanich.montler.net/WordList/index.htm

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

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

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

Decolonizing Social Work
https://voyager.library.uvic.ca/vwebv/holdingsInfo?bibId=2976040