

## WHEN

Discuss with Elevate NWO or Oahas staff the tentative dates for the next ceremony.

## WHERE






Elevate NWO drop-in centre



## CONTACT US








Ontario  
Aboriginal  
HIV | AIDS  
Strategy

-  (647) 490-6339
-  [info@oahas.org](mailto:info@oahas.org)
-  106 Cumberland St. N #102,  
Thunder Bay, ON, P7A 4M2
-  Mon-Fri 8:30 a.m.- 4:30 p.m.
-  <https://oahas.org>

**elevate** NWO

HIV | AIDS | HCV | HARM REDUCTION

-  (807) 345-1516
-  [info@elevatenwo.org](mailto:info@elevatenwo.org)
-  106 Cumberland St. N #102,  
Thunder Bay, ON, P7A 4M2
-  Mon-Fri: 9:00 a.m.- 4:00 p.m.
-  <https://elevatenwo.org>



# DRUM BIRTHING CEREMONY



## CIRCLE OF CARE

Indigenous women accessing services and supports from Elevate NWO and Oahas have the rights to complete their circle of care with local cultural practices that includes teachings and ceremonies delivered by an Elders, Helpers, or other Cultural Teachers.



## PURPOSE OF THE DRUM BIRTHING CEREMONY

### NIIG'AA DEWE'IGAN - MNIDOOKE

The beat of the drum represents the heartbeat of the Mother herself and calls the Spirits and Nations together. Birthing the drum is told in parallel with birthing a child. The sound that comes from striking the drum permits the baby to know the mother's voice. Hearing or facilitating this "heartbeat" by playing the drum, brings healing and a deeper understanding of your connection with all life. It also represents balance, equity, wholeness, and connection. The drum can be used to pray for good outcomes. It is also used to pray for safe travels home for people at a gathering or meeting.



## WHAT SHOULD YOU BRING TO CEREMONY?

You are not required to bring any items to the Drum Birthing Ceremony. However, if you have any of the items listed below, you are welcome to bring them. Elevate NWO and Oahas offer cultural programming that provides you with the opportunity to build your cultural bundle.

### **Ceremonial items (May be provided upon request)**

- Ribbon (zenbaa) skirt (mjigoodenh) or shirt (babgiwyaan)
- Drum (dewe'igan), drum striker, or rattle (mbiigweweshmaa)
- Tobacco (semaa) tie or pouch to make a request or to thank the Elder (Gchi-nishinaabe) or Cultural Leader and to place in the fire
- Copper cup (mskwaabik mnikwegan)
- Items you want to have blessed or some writings to place in a fire (shkode)
- Bring or wear medicine (aabziichgan) pouches