



A Landscape of Community Change

Deeper Meaning Cards





Echinacea Plant

With longstanding connections to traditional Indigenous **medicine and health care** practices, the Echinacea (pronounced eh·kuh·nay·shuh) plant connects to **Call to Action 22**, which recommends our work reflect, honour and uplift the values of Indigenous healing practices and support the use of them with Indigenous communities through the leadership of Indigenous healers and Elders.





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Milkweed Plant

The **versatile** Milkweed plant supports pollinators of all kinds because of its **nourishing qualities**, and connects to **Call for Justice 7.7** as we aim to support and nourish the equitable funding of Indigenous communities to train and work in health and wellness.





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Daisies

Daisies are a well known **wildflower** like the ones referenced in “The Wildflower Song” – an Indigenous community song about **families calling their children home** – and connects to **Call for Justice 7.9**, the commitment to developing and implementing awareness and education programs for Indigenous children and youth on sexual exploitation.





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Lavender

Lavender was once **used medicinally** in Indigenous sweat lodges, a practice that was banned under the Indian Act until 1951 – a tragic loss of cultural practices. This connects to **Call for Justice 7.6**, encouraging the education of anyone involved in providing service to Indigenous people about colonial history, structures of power, systemic oppression, and local cultures and practices to inform proper and appropriate care.





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Poppies

The **vibrant red** of the Poppy calls to mind the vibrant **Red Dresses** used to call the spirits of missing and murdered women and girls back to their loved ones, connecting to **Call for Justice 15.1** – calling on all Canadians to support others, and commit to being active, in condemning hate and violence against Indigenous women, girls and 2SLGBTQIA people – and **Call for Justice 7.3** – the integration and fostering of prevention practices for health and community awareness, including programming related to suicide prevention, sex work safety and rights, sexual health, mental health and 2SLGBTQIA sex positivity.





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Pine Trees

With their **many rings**, these trees remind us of the impact of residential schools, genocide, violence, and colonization. These trees have **witnessed the many years of extensive harm**, as well as the survival and strength of Indigenous communities. They connect to **Call to Action 18**, reminding us of the importance of learning about this history as we work towards health equity today.





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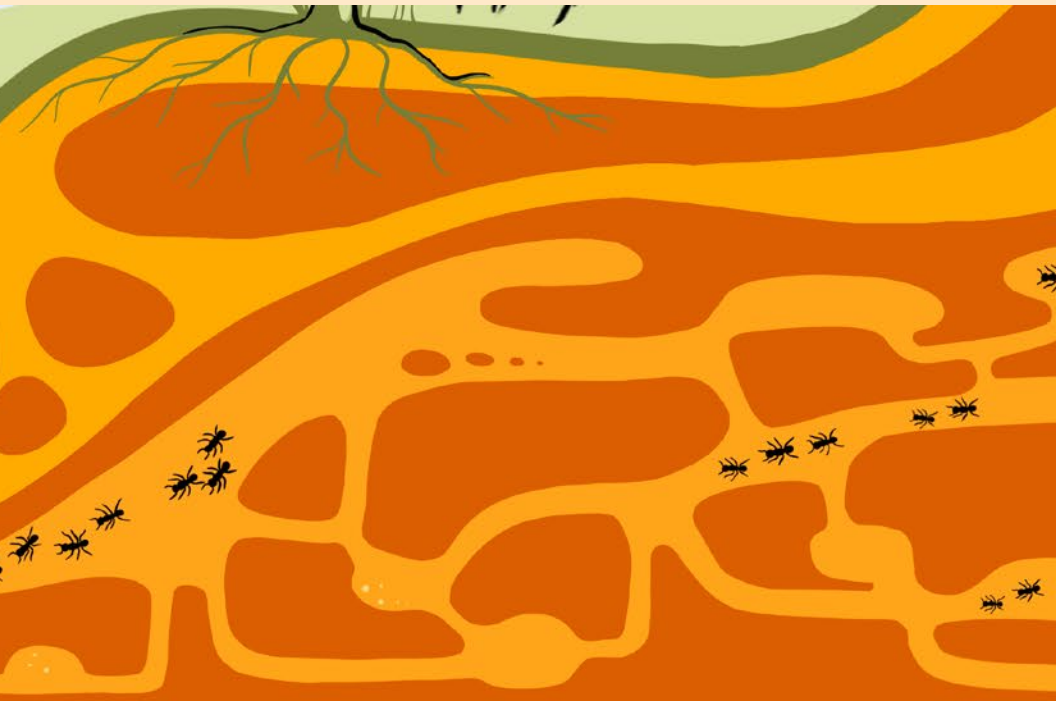
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Ants

Few living things work as **collaboratively** together toward a **common goal** than a colony of ants. Ants work not just underground, but on top of the ground, in trees, and throughout the land. This is a reminder of **Call for Justice 7.1**, as we work to collaborate with Indigenous people as experts in caring for and healing themselves, knowing that health and wellness services are most effective when they are grounded in the practices, culture and values of the groups they're for, and are designed and delivered by the Indigenous people they are serving. These practices, like ants, show us that change and changemaking must exist in multiple spaces and multiple forms, working collaboratively together.





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Pollinators

As they hover and fly through the landscape, pollinators like Butterflies and Bees **work in harmony** to **spread** pollen and enrich their habitat, connecting to **Call to Action 24** as we aim to spread information and cultural competency with medical and nursing students through relevant training for Indigenous health-care issues, including: the history and legacy of residential schools; the ***United Nations Declaration on the Rights of Indigenous Peoples***; treaties and Indigenous rights; Indigenous teaching practices; intercultural competency training; conflict resolution training; and human rights and anti-racism training.





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Dragonfly

The strength and agility of the Dragonfly helps **accelerate it in all directions**, the same way **Call to Action 55** encourages acceleration towards true reconciliation from all levels of government by providing annual reports and data on current progress including: information about the health and well-being of Indigenous children (including Métis and Inuit children); child welfare and legal systems involvement; education and income rates; experiences of violence and discrimination; and the availability of appropriate health services. This Call to Action reminds us of the importance of both drawing on these reports and information to support the strengthening of work towards health equity, as well as to work alongside Indigenous communities to hold the government accountable to ensure this data is current, accurate and available in our communities.





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Sky

As we look to the sky, we often feel like we are **facing forward** and **looking to the future**. In that spirit, we connect the sky with future-oriented calls to action including:

- **Call to Action 21**, as we aim to integrate work that supports and advocates for sustainable funding for existing and new Indigenous healing centres to address the physical, mental, emotional and spiritual harms caused by residential schools;
- **Call to Action 23**, as we aim to support and advocate for the meaningful employment of Indigenous professionals working in the health-care field in a way that treats them with respect, retains them and supports them, including by offering access to cultural competency training for all health-care professionals; and
- **Call for Justice 7.8**, as we commit to creating well-funded opportunities and socio-economic incentives that support and encourage Indigenous people to work within the health and wellness fields within their communities.





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Earth

Healthy earth and soil is the **nourishing foundation and backbone** of any ecosystem, and connects to foundational calls to action including:

- **Call to Action 20**, as we aim to ensure our work recognizes, respects and addresses the distinct health needs of the Métis, Inuit and off-reserve Indigenous Peoples; and
- **Call for Justice 7.2**, as we aim to work to integrate and foster practices that honour healing from trauma including intergenerational, multigenerational and complex trauma, led by (or in partnership with) Indigenous people.





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Deep Roots & Water

As roots stretch deep into the earth to **ground and support** plants in their landscape, **nourished and revitalized** by abundant water sources, we are reminded of **Call for Justice 7.4** which compels us to foster practices and provide necessary support for programs that revitalize Indigenous health and wellness from the ground up, including land-based practices, ceremony and health-focused practices.

