

INDIGENOUS MENTAL HEALTH RESOURCES

01

NATIVE WOMEN'S ASSOCIATION OF CANADA

The *Native Women's Association of Canada* has a team of in-house Elders, available Monday–Friday, from 9–11 a.m. EST and 1–3 p.m. EST.

Thank you to Jennifer Murray for their contribution to this resource list.

02

CANADIAN INDIGENOUS NURSES ASSOCIATION

The Canadian Indigenous Nurses Association offers *this list* of resources specific to healthcare workers.

03

INDIGENOUS MIDWIFERY

Indigenous Midwifery has developed *resources supporting postpartum wellness* during COVID-19.

04

BC FRIENDSHIP CENTRES

BC Friendship Centres offers Mindful Mondays, morning wellness webinars.