

## ***Season 2 Healing Resources***

[Returning to Our Medicines](#) AHS video featuring Dr. Fellner

[Returning to our Medicines: Decolonizing and Indigenizing Mental Health Services to Better Serve Urban Indigenous Communities](#) Dissertation by Dr. Fellner

[Exploring the Complex Context of Indigenous Women's Maternity Experiences in the Okanagan Valley, British Columbia by Expanding on Aboriginal Women's Responses to the Canadian Maternity Experiences Survey](#) Dissertation by Dr. Jennifer Leason

[Indigenous Knowledge to Close Gaps in Indigenous Health](#), Dr. Marcia Anderson-DeCoteau, TEDxUManitoba

Sincerely, X – Episode 6: [Rescued by Ritual](#) This self-describe “Midwestern Mom” found the way to heal the trauma of a violent marriage entirely on her own. She created a ritual, which her doctor now recognizes and recommends as a tool for recovery from abuse. Relates to Dr. Karlee Fellner’s interview EP 15 & 16 about honoring our “trauma wisdom.”

Indian Residential School Crisis Line: [1-866-925-4419](tel:1-866-925-4419). They have qualified counsellors and they are very good.

[Indian Residential Schools Resolution Health Support Program](#)

[First Nations Health Authority Traditional Healing List](#)

[Government of Canada First Nations and Inuit Health](#): Mental Health & Wellness

[A Holistic Approach to Reconciliation](#): Insights from Research of the Aboriginal Healing Foundation

[Healing through story](#): Unpacking Indigenous resiliency and hope | Annie Belcourt | TEDxArlee

[Portico – Canada's Mental Health & Addiction Network](#)