

Indigenous Institutes served by RARC since 2017



About the Indigenous Institutes Consortium (IIC)

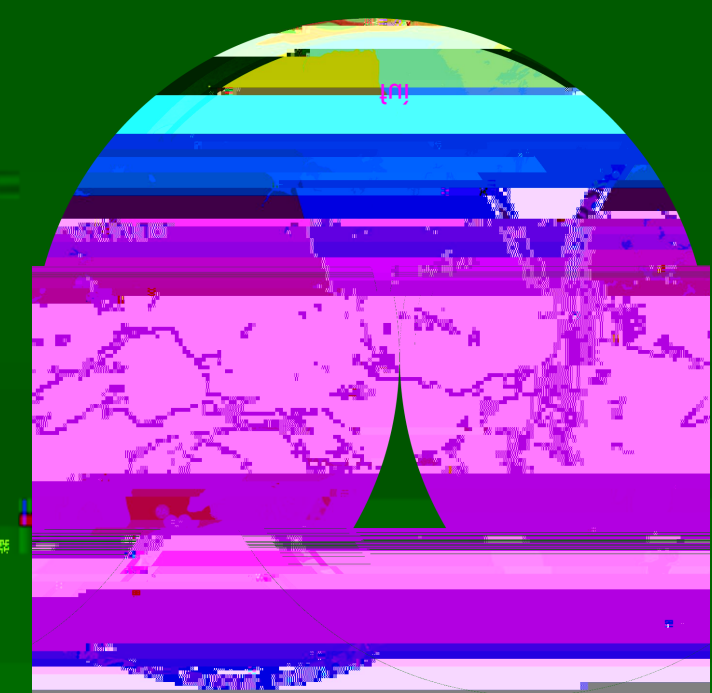


Indigenous

Anishinabek Nation (39 First Nations)

Mohawk Council of Akwesasne

Sagamok Anishinawbek,
Sheguiandah First Nation,
Aundeck Omni Kaning First Nation,
M'Chigeeng First Nation,
Zhiibaahaasing First Nation,
Sheshegwaning First Nation,
Whitewater River First Nation



Dual nature of COVID-19 wellness impacts:





Content development must be Indigenous-led and created

Advisory board to be established with representation from each II with bi-weekly meetings

Needed to be adaptable for each Institute's needs and circumstances (language, customs, etc)

Language/vocabulary easy to understand and relatable





Tools: Wellness Bundle Workbook

Download directly from the course site

Fillable Pdf can be completed directly on the form or printed and completed by hand

Contains space to complete assignments and reflect on content to help build

Wellness Bundle

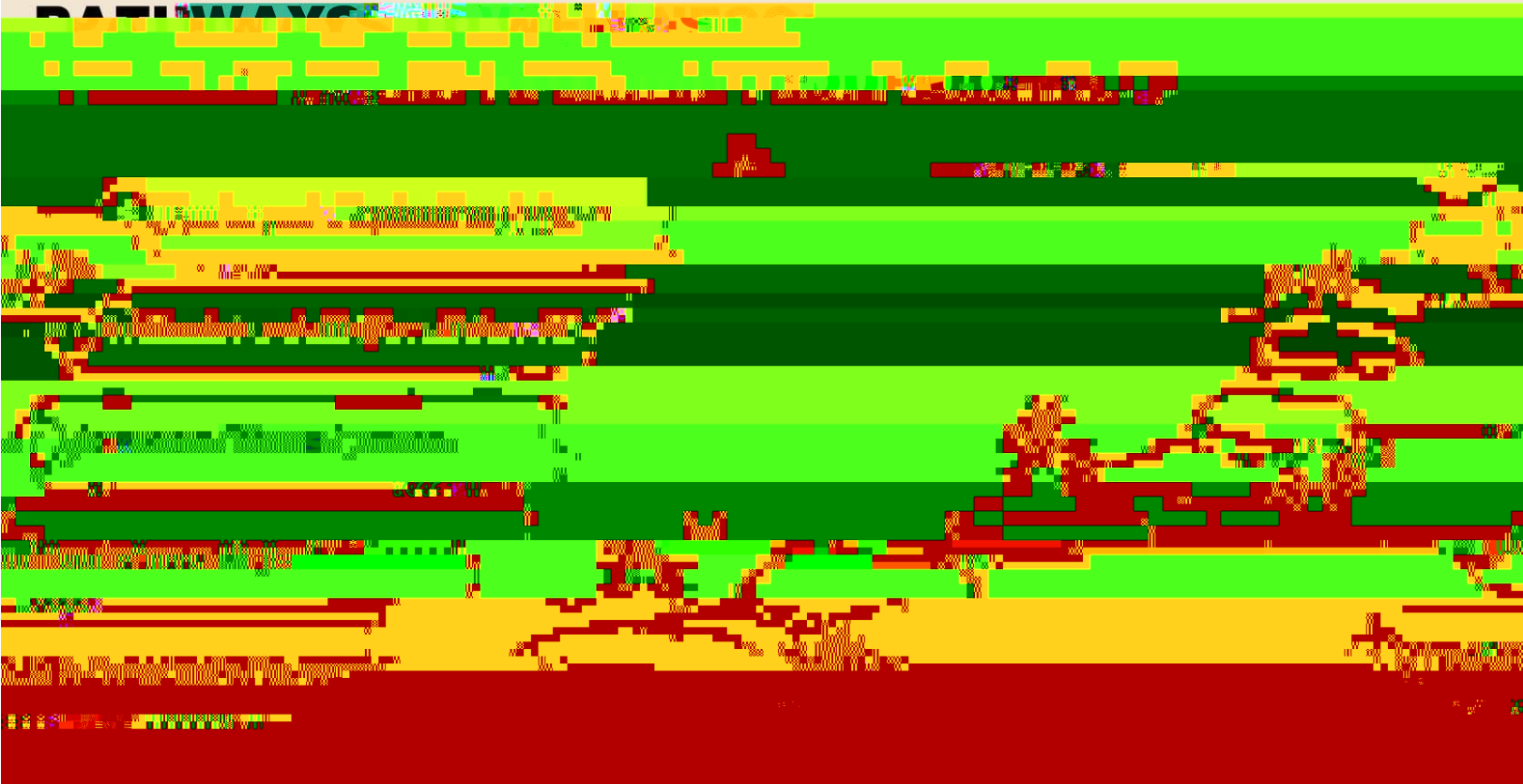
Divided by Touchstones and Modules and mirrors assignments described in the online course



- 1.** Identify key concepts of wellness as understood within various Indigenous knowledge systems.
- 2.** Learn how to prepare for a new educational journey.
- 3.** Explore personal wellness through an Indigenous lens.
- 4.** Construct a personal approach to enhancing your wellness based on the information and activities in this course.
- 5.** Recognize and access the resources available to Indigenous students.
- 6.** Design a personal wellness bundle that integrates learned strategies and resources.



RAILWAYS



1. Walking in a Good Way:

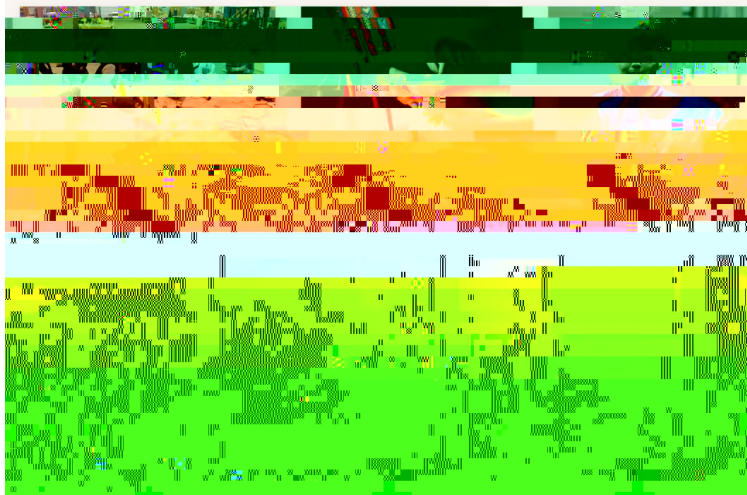


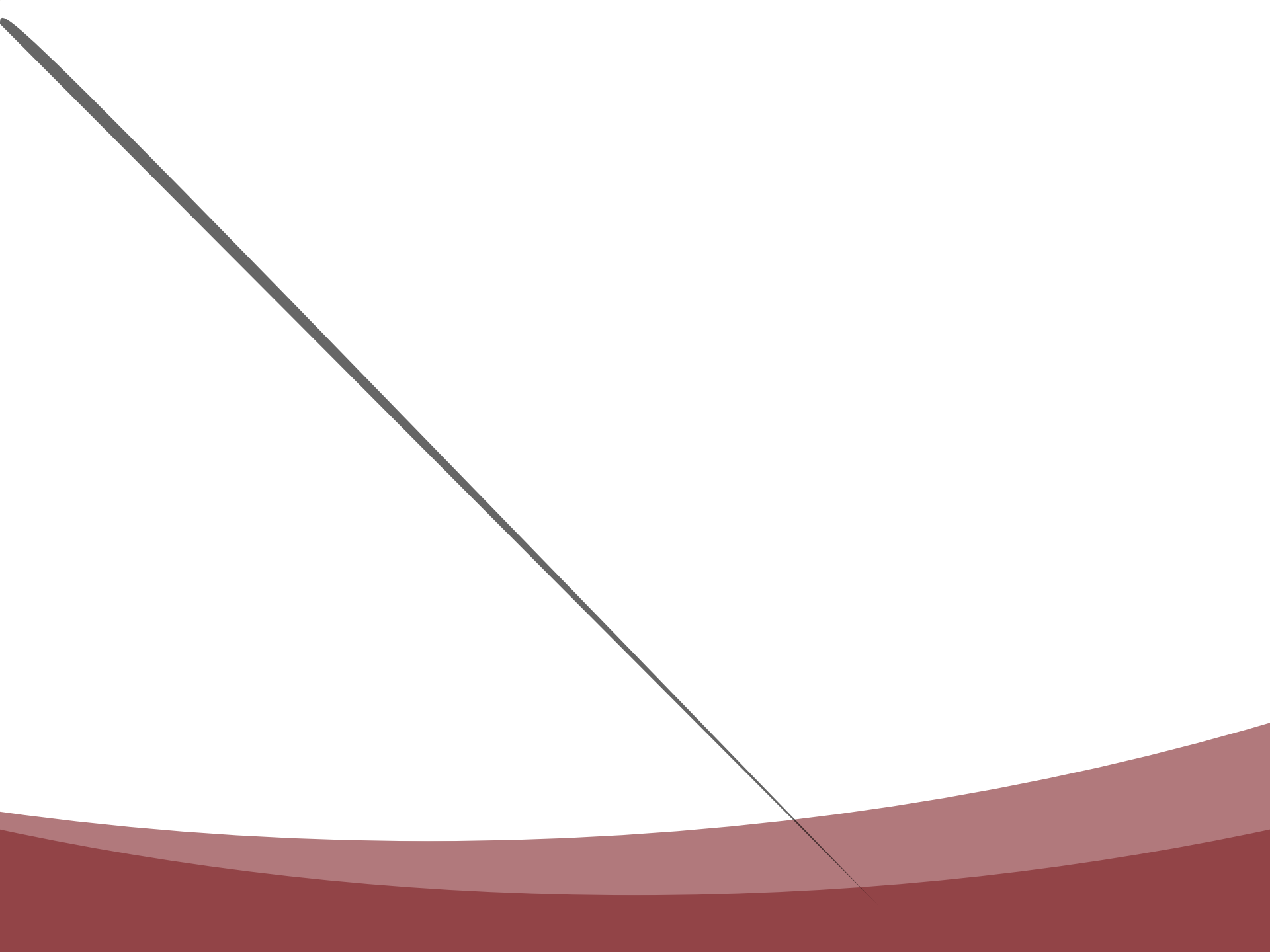


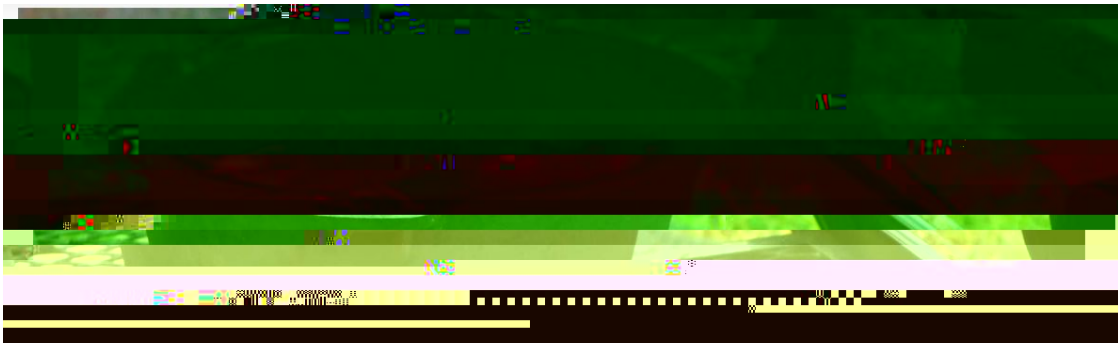


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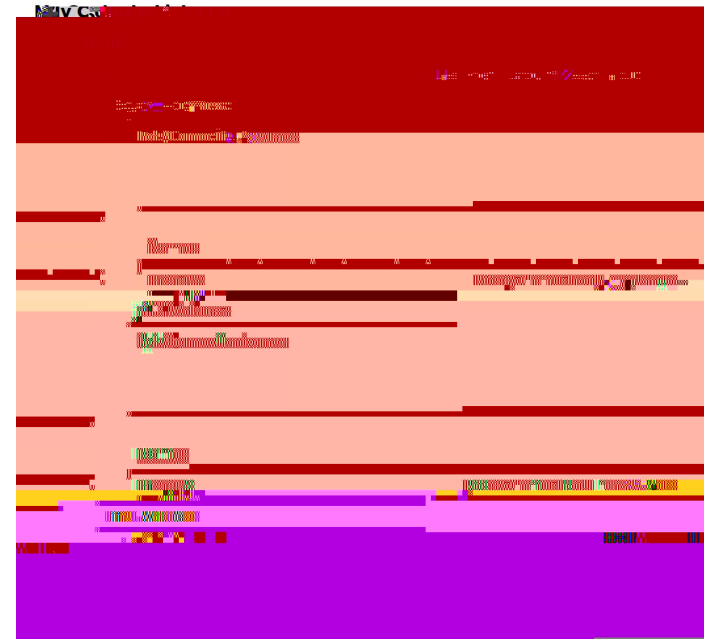
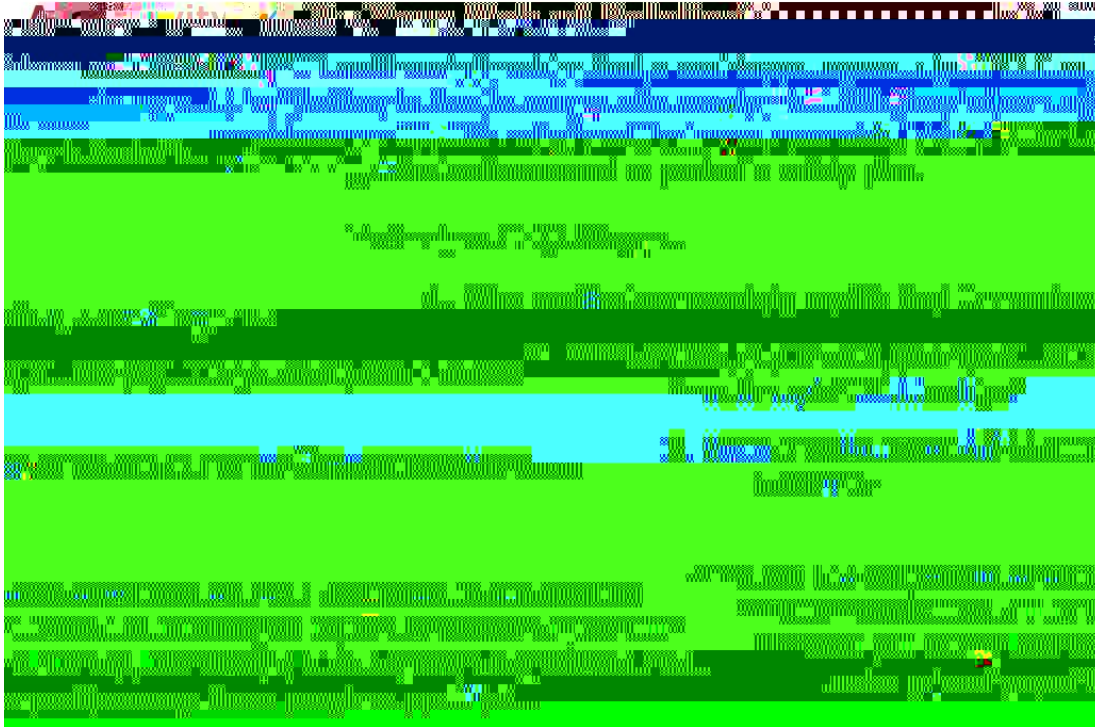






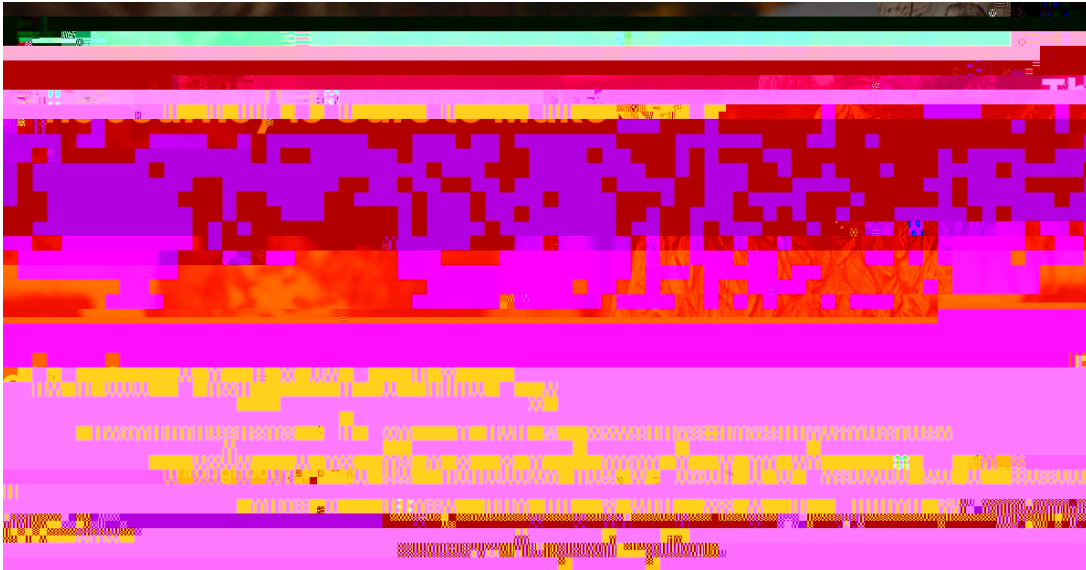
- 1. Connection with the Land:** Explore how our connection with our land provides for us and shapes our well-being.
- 2. Mindfulness:** Learn how to practice mindfulness to nurture your soul and connect with inner thoughts and intentions.
- 3. Community and Relationships:** Explore the meaningful relationships in your life, including with yourself, your family, and your community.
- 4. Ceremony and Culture:** Appreciate the different ways that cultural ceremonies, gatherings, and practices contribute to your well-being.
- 5. Nurturing Ourselves:** Consider how different self-care practices contribute to your well-being and highlight the importance of taking care of yourself.



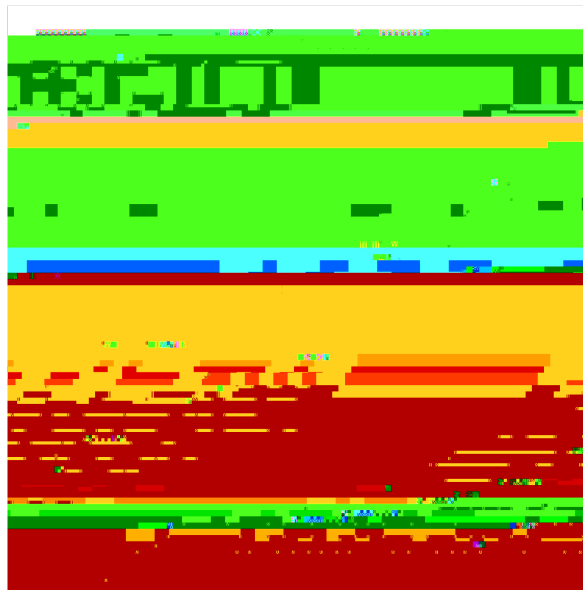


- 1. Healthy Habits and Routines:** Identify ways to incorporate healthy habits into your daily life.
- 2. Academic Strategies and Support:** Explore ways to support your educational journey.
- 3. The Educational Environment:** Learn about the services and resources available at your institute to support you personally and academically.
- 4. Seeking Support:** Explore the process of seeking support and reaching out.
- 5. Putting the Pieces Together:** Complete your Wellness Bundle and look ahead to what's next in your journey.





Let's have a look at the course:





With the assistance of school ITS personnel, schools can adapt transition or other school programming (with credit given to course creators) to include aspects of the Pathways to Wellness course

With the assistance of school ITS personnel, schools can adapt transition or other school programming (with credit given to course creators) to include aspects of the Pathways to Wellness course in online school material





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