Visit the Aboriginal Health section of our web site for more resources. Contact Janice Linton, Aboriginal Health Librarian, if you want to suggest new books and DVDs or if you would like assistance finding more information. All of the books and DVDs listed are available at the Neil John Maclean Health Sciences Library. Please call us or drop by the library to apply for a free Consumer Health Library card.

“Sharing knowledge is a form of medicine”
Words of Rose Boyer

Books & DVDs featuring the wisdom of Elders

Consumer Health Collection Call No. WB 880 K84r 2007

Consumer Health Collection Call No. WB 50 DC2 S123s 1985

Several Elders, including Gordon Tootoosis (Cree) and Arvol Looking Horse (Lakota), share knowledge about the Sun Dance ceremony. History and teachings of the Crow-Shoshone Sun Dance are provided through the experience and words of Thomas Yellowtail and Dr. Joe Medicine Crow.

Sweatlodge (1999) DVD
Healer and respected spiritual teacher Frank Settee (Manitou Mahkwa) shows the sweatlodge as a doorway to physical and spiritual renewal and cleansing.
Consumer Health Collection Call No. WB 50 DC2 S974s 1999 AV

Wahkohtowin: The relationship of Cree People and natural law (2009) DVD
Wahkohtowin means ‘everything is related’. It is one of the basic principles of Cree Natural Law. Traditionally, laws are passed through the Cree language in song, prayer and storytelling. Cree Elders explain that by following the teachings of Wahkohtowin — individuals, communities and societies will be healthier.
Consumer Health Collection Call No. K 460 W136w 2009 AV

Kitchi Meegwetch

Ekosi
**Websites to find information for healthy living**

**MEDLINEplus** medlineplus.gov  
This is a great web site to locate information for patients as well as background information on many diseases and hot topics in medicine. Under **Health Topics** you can locate resources on over 900 topics — everything from Asthma to Zits!

**National Collaborating Centre for Aboriginal Health** nccah-ccnsa.ca  
The NCCAH provides information for researchers, parents, instructors, and students. Includes videos, fact sheets, resource booklets, reports and literature reviews. A great place to start for healthy living, healthy parenting, healthy children and understanding how social determinants impact on health.

**First Nations Child & Family Caring Society of Canada** fncaingsociety.com  
This website has everything from policy documents to an online journal focusing on best practices in child welfare. It is a great site to explore because there is something for everyone.

**Oral Health and the Aboriginal Child** oralhealth.circumpolarhealth.org  
This website fills a unique need for research & patient education materials for good dental hygiene and oral health.

**Aboriginal Healing Foundation** ahf.ca/publications  
The Foundation has excellent research reports that cover mental health topics for healing.

**aboriginalsexualhealth.ca**  
Created by The Society of Obstetricians and Gynaecologists of Canada (SOGC), this is a great resource for everyone — friends, family, patients, YOU!

**For healthy living in Winnipeg, don’t forget to check out the WRHA’s health and wellness publication, Wave**  
wrha.mb.ca/wave

**For information on WRHA Aboriginal Health Programs & Services, check out the website**  
wrha.mb.ca/aboriginalhealth/services

**Journals — free on the internet and focused on First Nations & Métis people & Inuit**

**International Journal of Indigenous Health** http://journals.uvic.ca/index.php/ijih  
Continues the work of The Journal of Aboriginal Health which was published by the National Aboriginal Health Organization (NAHO)

**Pimatisiwin** pimatisiwin.com  
Provides excellent research articles of interest to community-based and academic readers.

**First Peoples Child & Family Review** fnfcfs.com/first-peoples-child-family-review  
Published by the First Nations Child & Family Caring Society of Canada

**International Journal of Circumpolar Health** www.circumpolarhealthjournal.net  
This journal has published hundreds of articles and conference papers on the health and well-being of First Nations, Métis, and Inuit people in Canada and around the world.

**American Indian and Alaska Native Mental Health Research: The Journal of the National Center**  
http://www.ucdenver.edu/academics/colleges/PublicHealth/research/centers/CAIANH/journal/

**The Canadian Medical Association Journal (CMAJ)** has created an up-to-date list of all their journal articles on Aboriginal health at http://www.cmaj.ca/cgi/collection/aboriginal_health
Men’s Healing & Well-being

*These books and DVDs are good for men, and good for women and good for us to learn together*


Herb Nabigon's healing journey is a completed circle. He spent much of his life with self-destructive impulses, feelings of inferiority and resentment and alcohol abuse. Then Elder Eddy Bellerose introduced him to ancient Cree teachings. With the help of healing methods drawn from the Four Sacred Directions, the refuge and revitalization offered by the Sweatlodge, and Native cultural practices such as the use of the pipe, Nabigon was able to find sobriety.

Consumer Health Collection Call No. WM 274 N116h 2006


This book is an account of the personal and collective struggles of First Nations people and how the principles which held traditional societies together can be used to promote harmonious and cooperative relationships by both Aboriginal and non-Aboriginal people. The healing model can be used by an individual seeking to heal himself, by a professional as a tool for assessment and treatment, and by a community in crisis. Born in Fort Frances, Ontario and raised on the Couchiching First Nation reserve, the author combines his personal journey, professional experiences as a counsellor and traditional teachings from Anishinabe elders into a program for healing.

Consumer Health Collection Call No. WM 270 M877i 1998


Theodore Fontaine is a member of the Sagkeeng First Nation in Manitoba. He attended the Fort Alexander Indian Residential School from 1948 until 1958, and the Assiniboia Indian Residential School from 1958 to 1960. In this memoir, the author shares his experiences, challenges and healing journey, providing encouragement for residential school survivors and insight into the effects of colonization for Aboriginal and non-Aboriginal people.

Consumer Health Collection Call No. WS 105.5 C3 F681b 2010

*The gift of diabetes* (2005) DVD

Brion Whitford, a First Nations man suffering from diabetes, discusses his attempts to control the disease and come to terms with his past and heritage and their effects on his life.

Consumer Health Collection Call No. WK 810 G458g 2005 AV


Drawing on several years of experience working with Aboriginal peoples in Canada and Australia, the author provides practical information for communities, groups, and individuals to develop realistic healing and wellness programs to address the problems of substance use and alcohol abuse.

Consumer Health Collection Call No. WB 880 H431h 1994

Starblanket: A spirit journey (2006) DVD. At the age of 24, Noel Starblanket was one of the youngest First Nations chiefs in North America. Outspoken and rebellious, he was the subject of the 1973 NFB production titled simply, Starblanket. Now three and a half decades later, he shares with humour, honesty and emotion, his own healing journey and search for peace, which becomes our journey as well.

Consumer Health Collection Call No. WB 880 S795s 2006 AV
**Women’s Healing & Well-being**

*These books and DVDs are good for women, and good for men and good for us to learn together*

Consumer Health Collection Call No. WQ 200 P652h 2002

Told from a contemporary First Nation perspective, this book tells a story about a women named Mary, who started to recognize the signs of stress creeping into her life once more. She knew it was time to do something about it before it lead to depression.  
Consumer Health Collection Call No. WB 880 R411 2007

*Healthy beginnings, supportive communities: A strong future* (2010) DVD  
Produced by the Métis Centre, National Aboriginal Health Organization, this DVD provides supportive encouragement and information to help you take care of yourself and give your new baby the best possible start in life.  
Consumer Health Collection Call No. WA 310 N277h 2010 AV

Consumer Health Collection Call No. WK 810 R888e 2005

Consumer Health Collection Call No. E 99 T56 M556m 2006

*Echoes of the sisters: Breast cancer: First Nations women.* This DVD looks at firsthand experiences of breast cancer survivors in the First Nations community. Topics include diagnosis, therapies, prevention, and life after breast cancer.  
Consumer Health Collection Call No. WP 870 E18e 2003 AV

Consumer Health Collection Call No. WS 462 O52j 2005

*Our spirits are very strong* (2001) DVD *The ripple effects of mission school recovery.* Mission schools and residential schools had a profound impact on generations of First Nation people. Their ripple effects continue today. This program documents and celebrates the healing journeys of three women who are working in their communities to promote wellness. While the experience of trauma began their lifelong healing journeys, they not only survived, they became stronger. Their contributions today flow from the heart of their healing.  
Consumer Health Collection Call No. WS 105.5 C3 O93o 2001 AV

*The bang you feel* (2009) DVD  
This documentary follows the stories of three Aboriginal women attempting to rebuild their lives after leaving prison. Set in Edmonton, Alberta, the film is a compelling look at addiction, support and hope.  
Consumer Health Collection Call No. HV 6046 B216b 2009 AV

Drawing on several years of experience working with Aboriginal peoples in Canada and Australia, the author provides practical information for communities, groups, and individuals to develop realistic healing and wellness programs to address the problems of substance use and alcohol abuse.  
Consumer Health Collection Call No. WB 880 H431h 1994

This is a practical guide providing great tips and encouragement for successfully feeding your baby.  
Consumer Health Collection Call No. WS 125 E13e 2004
Focus on Children & Youth
They are our future

Let’s be healthy together! Toolkit
Includes 3 booklets to provide practical tips for families for personal well-being and community development. These can be used with the guide and DVD for service providers on preventing childhood obesity. The best part is that you will feel inspired to get out and have fun for everyone.
Consumer Health Collection Call No. WA 108 F394L 2010 AV

Come play with me (2007) DVD
Shows kids and adults how active living and dietary choices can help to prevent diabetes. Includes a DVD, parent’s guide and children’s activity booklet.
Consumer Health Collection Call No. WA 108 F394L 2010 AV

A booklet in the Cree language that describes healthy mouth and teeth care for children.
Consumer Health Collection Call No. WU 480 K15k 2006

Consumer Health Collection Call No. WM 165 P652c 2002

The boys: The girls (2007). . Wendake, QC: First Nations of Quebec and Labrador Health and Social Services Commission (FNQLHSSC). These booklets are about teenage sexuality, contraception, body image, being transgendered, sexually transmitted infections, and body changes through puberty.
Consumer Health Collection Call No. WS 450 B793g 2007

Take the red road (2000) DVD
This DVD, presented by the File Hills Qu’Appelle Tribal Council, addresses Aboriginal youth who are at risk of becoming gang members. It discusses the choices that can be made, helps resist wrong paths and reinforces strength with the values and guidance that traditional Aboriginal culture can bring. Includes strategies for positive life paths.
Consumer Health Collection Call No. HV 6439 DC2 T136t 2000 AV

Stand true (2007) DVD
Created by a group of Haisla Nation youth from Kitamaat Village, BC, this production focuses on providing the facts on STDs, healthy sexuality, and condom use. These youth chose to address the role of rumors in a small community and how each person can “Stand True” in their sexual health decisions.
Consumer Health Collection Call No. WC 140 S785s 2007 AV

Step up (2008) DVD
This is a good, short production to show along with Stand True. Created by a group of First Nations youth in BC, you will discover answers to many questions — everything you ever wanted to know — or not know — about STD testing. It’s not as scary as you think!
Consumer Health Collection Call No. WC 140 S827s 2008 AV

Standing together: An Aboriginal youth comic (2006). Vancouver, BC: Healthy Aboriginal Network. Find out what stories these youth decided to tell. Are they the same stories you would tell?
Consumer Health Collection Call No. WS 463 S783s 2006

Native Young!: The Legacy of residential schools (2012) DVD
Told through the eyes of a Native punk rock band, it challenges and provokes and grabs your attention with the music, words and reality of life for some First Nations youth in Canada today.
Consumer Health Collection Call No. E 96.5 N38n 2012

Mohawk girls (2006) DVD
With insight, humour and compassion, Kahnawake filmmaker Tracey Deer takes us inside the lives of these three teens as they tackle the same issues of identity, culture and family she faced a decade earlier.
Consumer Health Collection Call No. E 99 M8 M697m 2006

Loyie, O. L., Holmlund, H. D., & Brissenden, C. (2002). As long as the rivers flow. Toronto: Douglas & McIntyre. This children’s book presents the story of a young Cree boy who is learning the traditional lifestyle of his people when he is abruptly taken away to residential school.
Consumer Health Collection Call No. E 98 S7 L923a 2002
Healthy Living for Everyone

There are books and DVDs on lots of health topics
Contact us for more suggestions to meet your individual needs


Also online at http://pubs.cpha.ca/PDF/P28/21289.pdf

Using the medicine wheel and traditional medicine concepts for wellness, this guide provides practical tips for mental healing and psychological well-being for people living with HIV or other chronic conditions. Consumer Health Collection Call No. WC 503.7 L712c 2003

Unbroken circle (2003) DVD
This episode of The Sharing Circle looks at the role of traditional ceremonies in First Nations culture. European customs and beliefs have had a devastating effect on the traditional spiritual practices of Aboriginal peoples. Now many of these ceremonies are being rediscovered, celebrated and shared once again. Consumer Health Collection Call No. E 98 R53 U53u 2003

“Explores the human experience of racism and discrimination -- and, more importantly, our experience as Aboriginal people when confronted with discrimination. Unfortunately, discrimination has become an all too pervasive fact of life for Aboriginal people -- born of a long history and a legacy that we still have to cope with today. Directed by nationally acclaimed Métis filmmaker Gil Cardinal, the DVD examines the dangers of internalizing the negative messages we get, incident by incident, and explores how those small things can build up over time and threaten our own sense of self.” Consumer Health Collection Call No. BF 575 P9 V889v 2012 AV

We were children (2012) DVD
Recounts the experiences of two residential school survivors, Lyna Hart and Glen Anaquod, underscoring the tragic reality of this part of Canadian history and also demonstrating the resilience of the human spirit. Consumer Health Collection Call No. E 96.5 W361w 2012

Step up with footcare (2007) DVD
Discusses the care of feet in Aboriginal communities, particularly for those with diabetes. Consumer Health Collection Call No. WK 810 S827s 2007

Sweetgrass fitness: A diabetes prevention and awareness beginner’s workout (2003) DVD
Awesome DVD that provides information and encouragement for all of us to learn how to feel healthier with a few steps to increase physical fitness. Consumer Health Collection Call No. WK 810 S974sb 2003


The DVD includes discussion on ways to improve lifestyle to help prevent or manage diabetes. It includes segments designed for those who would normally never watch an exercise program. The plan is to empower the more health conscious person to use the video to encourage their couch-potato relatives, hopefully convincing them to get up and move their bodies and eat healthier. This one is a favourite with a lot of people in Winnipeg. Consumer Health Collection Call No. QT 255 R467rb 2002
Sweetness in life (2002) DVD series
Sweetness in Life is a 13-episode video series featuring knowledgeable and enthusiastic hosts, healthy eating, physical activities, community profiles, interviews with elders, role models, health practitioners and other fascinating people from across Canada. Subjects addressed include: exercise - to underscore the need for ongoing simple exercise to improve circulation and prevent diabetes and other diseases; diet and recipes — from traditional foods to simple tips for reducing sugar, fats, and starches. At the end of each program is a one minute segment in an Aboriginal language with translation to English.

Consumer Health Collection Call No. WK 810 S974s 2002 (4 DVDs)

Heartbeat of the Anishnawbe nation (2006) DVD
This DVD teaches about stroke and blood pressure management by means of both medical and Aboriginal traditions. A patient’s journey through the clinic allows us to understand how stroke and blood pressure is affected by smoking, In Ojibwe, Oji-Cree, and English. Also available on the internet

Consumer Health Collection Call No. WG 340 H436h 2006 AV

Inipi: The breath of life : The Native American sweatlodge ceremony (2001) DVD
Tells how the Lakota sweatlodge is constructed and why. Explains its role as a great teacher of life and its significance of the elements of earth, water, fire and air in the lodge ceremony. Commentary by ceremonial leaders from the Chickasaw, Dineh (Navajo), Lakota Sioux and Yaqui-Isleta tribes.

Consumer Health Collection Call No. WB 50 I55i 2001 AV

Consumer Health Collection Call No. WB 50 DC2 M592p 2005
Also available online at http://www.naho.ca/documents/metiscentre/english/ProfilesofMetisElders_000.pdf

Sharing Circle DVD Series
We have several seasons of the Sharing Circle series made in Manitoba. See our selection of Sharing Circle DVDs available in the Consumer Health Collection at http://tinyurl.com/FN-Sharing-Circle

More DVDs for healthy living
A complete list of all DVDs for healthy living for First Nations and Métis people available for you in the Consumer Health Collection can be found at http://tinyurl.com/FirstNationsCHdvd

To borrow DVDs or books from the NJM Library Consumer Health Collection, you can get a special library card for free. Please bring photo ID to the NJM Library to apply for a library card or call 204-789-3342 for more information.

Note: We also have hundreds of DVDs available on First Nations, Metis and Inuit health available for students, instructors and WRHA staff available in our comprehensive Aboriginal Health Collection. This collection of DVDs, books and reports is located upstairs in the NJM Library in Kanee Ga Ni-What Kee-Kandamowin Anishinabeck (First Nations Place of Learning). Contact janice_linton@umanitoba.ca for more information.
7 teachings

To cherish knowledge is to know wisdom
To know love is to know peace
To honour all of creation is to have respect
Bravery is to face the foe with integrity
Honesty in facing a situation is to be brave
Humility is to know yourself as a sacred part of creation
Truth is to know all these things

“We cannot be surprised when hard times come to us. We have to know how to face problems and get through them. We can’t lose our way when we have worries; we have to keep ourselves calm and steady. We can’t let ourselves get scared or down. We need our energy to solve the problems, not to get too down about them.”

Words of an Elder from Tuktoyaktuk