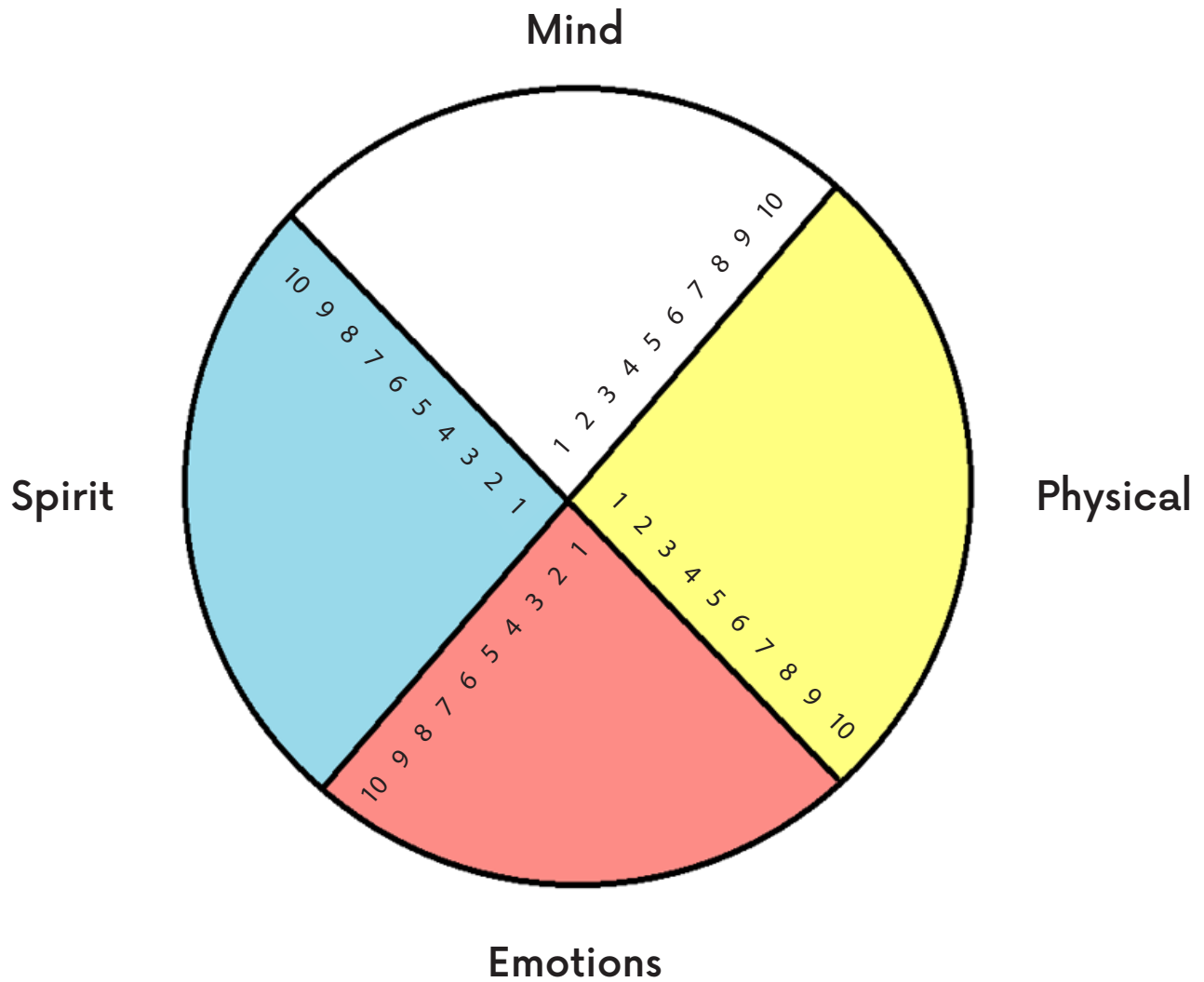


# Indigenous Patient Support Webinar Series

## Session 1: Medicine Wheel Teachings

Tuesday, January 23, 2024

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## What can you do for your Medicine Wheel?

Mind

Physical

Emotions

Spirit

## 7 Ways of Healing

In Aboriginal traditions, there are seven natural ways of healing. They are crying, talking, shaking, sweating, yawning, yelling and laughing. Each one of these ways of healing is what our body does in reaction to our emotional, mental or spiritual state. They are vital to our well-being. Permit yourself to allow these things to occur when you feel them rising.

**Crying** - crying is a natural release of toxins from our bodies. It is cleansing and purifying. Sometimes, we may think that if we allow ourselves to cry, we may never stop. The truth is that when you allow yourself to cry when you need to, the need to cry will become less.

**Talking** - sharing our story is a powerful healing tool for us and those who hear it. When we find a person we can trust, it is important to share our story. Doing so allows us to let go of a great weight we have carried with us. Your story is a gift to others. It can teach them how to be or how not to be. It can keep them from making a poor choice or may encourage them to make a good one.

**Shaking** - many times when we are overwhelmed by a strong emotion, we will begin to shake. This is a normal and natural way for the body to release the energy of the emotion. If we attempt to control the shaking, it may get worse because we are tensing up and not allowing our body to do what it needs to help us.

**Sweating** - sweating is the way your body detoxifies you through your pores. You begin to release chemicals that are not healthy for you to carry around. In a sweat lodge ceremony, the body purifies through the release of toxins, the mind, spirit and emotions are purified and through focused prayer and letting go of those things that do not serve your highest good.

**Yawning** - there is great power in the breath. We often hold our breath when trying to suppress emotions, or we may hyperventilate when feeling anxious or fearful. Yawning will slow our breathing and regulate it. If you are yawning often, your body is reminding you to breathe. Practicing deep breathing may help you feel more at peace and able to think more clearly.

**Yelling** - yelling is another release and letting go of negatively charged emotional energy. When done safely, that does not cause harm to anyone else. Yelling is another way of healing. When we yell to heal, we do so in a very particular way. We draw up the sound from our bellies and release that sound through our mouths, letting go. The other healing aspect of yelling is that we are sounding our voice.

**Laughter** - laughter is valuable medicine for healing. It reminds us not to take ourselves so seriously, allows us to relieve tension and releases the hormones in our bodies related to feeling good. Aboriginal people have a strong sense of humour about themselves and life. It is not often you will find a gathering in which there is no laughter.

# Indigenous Patient Support Webinar Series

## Session 1: Medicine Wheel Teachings

### Physical

**Nurse Navigators and the treatment team:** provides guidance and support – depending upon the treatment plan this may include more than one cancer doctor (oncologist) as treatment might include surgery, radiation or chemotherapy (each kind of treatment would involve a doctor specially trained to provide it).

**Jordan's Principle Coordinator:** located at Children's Hospital, HSC, this coordinator can help with the needs of Indigenous children and families receiving care in Winnipeg, provided by Southern Chiefs' Organization Inc., but provides support to families coming from other regions and communicates with home community coordinator when needed. To reach this coordinator, check with your counsellor, social worker or pediatric healthcare team member.

For more information about Jordan's Principle services from the Government of Canada, visit:

<https://www.sac-isc.gc.ca/eng/1568396042341/1568396159824>

For Jordan's Principle Handbook from the Assembly of First Nations, visit:

[https://www.afn.ca/uploads/Social\\_Development/Jordan%27s%20Principle%20Handbook%202019\\_en.pdf](https://www.afn.ca/uploads/Social_Development/Jordan%27s%20Principle%20Handbook%202019_en.pdf)

**WRHA Traditional Wellness Clinic** runs through the Health Sciences Centre in Winnipeg and provides Indigenous and non-Indigenous people the opportunity to seek healing using a traditional healing approach. If interested in this service and in or coming to Winnipeg for health care, please call 1-877-940-8880 or for more information, visit: <https://wrha.mb.ca/indigenous-health/patient-services/spiritual-cultural-care/>

**WRHA Indigenous Health Services:** When receiving care in a hospital in Winnipeg, also consider contacting or asking your healthcare provider to contact Indigenous Health Services, toll-free: 1-877-940-8880 or in Winnipeg at 204-940-8880, or visit <https://wrha.mb.ca/indigenous-health/>.

Indigenous Health staff provide a wide range of services including:

- Systems' navigation support,
- Indigenous language interpretation,
- Spiritual cultural care,
- Resource information,
- Discharge planning coordination
- Access to patient advocacy support.

**Dietitians\* in Nutrition Services** - help with diet and nutrition needs during cancer treatment, samples and advocacy.

**Pain and Symptom Management Clinic** - upon cancer doctor's referral to help manage pain and symptoms that need expert attention.

**Physiotherapy Services, Speech Language Pathologists** - for some cancer-related concerns, usually ask your cancer doctor about a referral.

**Wellness Programs\*** - Moving Forward After Cancer Wellness Program, Yoga, Pilates and other nutrition and fitness groups and workshops.

**Information sessions\*** - for people with breast or gynecological cancer who are having certain kinds of surgery as part of their care plan.

**\*The Navigator** is a monthly information bulletin that has information on services and programs. For more information, visit <https://www.cancercare.mb.ca/Patient-Family/support-services/patient-newsletter>

**Urgent CancerCare and the CancerCare Helpline** in Winnipeg are available to help with urgent cancer-related concerns when in Winnipeg, including symptoms, side effects and other difficulties arising during cancer care and treatment. Call 204-787-8900.

**Quit Smoking Clinic** can help to quit smoking with counselling, supplies and medications for patients and families receiving care at CancerCare Manitoba. Call toll-free at 1-888-775-9899.

**Counsellors** in the Psychosocial Oncology Department can help patients facing practical concerns like transportation, housing and food security to connect with resources for help. Nurse Navigators often help with practical concerns when people are first starting treatment and have to travel out of their community to a larger healthcare centre for help.

**Support for Appearance-related concerns is available through the Guardian Angel Caring Room** – available virtually and in person in Winnipeg, to help patients treated for cancer with appearance-related effects such as hair loss, to get fitted and loaned with wigs and headwear, and those who have had Laryngectomy surgery to be provided with stoma covers. Call 204-787-4180 or toll-free at 1-866-561-1026. This service is provided through the Patient and Family Resource Centre.

- The Look Good Feel Better Program provides workshops for women and teens to receive support in appearance management related to the impact of cancer treatment. Information is available at [www.lgfb.ca](http://www.lgfb.ca) or call 1-800-914-5665.

## Mental

**Counsellors in the Psychosocial Oncology Department:** clinical social workers and counselling clinicians – are each assigned to different treatment teams and can help patients and families connect with resources online for more information. Call 204-787-2109 or ask your local cancer treatment team.

**Psychiatrist:** who works with patients treated for cancer who need help in this way and upon referral by a cancer doctor.

**Patient and Family Resource Centre:** provides information and resources in print form and online and hosts webinars to help patients and families learn about different topics, including different kinds of cancer, self-care such as nutrition and sleep, and more. The program maintains a mailing list of programs and webinars. To have your address added to the list, call 204-787-2970.

To contact the Patient and Family Resource Centre, call 204-787-4357 or toll-free 1-866-561-1026. For more information, visit <https://www.cancercare.mb.ca/Patient-Family/support-services/resource-centre>.

**Brain Fog:** a group to help people learn to manage thinking and memory difficulties that may be a side effect of treatment, is available through [www.wellspring.ca](http://www.wellspring.ca).

**School-aged children** treated for cancer can have support from a school teacher attached to their CancerCare Team when getting ready to return to school. This teacher can connect with their local school team to help plan a smooth return. Children's Hospital in Winnipeg also has a schoolroom run by teachers to help children and youth keep up with their studies while being treated as inpatients. Speak to your child's treatment team to be connected.

## Emotional

**Counsellors in the Psychosocial Oncology Department:** are part of the care team at CancerCare Manitoba, who provide counselling support to help patients and family members cope with feelings about cancer diagnosis, treatment, recovery and also grief and loss. Patients and families can call 204-787-2109 or speak to their doctor or nurse to have a counsellor contact them.

**Online supports:** Counsellors can recommend several online supports. In Canada, a national organization helping people affected by cancer with a wide range of programs is Well Spring. Find more information here [www.wellspring.ca](http://www.wellspring.ca).

**Child Life Specialists:** provide support for children and families learning to cope with medical experiences and procedures and help support emotional and social development while receiving care in the outpatient clinic.

**Peer support groups and counselling groups:** groups for patients and families are offered regularly by counsellors at CancerCare Manitoba. They also know about programs and services offered by other organizations. More information is available by calling 204-787-2109 or toll-free at 1-866-561-1026 or by reading The Navigator patient newsletter on the CancerCare Manitoba website: <https://www.cancercare.mb.ca/Patient-Family/support-services/patient-newsletter>.

## Spiritual

**WRHA Traditional Wellness Clinic (TWC):** is run two days a month through the Health Sciences Centre in Winnipeg. It provides Indigenous and non-Indigenous people the opportunity to seek healing using a traditional healing approach. If interested in this service, please call 1-877-940-8880 or visit: <https://wrha.mb.ca/indigenous-health/patient-services/spiritual-cultural-care/>

**Access to Elders and faith-based spiritual care services:** can be requested by the counsellor or another healthcare provider at CancerCare Manitoba to the Regional Health Authority or local hospital (for example, Spiritual Care Services at Health Sciences Centre). In some regions, a Knowledge Keeper is part of the local healthcare centre.

**Supportive counselling services:** acknowledge a whole-person approach that includes spirituality and meaning-making and explore personal connections to spiritual support in the community.

**Dignity Therapy:** a reflective process that a counsellor at CancerCare Manitoba can provide to people with cancer who are approaching transformation (end of life). The process results in the person co-creating a legacy document with the counsellor's support, containing important learnings and messages for loved ones that can be shared.

**Patient and Family Resource Centre** hosts webinars, including Spiritual Topics and Spiritual Care Presenters and also has books and resources available on loan.

Resources and contact numbers for service providers can be found on the CancerCare Manitoba website at [www.cancercare.mb.ca](http://www.cancercare.mb.ca), and in The Navigator patient newsletter here: <https://www.cancercare.mb.ca/Patient-Family/support-services/patient-newsletter>

If you would like The Navigator mailed, please call Patient and Family Support Services at 204-787-2109.

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## Immediate Support Available 24/7 for all Indigenous People in Canada

Hope for Wellness Help Line and Chat - 1-855-242-3310

National Indian Residential School Crisis Line - 1-866-925-4419

Missing and Murdered Indigenous Women and Girls Support Line - 1-844-413-6649

- Service available in English, French, Cree, Anishnaabemowin (Ojibway) and Inuktitut

## CancerCare Support Numbers

CancerCare Counselling Support - 204-787-2109 or 1-866-561-1026

Cancer Helpline at CancerCare Manitoba - 204-787-8900 Toll-free 1-866-561-1026

- Ask for the Cancer Helpline - Hours 8:00 a.m. to 6:00 p.m. Monday to Friday.

## Other CancerCare Support Numbers

Nurse Navigators Interlake Eastern - toll-free: 1-855-557-2273 or fax 1-204-785-9242

Nurse Navigators Northern - toll-free: 1-855-740-9322 or fax 1-204-677-5387

Nurse Navigators Prairie Mountain - toll-free: 1-855-346-3710 or fax 1-204-578-2833

Nurse Navigators Winnipeg - toll-free: 1-855-837-5400 or fax 1-204-235-0690

Nurse Navigators Southern - toll-free: 1-855-623-1533 or fax 1-204-331-8899

## General Support Numbers

Klinik Crisis Line - 204-786-8686 or 1-888-322-3019 or TTY 204-784-4097

Manitoba Suicide Prevention & Support Line - 1-877-435-7170 (1-877-HELP170)

Suicide Crisis Helpline: 9-8-8

Kids Help Phone (national line available to Manitoba Youth) - 1-800-668-6868 or text 686868

Manitoba Farm, Rural & Northern Support Services - 1-866-367-3276 (hours Monday-Friday 10 am to 9 pm)

- [supportline.ca](https://supportline.ca) - online counselling

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