www.kelowna.cmha.bc.ca www.pafriendshipcenter.com www.quesnel-friendship.org

Participating branches and friendship centres

ez.caha.bc.ca moz.chescd.www

For more resources, see provincial partner organizations

Port Alberni and Quesnel.

this card is one of the small legacies of **Connecting the Dots**, an innovative project which sought to
promote the mental health of urban Aboriginal
youth and families. The project was led provincially
by the Canadian Mental Health Association (CMHA)
BC Division and the BC Association of Aboriginal
Friendship Centres and implemented locally through
Friendship Centres and CMHA branches in three urban
Friendship Centres in British Columbia: Kelowna,
Aboriginal communities in British Columbia: Kelowna,

www.kelowna.cmha.bc.ca www.pafriendshipcenter.com www.quesnel-friendship.org

Participating branches and friendship centres

so.od.snmo.www moo.ofssod.www

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.c.a. www.pafriendshipcenter.com www.pafriendshipo.org

Participating branches and friendship centres

eo.od.edmo.www moo.oleeod.www

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take time out for Aboriginal mental health



take time out for Aboriginal mental health



Connecting the Dots

take time out for Aboriginal mental health















sacred medicines.

tobacco

young people, to learn about and use the sacred medicines.

sage or juriper

traditions promotes good mental health

1 1. Remember that practicing cultural

Learn to be at peace with yourself

9. Identify and deal with moods

6. Volunteer and give of yourself

3. Make time for family and friends

5. Create a realistic budget and stick to it

onr II tips for mental health

8. Find strength in relations

4. Give and accept support

2. Eat right and keep fit

1. Talk positively

7. Manage stress

communities. It is important for everyone, especially these ways. This has not always been the case in our culture increases, so does our honour and respect for As our awareness and knowledge of our traditions and

produced when we burn the sacred medicines.

cedar in the North. Elders say that the spirits like the aroma

It is said that tobacco sits in the Eastern door, sweet grass

follow tobacco, and together they are referred to as the

Tobacco is the first plant that the Creator gave to Native

Four other plants—sage, juniper, cedar and sweet grass—

People. Tobacco is the main activator of all the plant spirits.

in the Southern door, sage or juniper in the West and

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onr II tips for mental health

- 1. Talk positively
- 2. Eat right and keep fit
- 3. Make time for family and friends
- 4. Give and accept support
- 5. Create a realistic budget and stick to it
- 6. Volunteer and give of yourself
- 7. Manage stress
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