

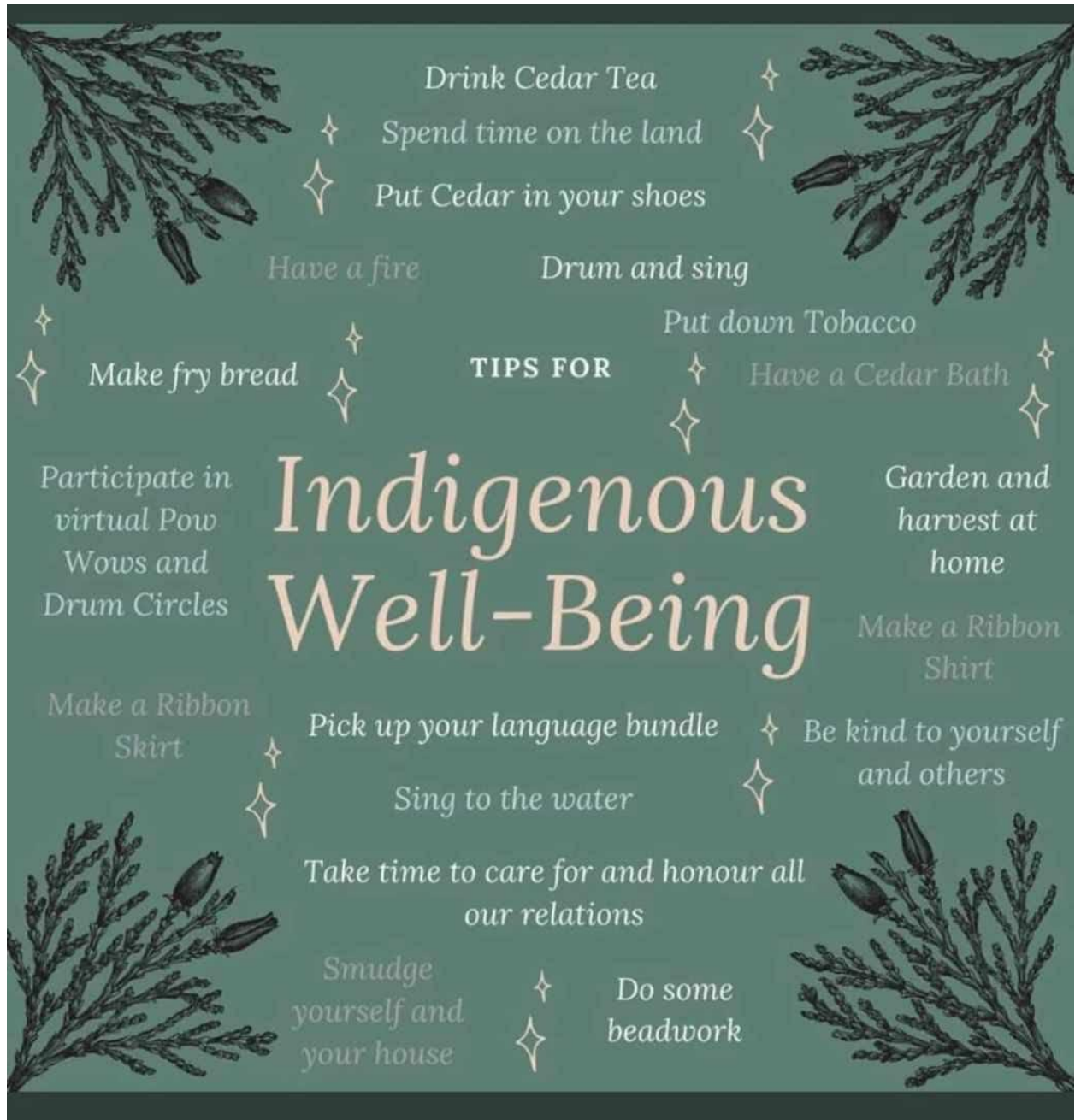
SD8 Kootenay Lake Aboriginal Education: Indigenous Wellness Resources



Compiled by District Aboriginal Team, April 16 2020.
Updated March 2 2022.

We respect, acknowledge and honour the First Nations on whose traditional territories School District 8 operates on and all Aboriginal people residing within the boundaries of School District 8.

This list will continue to be updated and reshared out as we continue our learning journey together.



This image was created by [Liv Rondeau](#) and is used with permission.

Think Indigenous -

- [Stress Management and Mental Health](#)

We Matter Campaign -

- [Get Help](#) link: a collection of websites and numbers to call if you need help.
- [Indigenous Youth Toolkit](#) and activities
- [Support Workers Toolkit](#)
- [Teacher Toolkit](#)

Hope for Wellness -

- Online Chat [Counselling Service](#)

First Nations Health Authority -

- [Traditional Healing and Wellness](#)
- [Mental Wellness](#)
- [Wellness for First Nations](#)
- Ideas for [Supporting Land-Based Healing and Wellness](#)
- [Mental Health and Wellness Resources for Youth](#)

Kelty Mental Health Resource Centre -

- For [Parents & Caregivers](#): resources for parents and caregivers.

Indigenous Youth Wellness -

- Great resource for Indigenous Youth: [Cuystwi](#)
- YouTube [channel](#)

Canadian Mental Health Association BC:

- We are your Children, We are your Future: [Developing Indigenous-Centered Parenting Support for Children with mild to Moderate Anxiety:](#)

Circle of Indigenous Nations Society -

- Community Resources for [Indigenous Families](#)

SD8 Aboriginal Education -

- [Community Resources](#) page

Local resources for families to access -

- Nelson Family of Schools: [Nelson Cares Society](#)
- Nelson Family of Schools: [Nelson Community Services](#)
- Salmo Family of Schools: [Salmo Community Services](#)

- Slocan Valley Family of Schools: [WE Graham Community Service Society](#)
- Kaslo Family of Schools: [North Kootenay Lake Community Service Society](#)
- Creston Family of Schools: [Valley Community Services](#)

West Kootenay Metis -

- On Facebook: [West Kootenay Metis](#)
- Don Courson, [president](#)
- Metis Nation of BC: [online resources](#)
- Metis Nation of BC Crisis Line: 1-833-638-4722

BC Resources for Youth -

- BC Crisis Line: 24/7 - 1-800-784-2433
- Youth Space: [online chat](#) or text 778-783-0177 to privately talk with a support worker for emotional and crisis support
- Youth in BC: 12pm to 1 am daily, talk with a [support person online](#)

Youth Mental Health Resource Hub -

- A [hub of resources](#) to help you take care of yourself and look out for the people you love during this challenging time

Physical Activities -

- Pow Wow Sweat - [pow wow dance styles](#) fitness workout
- Indigenous [Games for Children](#)
- [Being Active](#)
- [Nurturing Spirit](#)
- FitNation - [at home workouts](#) from Indigenous Sport, Physical Activity & Recreation Council:

Podcasts & Video Series -

- [Teachings in the Air](#) - Gerry Oldman
- ISPARC - [Food Is Medicine](#)
- ISPARC - [Mental Wellness](#) Webinar Series
- [Indigenous 150+](#) - Young changemakers from across Canada
- [Indigenius](#)
- [Unreserved](#) - CBC Indigenous