

Looking beyond the individual—The importance of accessing health and cultural services for Indigenous women in Thunder Bay, Ontario

What is Health?



Cultural continuity can be achieved through ceremonies, sharing of cultural knowledge, and creating a sense of belonging and cultural identity

Indigenous women's understandings of health and well-being and healing approaches:

Theme 1: Independence and self-care

→ self-reliance and better health status

Theme 2: External barriers to accessing services

→ socio-economic or environmental factors

Theme 3: Finding comfort in the familiar

→ personal relationships

Theme 4: Sense of community

→ knowledge and learning

