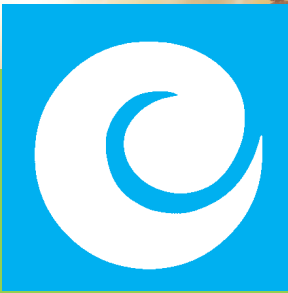


“Indigenous harm reduction is reducing the harms of colonization.”

RAWIRI EVANS, MAORI EDUCATOR



Indigenous Harm Reduction

Self-identified First Nations, Metis and Inuit

As First Nations people, culture and traditions teach us that all things are inter-connected. Our mind, our body and our spirit are not separate from one another – the spirit world is not separate from our day to day lives.

On a general level, Indigenous approaches to harm reduction are primarily shaped by holistic wisdom and practices. Recognizing that Indigenous clients may have experienced multiple traumas (complex traumas) is key to developing wholistic practices that are grounded with local Indigenous knowledge, traditions, teachings, ceremony, land and languages where appropriate.

Carea Community Health Centre’s Harm Reduction Outreach Program recognizes that many health and social inequities experienced by First Nations, Inuit and Métis peoples stem as a response to their continuous experiences with colonization. It is our goal to go beyond addressing substance use.

Exploring and integrating discussions around how to navigate bigger barriers, allows us to support our Indigenous clients where they are at in their substance use journey, while encouraging their voices to be heard.



For more information on Harm Reduction support with an Indigenous lens, contact Sara at:
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