

A photograph of three people standing in a wooded area. On the left is a woman with grey hair and sunglasses on her head, wearing a blue tank top and a red skirt, holding a shovel. In the center is a woman wearing a pink baseball cap, a plaid shirt over a black tank top, and green pants, holding a white glove. On the right is a man with dark hair, wearing a purple tank top and patterned pants, holding a blue-handled tool. The background is filled with green trees and foliage. A semi-transparent dark grey banner is overlaid across the middle of the image, containing the title and subtitle in white text.

Restoring our Roots

Youth at the Crossroads of Family, Community, State and Society

Restoring our Roots

- Indigenous youth advisory committee envisioned land-based healing
- 4-day land-based retreat for other Indigenous youth



Program and research

A group of people are gathered on a wooden pier or dock at dusk. The sky is a mix of dark blue and orange, suggesting sunset. In the foreground, a man in a dark jacket and cap stands on the left, looking towards the right. Next to him, a woman in a dark jacket stands with her back to the camera, looking towards a group of people sitting on the pier. The group consists of several individuals, including a child, sitting on the wooden planks. The water of a lake or river is visible in the background, with a dark shoreline in the distance.

- Ceremony, storytelling, drumming, sharing circles, medicine walk, learning about colonial histories and trauma
- How can land-based programming help youth connect with their cultural roots?



Beading our stories

- Important space for cultural safety
- Relationships were central
- Two-spirit, LGBTQ and gender non-binary youth and ceremony
- Not only urban Indigenous youth



Next steps

- 5-year SSHRC Insight Grant to further develop programming
- Nistânikan, Montreal urban Aboriginal Strategy Network, Native Montreal, Canada Roots Exchange
- Maarsi to Elders, youth advisory, participants, SSHRC and Concordia University