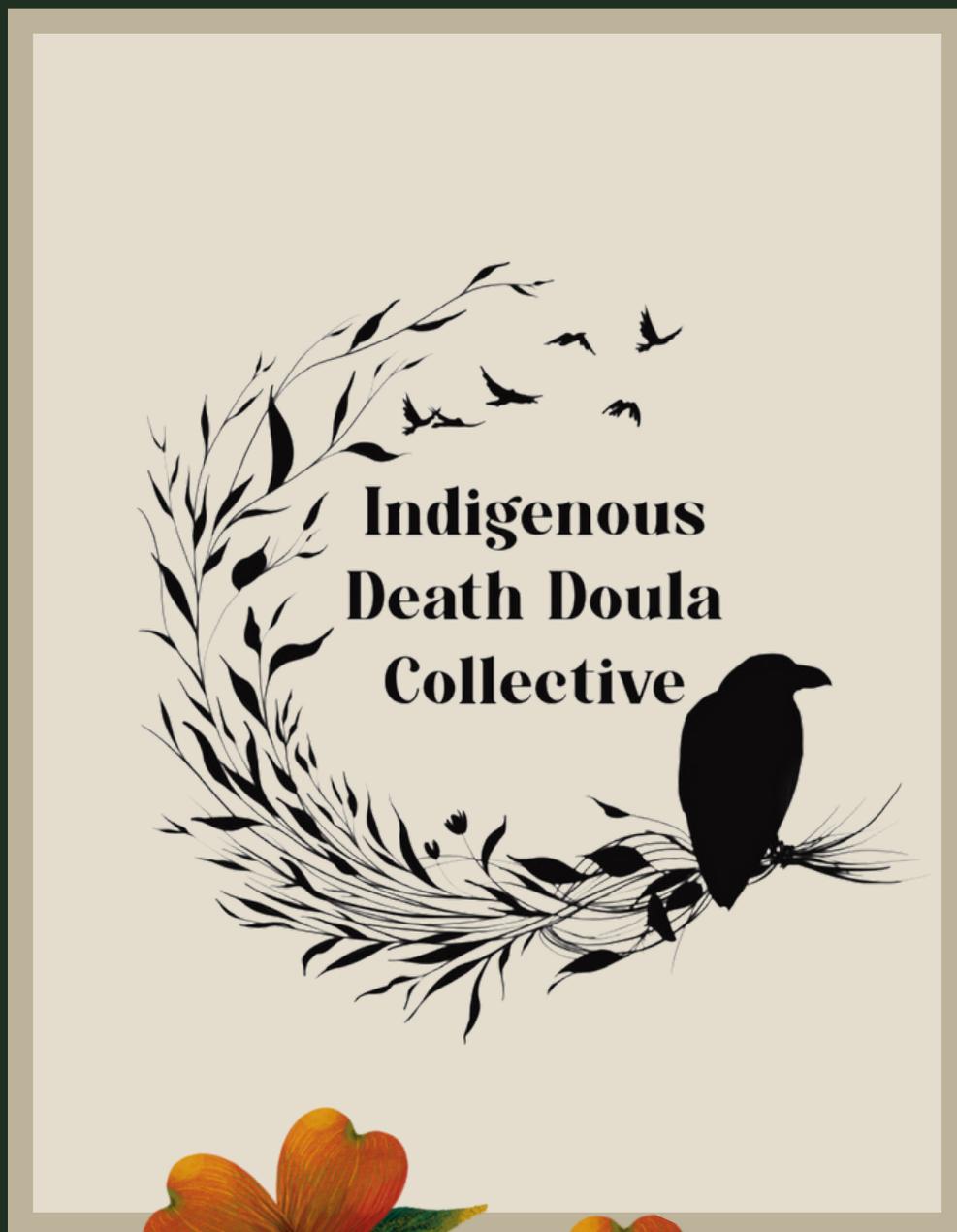


Grief & Loss



**Indigenous
Death Doula
Collective**



endayan mashkiikii

A COMMUNITY HEALING
JUSTICE RESOURCE

~ Created 2022 ~

blackbird ogimakwe
Sîpîhkopiesiw



A
Resource
Workbook

for difficult times
with loss and grief



endayan mashkiikii



This booklet is created for you, by the Indigenous
Death Doula Collective
with support from the Ontario Trillium Foundation.

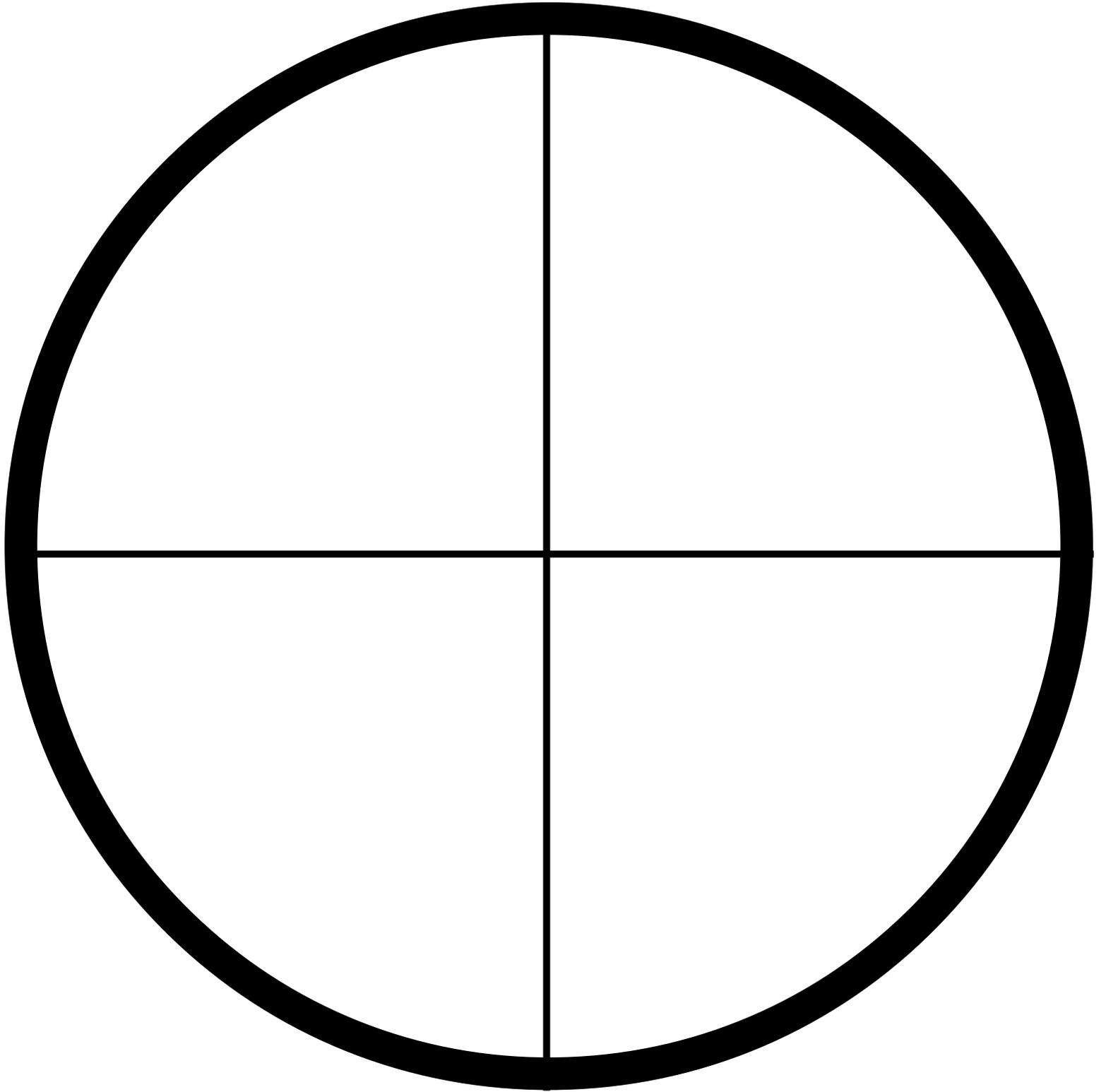
Ontario
Trillium Foundation



Fondation Trillium
de l'Ontario

An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

Medicines Wheel Wellness



What are you some ways you can start taking care of yourself each day?

Using the next page, think about your own wellness.

Label each quadrant and write down the activities you can do.

Include self-care activities that you will practice. Try to think of some new ones you would like to do.

What do you want to work towards?

Medicine Wheel Wellness

Use the Medicine Wheel teachings to practice self care. Self-care is an activity that we intentionally do in order to take care of our mental, emotional, physical, and spiritual health.

Spiritual - Being

Smudge, pray, lay tobacco outside by a tree, offer tobacco to a knowledge keeper or Elder to help you learn about your culture, traditions, attend ceremony. Singing, drumming, reading, meditating, going to gatherings or joining groups, or visiting loved ones can be all be forms of spiritual self-care.

Heart - Feeling

Practice self affirmations, spend time with supportive friends, groups, and counsellors. Journaling or drawing your thoughts and feelings, practicing gratitude are ways to feel and express your emotions. Reach out and talk about what you are feeling.

Listen to music and podcasts, watch movies that help you understand your feelings, laugh, cry and think about your feelings in different ways.

Mind - Thinking

Access therapy/counselling, supportive grief/bereavement groups, and toll free emotional support and crisis phone and text lines.

Maintain healthy friendships, end toxic relationships, practice mindfulness and being kind to yourself. Stop judging yourself and set boundaries. Try to identify your triggers, follow your treatment plan(if you have one), don't give up and be patient with yourself. Grief takes time and being creative through art, colouring, painting, drawing, beading, sewing, etc. can help.

Body- Doing

Taking care of daily hygiene, shower/bath or sponge bath, brush your teeth, wash your face. Work on healthy sleeping and eating habits, drink plenty of water, move your body, stretch, walk and get outside. Rest if you're tired, practice deep breathing, watch meditation & deep breathing videos online. Walk barefoot in the grass, visit nearby water. Attend your doctor or clinic if you have health concerns. Don't put healthcare or dental care off. Ask for help.

Want to connect with others? Take a photo of your Medicine Wheel Wellness plan and share on social media.

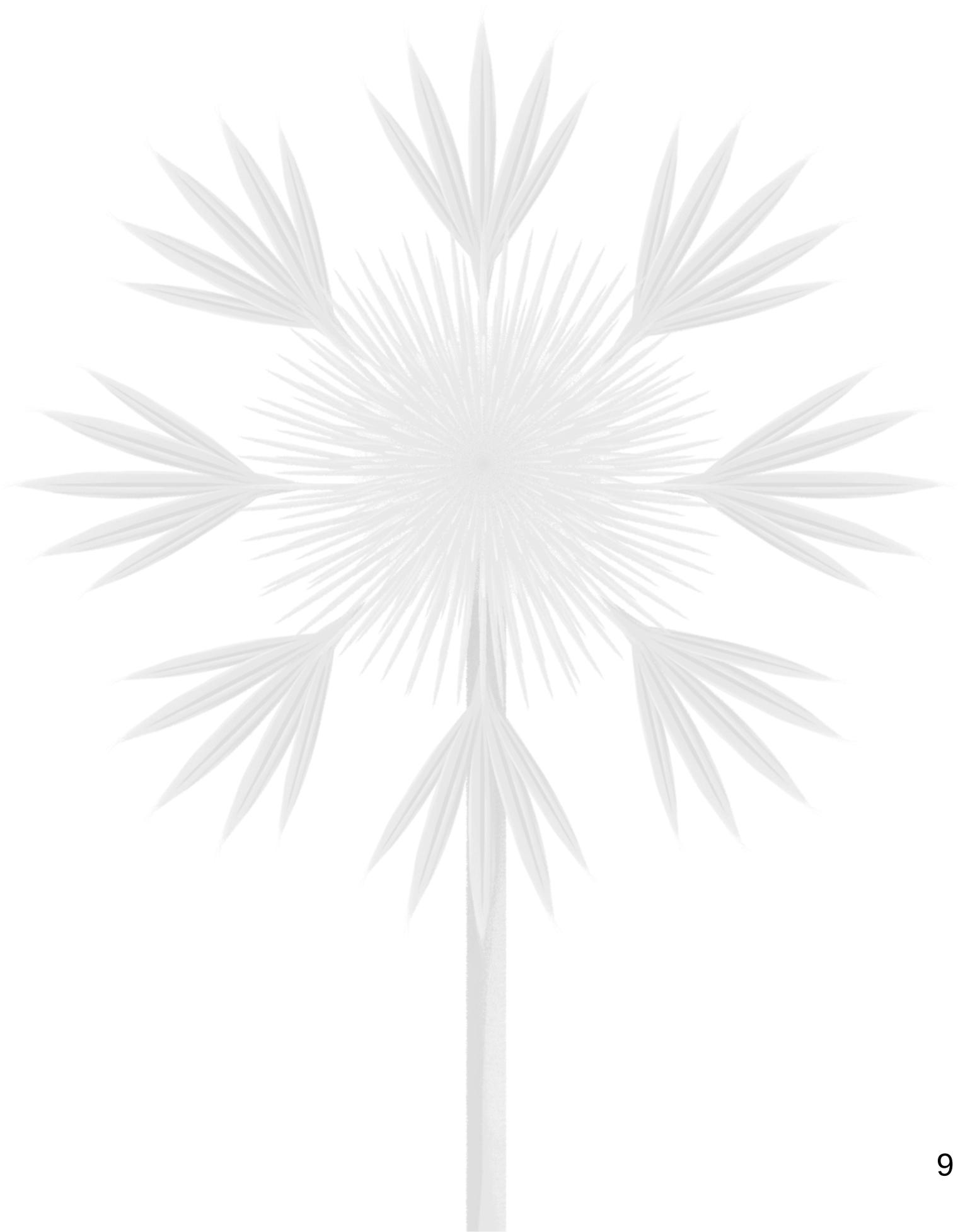
Don't forget the hashtags!

#medicinewheelwellness #blackbirdhealingseries

Right now, I feel...



The thing I miss the most...



GRIEF can
look like...



shock & disbelief

anger

depression

isolation

depression

denial

guilt

GRIEF is
also for



Friendships that have
ended

Losing your
community

Questioning your
judgment

Losing traditions
you loved

Feeling lost and
disconnected

Missing the certainty
you once had

Defending your
boundaries

GRIEF can
feel like...



shortness of breath

chest pains

dry mouth

nausea

stomach pain

fatigue

headaches

loss of appetite

GRIEF can
look like...



exhaustion

difficulty
concentrating

restlessness

nightmares

anxiety

aches & pains

crying

My support system includes...



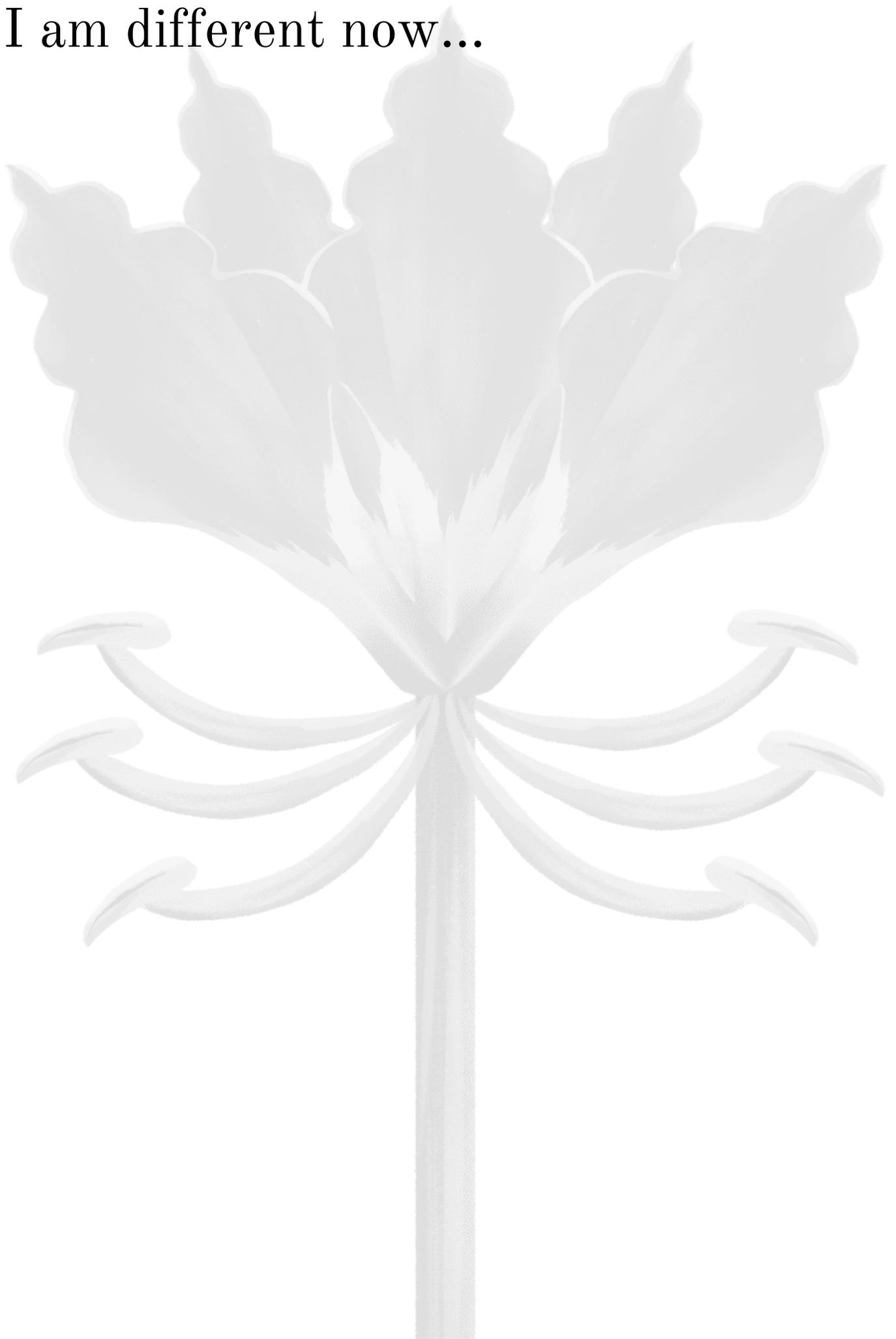
My support system includes...



My support system includes...



I am different now...



COPING TOOLS

Grief can induce anxiety, its a normal response in our body. How does anxiety feel? When you feel anxious, your body goes on high alert, looking for possible danger and activating your fight or flight responses. As a result, some common symptoms of anxiety include: nervousness, restlessness, or being tense. feelings of danger, panic, or dread.

Indigenous Elders Daily Meditations
<https://wellbriety.com/meditations/>

Bounceback - Online Tool to help cope with Anxiety
<https://bouncebackbc.ca/what-is-bounceback/>

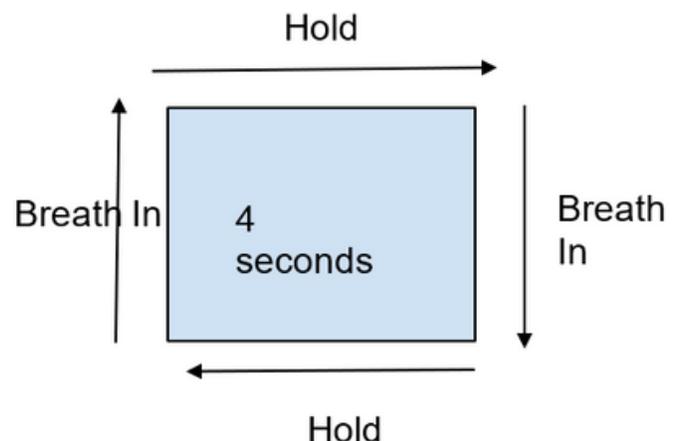
Box Breathing

Step 1: Breathe in counting to four slowly. Feel the air enter your lungs.

Step 2: Hold your breath for 4 seconds. Try to avoid inhaling or exhaling for 4 seconds.

Step 3: Slowly exhale through your mouth for 4 seconds.

Step 4: Repeat steps 1 to 3 until you feel re-centered.



5,4,3,2,1 Using your Senses

Sit or lie in a comfortable spot and close your eyes.

Take some deep breaths in through your nose, out through your mouth 3x

This technique you can use the space you're in or close your eyes and envision a place that has a happy, safe memory or space you would feel safe. For example - Being by the lake where I grew up sitting by a fire.

Acknowledge **FIVE** things you see around you. Maybe it is a bird, maybe it is pencil, maybe it is a spot on the ceiling, however big or small, state 5 things you see.

Acknowledge **FOUR** things you can touch around you. Maybe this is your hair, hands, ground, grass, pillow, etc, whatever it may be, list out the 4 things you can feel.

Acknowledge **THREE** things you hear. This needs to be external, do not focus on your thoughts; maybe you can hear a clock, a car, a dog park. or maybe you hear your tummy rumbling, internal noises that make external sounds can count, what is audible in the moment is what you list.

Acknowledge **TWO** things you can smell: This one might be hard if you are not in a stimulating environment, if you cannot automatically sniff something out, walk nearby to find a scent. Maybe you walk to your bathroom to smell soap or outside to smell anything in nature, or even could be as simple as leaning over and smelling a pillow on the couch, or a pencil. Whatever it may be, take in the smells around you.

Acknowledge **ONE** thing you can taste. What does the inside of your mouth taste like, gum, coffee, or the sandwich from lunch? Focus on your mouth as the last step and take in what you can taste.

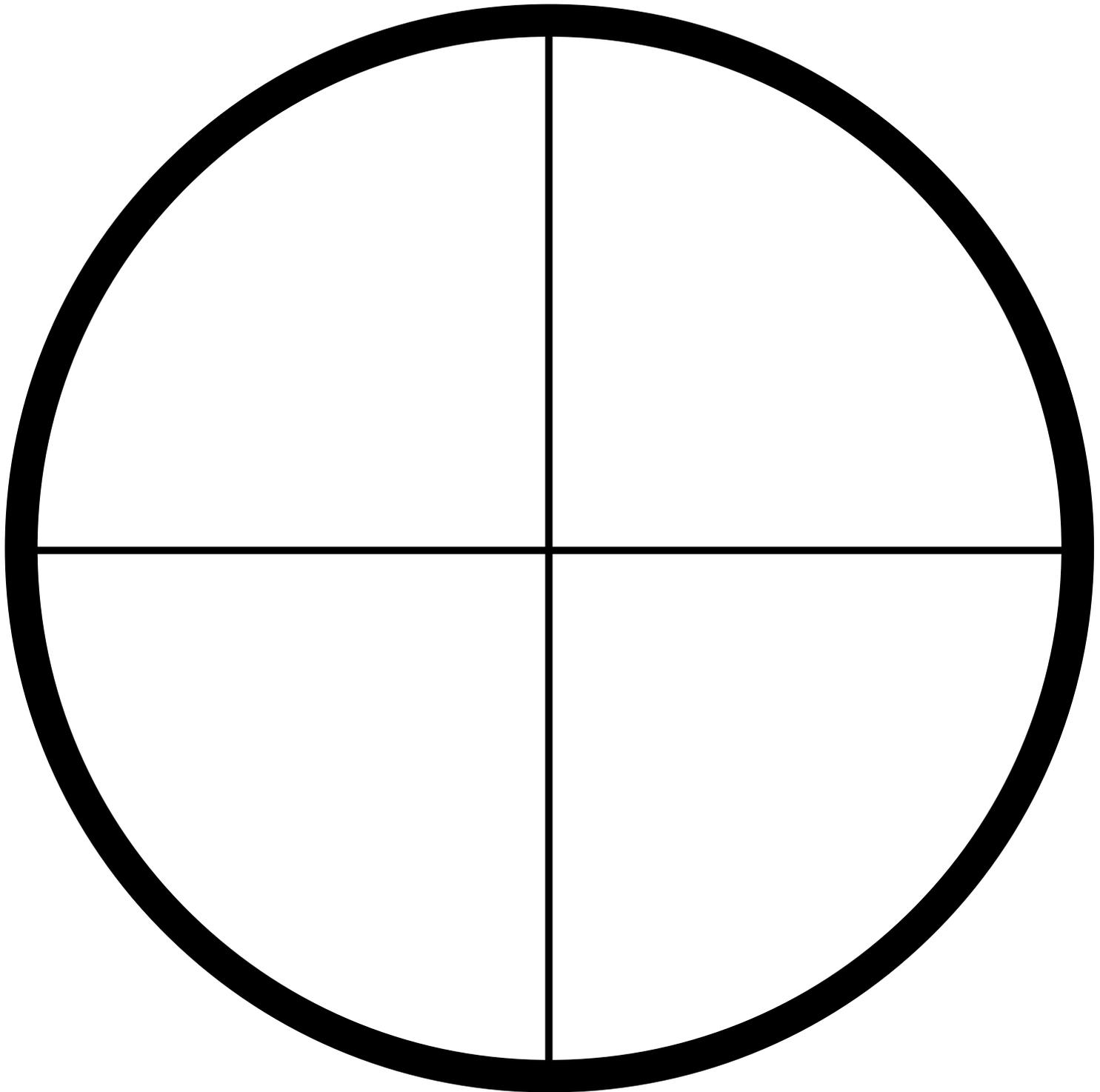
Source: <https://www.evergreenyfs.org/Youth%20Anxiety%20Handouts.pdf>

Medicines Wheel Wellness

What are some ways that you can bring more culture in to your healing?

Label each quadrant and write down the teachings you wish to gather.

What do you want to work towards?



Why and When to Offer Tobacco

Offering tobacco in the form of a tobacco tie is a custom that is shared by many Indigenous peoples.

Tobacco is offered for many reasons and in many different contexts. It is appropriate when asking for assistance from an Indigenous elder, knowledge keeper or person to offer tobacco.

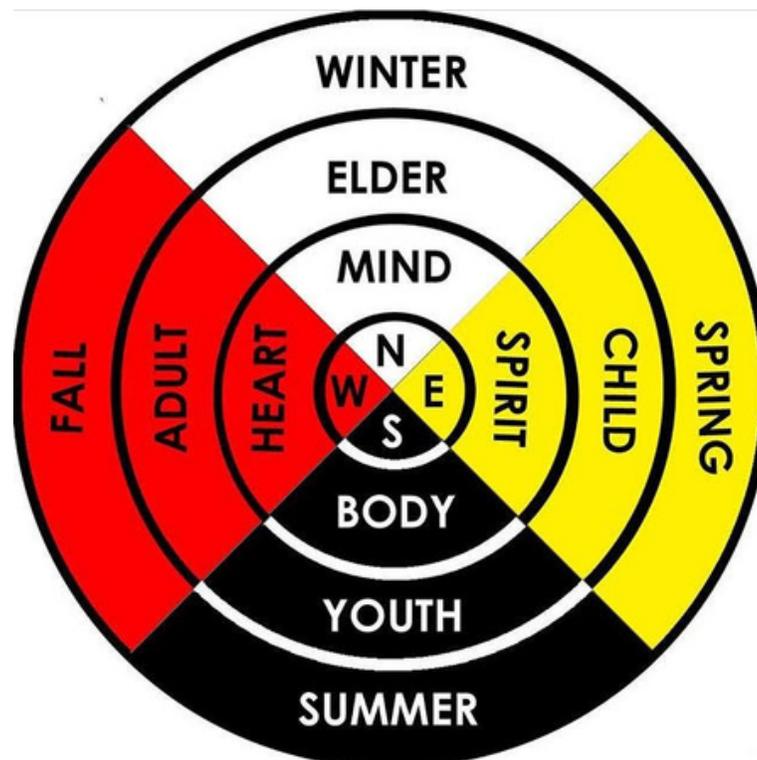
When the person accepts the tobacco, they are agreeing to help in some way. Offering tobacco is a respectful way of asking for assistance and not as a symbol of gratitude after help is provided.

When someone accepts tobacco they are agreeing to listen openly and without judgement and to support you as best they can.

It is appropriate to offer tobacco when asking for a song, an opening prayer, a teaching, Indigenous knowledge, or for advice.

This should not replace remuneration or honoraria.

Source <https://carleton.ca/indigenous/policies-procedures/tobacco-offering-protocol/#:~:text=To%20make%20a%20request%2C%20offer,the%20tobacco%20in%20their%20han>



Making a Request with Sema

Offer the tobacco tie or pouch when you make your initial request. To make a request, offer the tobacco tie or pouch by holding it in your left hand in front of you, state your request (be specific), and if the person accepts your request, place the tobacco in their hand.

An example of what to say when making your request and offering tobacco:

I am offering you this tobacco for...

- ...the opening and closing remarks at [name of event].
- ...the smudging ceremony.
- ...your guidance with _____.

Offering tobacco to Mother Earth

How to do it:

Go outside where you feel connected to the Earth.

Put a pinch of tobacco leaf in your hand.

Take a moment to connect with your prayer and what you are grateful for.

Offer the pinch of tobacco to the Earth by placing it on the dirt.

*A
Resource
Directory*

for difficult times
with loss and grief

A decorative illustration of several flowers, possibly dogwoods, with detailed petals and centers, arranged in a cluster at the bottom of the page. The flowers are rendered in a light, sketchy style.

endayan mashkiikii



Resources for You

REACH OUT 24/7 TALK OR TEXT

Hope for Wellness 1-855-242-3310

www.hopeforwellness.ca

Talk 4 Healing 1-855-554-HEAL

www.talk4healing.com

Indian Residential School

Survivors Society (IRSSS)

1-800-721-0066 (toll-free)

www.irsss.ca



Resources for You

Wellness Together

<https://www.wellnesstogether.ca/en-CA>

MMIWG Support Line

1-844-413-6649 (24 hrs/7 days)

Atlantic Canada -

Elsipogtog Suicide Line - 1-506 523 5999

**Eskasoni Mi'kmaw Crisis and Referral 1 855 379 -
2099**

Healthy Minds Cooperative - 1 800 922 1122

**Canadian Forces Morale and Welfare Services
(CFMWS) 1-800-866-4546 (North America)**

Online Adult Resource
Grief Supports

A Guide for End of Life for Indigenous People

- **<https://dev.nctr.ca/wp-content/uploads/2021/03/When-the-Time-Comes-Final-Edit-and-Format3510-march-24.pdf>**
- **Aboriginal Affairs and Northern Development
Canada Administering an Indian Act Estate
https://www.aadnc-aandc.gc.ca/DAM/DAM-INTER-HQ-BR/STAGING/textetext/br_es_adminAestate_1336489606902_eng.pdf**
- **Government of Canada – Estate Services for
First Nations <https://www.sac-isc.gc.ca/eng/1100100032357/1581866877231>**

Youth Grief/ Loss
Online Resources and Support

- **Youth and Young Adults**
<https://kidshelpphone.ca>
- **Support for Indigenous Youth**
<https://www.griefstories.org/category/we-matter/>
- **Coping Tool -**
<https://www.griefstories.org/coping-tools/#all-tools>
- **Camp Erin - Grief Camp for Youth (Ontario)**
<https://hearthousehospice.com/camperin/about/>

Manitoba

- **Achako Atamiskatowin/Rediscovering Our Spirit Program - Cross Lake 1-204-676-3687**
- **Manitoba Suicide Prevention & Support Line (24/7) reasontolive.ca**
- **Farm,Rural Northern Manitoba Support Services(24/7) 1-866-367-3276**
- **Klinic Crisis Line (24/7) 1 -888-322-3019**
- **Aboriginal Health and Wellness Centre of Winnipeg - 204-925-3700**
- **Ma Mawi Wi Chi Itata Centre • 204-925-0300**
- **Wa-Say Healing Centre • 204-774-6484**
- **Dakota Ojibway Mental Wellness Team 1 833 600-0087**

- 
- **Interlake Tribal Mental Wellness Team
(Dauphin River, Kinonjeoshtegon, Lake
Manitoba, Little Saskatchewan, Peguis, and
Pinaymootang) (204) 590-9603**
 - **Opaskwayack Health Services - 204 623 0519/
after hours 204 823 0519**
 - **Keewatin Tribal Council Mental Wellness
Team - 204 307-1905**
 - **Missing and Murdered Indigenous Women &
Girls (MMIWG) for family members who are
affected by MMIWG, or to those who are
survivors of violence. Includes First Nations,
Inuit, Metis, non-status, and non-Aboriginal
people living in Manitoba. Hilda Anderson-
Pyrz, Tel: (204) 307-5919,
anderson.pyrz@mkonorth.com**



- **Nunavut Kamatsiaqtut Help Line**

1-867-979-3333 • Toll-free at 1-800-265-3333

- **Traditional Healer Services: (Thompson) has a team of three working from home during COVID-19 and provides culturally safe access to traditional healing. For Manitoba First Nations, eligible status citizens living on or off reserve in Manitoba. Duke Beardy, Tel: (204) 307-8192, : Duke.beardy@mkonorth.com**

- **Compassionate Friends -
Winnipeg 204 787-4896**

Provides peer support and resource services to parents grieving the death of their child(ren) from any cause (including miscarriage and stillbirth) at any age (including adult children).

Saskatchewan

Piwapan Women's Centre 1-306-425-4090

**All Nations Healing Hospital Traditional
Palliative Care 306 322 5611**

Caring Hearts Grief Supports 306 523 2780
www.caringheartssk.ca

**Indigenous Wholistic Services (Grief & Loss
Counselling) 1-855 544-2777**
<https://iwhscanada.com/grief-%26-loss-1>

FEEL (Families Experiencing Exceptional Loss)
(306) 341-2416

Grief Share

**A 13 week group to help and provide
encouragement after the death of a loved
one.**

Louise Avenue Congregational Church

Lynn (306) 382-4123

The Neighbourhood Church

Jodi (306) 717-6679

West Portal Mennonite Brethren Church

Office (306) 382-1622

Emmanuel Baptist Church

Kari (306) 477-1234 ex133

**Saskatoon Regional Health - Gabe Lafond,
Director**

Valerie Bradfield, Lead Consultant

St. Paul's Hospital

306-655-0518

Royal University Hospital

306-655-0166

Prince Albert Prairie Spirit Connections 306

525 9682

<https://www.prairiespiritconnections.com/programs/tending-the-fire>

Alberta

Saddle Lake 780 210 0664

Bigstone - 1-780-891-3333

Sisika 1-403-734-2596

**Fort McMurray -780 743 4357(24/7 Crisis) or
780 743 8605 (counselling)**

Southwestern Alberta/Chinook 1 -888 787 2880

Red Road Healing Society - 780 471 3220

Edmonton Native Healing Center 780 482 5522

**Edmonton Aboriginal Seniors Center (55+) -
587 525 8969**

**Creating Hope Society Edmonton - 780 477
7961**

Kanai Womens Wellness Center - 403 737 2900

**Metis Nation of Alberta Wellness Program - 877
729 0261 (phone, instant message, video 24/7)**

Indigenous Virtual Care Clinic 1 888 242 4822

Alberta Mental Health Line (24/7) 1-877-303-2642

Metis Nation of Alberta 1 877 729 0261

Distress Centre Calgary (24/7) 403 266-4357

**Aboriginal Friendship Centre Calgary (403) 270-
7379**

**Sudden Infant Death Syndrome (SIDS) Calgary
Telephone: 403-265-SIDS (7437)**

Alberta Health Services Grief Support Program

Individual, couple, or group counselling for families who have experienced the loss of a child over 17 years of age. 403-955-8011

Bernie's Buddies

Assistance for children that are experiencing a loss or major transition in their lives; through the help of Bernie the Saint Bernard. Telephone: (403) 467-7923 Email: berniesbuddiescalgary@gmail.com

Calgary Homicide Support Society

Peer support, assistance and education to homicide victims in Calgary and surrounding area. Meetings are held once a month.

Contact: P.O. Box 76058 RPO Millrise Calgary, AB. T2Y 2Z9 Phone: 587-582-2477

BC

KUU- US Crisis Line for Adults and Elders

1-250-723-4050

KUUS -US Crisis Line for Youth 1-250-723-2040

Native Youth Crisis Hotline - 1-877-209-1266

Indigenous Women Crisis Line - 604 -687-1867

Crisis Center BC - Fraser Health Crisis Line

604 951 8855/ 1877 820 7444

**Youthspace.ca (NEED2 Suicide Prevention,
Education & Support)**

Youth Text (6pm-12am): (778) 783-0177

Youth Chat (6pm-12am): www.youthspace.ca

Vancouver Crisis Centre 1-866-661-3311

**Vancouver Island Crisis Society (24/7)1-888-494-
3888**

BC Métis Line (1-833-MétisBC) 1833 638 4722

**Here to Help <https://heretoelp.bc.ca/get-help>
(locate services)**

North

**Nunavut Kamatsiaqtut Help Line -
1-800-265-3333**

Inuvik Suicide Line

**Many Rivers Distress Line 7pm -12 am
1-844-533-3030**

NWT Crisis Line •

1-800-661-0844 (9 p.m. -1 a.m. ET)

Aklavik: (867) 978-2941

**Inuvik: (867) 777-8101 (8:30 a.m. to noon, 1
p.m. to 5 p.m.)**

(867) 777-8000 (after office hours)

Paulatuk: (867) 580-3147

Sachs Harbour: (867) 396-3024

Tuktoyaktuk: (867) 977-2511 Ext. 3

Ulukhaktok: (867) 396-3024



Quebec & Nunavik

Kamatsiaqtut Help Line

1- 800 265-3333

Anishnawbe Mental Management

1-416-891 -8606

Inuvialuit Online Resources

<https://irc.inuvialuit.com/program/project-jewel>



Ontario

Tyendinaga -

**Enyonkwa'nikonhriyo:hake (Good
Minds) 613 967-0122**

Anishnawbe Mushkiki - 613 623-0383

**Ontario Native Women's Association -
Mental Health & Addiction Program
613 623-3442**

**Thunder Bay Indigenous Friendship
Centre Victim Advocate Caseworker
Program 345-5840, ext. 9095**

**Family Health Team - Fort William 613
626-1233 (clients of FWFN)**

**Thunder Bay Regional Health Sciences
Centre: Cancer Clinic
1-807-684-7200**

**Heart House Hospice Bereavement
Support 905 712 8119**

**Aboriginal Health Services (905) 544-
4320**

**Metis Nation of Ontario Caregiver
Support 705-498-5024**

**Miyupimaatisiun in Eeyou Istchee
Land Based Healing 9AM TO 6PM
info@chisasibiwellness.ca**

**[https://www.chisasibiwellness.ca/land-
based-healing-model-for-nishiiyuu/](https://www.chisasibiwellness.ca/land-based-healing-model-for-nishiiyuu/)**



**Mamisarvik Healing Center - Ottawa/
Inuit 613-792-8132**

**Wabano Aboriginal Center for Health
- 613-748-5999**

**Youth Services Bureau of Ottawa
(YSB) 24/7 CRISIS LINE: 613-260-2360**

Operation Come Home 1-800-668-4663







www.blackbirdmedicines.ca

