

IIXSATIMUTILH "WE ARE MEDICINE FOR EACH OTHER"

A Traditional Medicines Program

Built for community members, as well as healthcare professionals and students involved in Indigenous health education or service.

Meet the Community Partner: Rhonda Schooner (Nuxalk nation)



"I currently work as a Land Based Healing Cultural Support Worker for Nuxalk nation. My life experiences have led me to utilize traditional medicines within my community. My aspiration is to extend my knowledge so that members of the Nuxalk community can continue benefiting from the depths of our shared heritage."

The content of this program is the privileged knowledge of Rhonda Schooner, and is not reflective of the views of Nuxalk nation or its community members.

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ONLINE MODULES:



Lesson 0:
Welcome & Introduction

Lesson 1:
Stl'mstalliwa

Stl'mstalliwa: our full human experience, the plan and path made by our Creator at the time of our birth.

Lesson 2:
Spirituality of Traditional Medicines

An introduction to the spiritual component of traditional medicines and its significance in Indigenous culture, health, and healing.

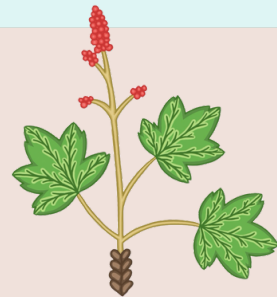
Plant Medicine Lessons:

Personal stories, medicinal uses, and preparation methods

Lesson 3:
Stinging Nettle



Lesson 4:
Devil's Club



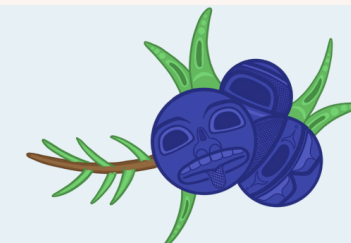
Lesson 5:
Labrador Tea



Lesson 6:
Hawthorne



Lesson 7:
Juniper



Lesson 8:
Yarrow



IN-PERSON SESSIONS:

Lesson 9:
In-Person Traditional Medicines Workshop Part I

Lesson 10:
In-Person Traditional Medicines Workshop Part II



UPROOT
Decolonizing and Indigenizing
the Pharmacy Curriculum



**NUXALK
NATION**
Uts'i s-thilh Nuxalkmcih