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



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

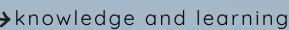
Indigenous women's understandings of health and well-being and healing approaches:



Theme 2: External barriers to accessing services socio-economic or environmental factors

Theme 3: Finding comfort in the familiar personal relationships







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