

Indigenous Patient Support Webinar Series

Session 6: Arts-Based Healing

Thursday, June 13, 2024

What is Art-Based Healing?

Art serves as a powerful tool for healing, allowing individuals to externalize and organize their thoughts and emotions, which can be difficult to express otherwise. Through a guided creative process, along with the resulting artwork, individuals can enrich their mental, emotional, spiritual, and physical wellness. Art therapy gives room to honour these important moments and memories and make room for healing.

Where to access Arts, Crafts and Resources

- Friendship Centers – Art/ Craft Classes/ Language Classes
- Webinars
- Workshops
- Cultural Camps (Mens, Womans, Youth, Children, Elder Gatherings)
- Sharing Circles
- Support Groups – Art Based Therapy/Healing
- Crafts Stores – Beads, Ribbons, Supplies
- Native Reflections – Smudge Bowls, Paints/Crafts Supplies
- Besseeze in Winnipeg, Winnipeg Trading Post, Winnipeg Fur Exchange
- I-Bead in Edmonton, Silver Wolf Trading Post in Prince Albert, Needle Eye in Thompson, Mitchells/Fabricland
- Pow Wow Trail – All Pow Wows
- Resource Centers – Family Orientated

Contact for more information:

Cindy O’Nabigon, Indigenous Elder/Knowledge Keeper
204-687-9361, Ext. 30889

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Arts-Based Services at CancerCare Manitoba

- Artists in Healthcare Musicians provide music in clinic and treatment settings on a weekly basis throughout the CancerCare Manitoba Building at HSC and St. Boniface.
- Psychosocial Oncology counselling staff in Winnipeg include an Expressive Arts Therapist and an Art Therapist, for individual counselling. Arts-Based counselling is provided to children and youth as well as adults. The following groups and activities are also offered through Psychosocial Oncology to people being treated or in recovery for cancer:
 - **Expressive Arts Group for People Living with Cancer:** An 8-week program available to people treated for any kind of cancer within the past 2 years, currently offered online, this has helped to make the program more accessible to people at a distance, or who encounter barriers related to wellness, mobility or transportation.
 - **Art Grad Group:** A monthly drop-in group for graduates of the Expressive Arts Group who are continuing to live with cancer or are up to 2 years after treatment.
 - **Art Kits in Chemo treatment spaces:** Arts activity kits are available to patients attending chemo treatment rooms at CancerCare Manitoba locations in Winnipeg. People can choose a kit from the selection available at the check-in desk. Currently these include adult colouring books and writing journals, with gratitude cards and additional options planned for implementation in the near future (Zentangle and Neurographic artmaking).

Contact:

Miriam Duff, Psychosocial Oncology Clinician
204-787-2062

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Immediate Support Available 24/7 for all Indigenous People in Canada

- Hope for Wellness Help Line and Chat
 - 1-855-242-3310
- National Indian Residential School Crisis Line
 - 1-866-925-4419
- Missing and Murdered Indigenous Women and Girls Support Line
 - 1-844-413-6649
 - Service available in English, French, Cree, Anishnaabemowin (Ojibway) and Inuktitut

CancerCare Support Numbers

- CancerCare Counselling Support
 - 204-787-2109 or 1-866-561-1026
- Cancer Helpline at CancerCare Manitoba
 - 204-787-8900 Toll-free 1-866-561-1026
 - Ask for the Cancer Helpline - Hours 8:00 a.m. to 6:00 p.m. Monday to Friday.

Other CancerCare Support Numbers

- Nurse Navigators Interlake Eastern
 - Toll free: 1-855-557-2273 or fax 1-204-785-9242
- Nurse Navigators Northern
 - Toll free: 1-855-740-9322 or fax 1-204-677-5387
- Nurse Navigators Prairie Mountain
 - Toll free: 1-855-346-3710 or fax 1-204-578-2833
- Nurse Navigators Winnipeg
 - Toll free: 1-855-837-5400 or fax 1-204-235-0690
- Nurse Navigators Southern
 - Toll free: 1-855-623-1533 or fax 1-204-331-8899