

Indigenous Health & Wellness Resources

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Books

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[21 things you may not know about the Indian Act: helping Canadians make reconciliation with Indigenous Peoples a reality](#) / Bob Joseph, 2018. JD J67 2018 IC

[A knock on the door: the essential history of residential schools from the Truth and Reconciliation Commission of Canada](#) / TRC; foreword by Phil Fontaine, 2016. ER T784 2016 IC

[A two-spirit journey: the autobiography of a lesbian Ojibwa-Cree elder](#) / Ma-Nee Chacaby with Mary Louisa Plummer, 2016. YS C43 T86 2016 IC

[Aboriginal health in Canada: historical, cultural, and epidemiological perspectives, 2nd ed.](#) / James B WalDRAM, 2006. SA W35 2006 IC

[All our relations: finding the path forward](#) / Tanya Talaga, 2018. PY T35 2018 IC

[All the little monsters: how I learned to live with anxiety](#) / David A. Robertson. YS R632025 IC

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[Ally is a verb: A guide to reconciliation with Indigenous Peoples](#) / Rose LeMay, 2025. PR L56 2025 IC

[Braiding sweetgrass: Indigenous wisdom, scientific knowledge, and the teachings of plants](#) / Robin Wall Kimmerer, 2013. N K56 2013 IC

[Canada's residential schools: missing children and unmarked burials](#) / The final report of the Truth and Reconciliation Commission of Canada: Volume 4, 2016. ERCA T78 V4 2016 v4 IC

[Canadian geographic Indigenous Peoples atlas of Canada](#) / Royal Canadian Geographical Society, 2018. AF R69 2018 IC

[Children of the broken treaty: Canada's lost promise and one girl's dream](#) / Charlie Angus, 2017. PY A54 2017 IC

[Dancing with a ghost: exploring Aboriginal reality](#) / Rupert Ross, 2006. H R56 2006 IC

[Decolonizing trauma work: Indigenous stories and strategies](#) / Renee Linklater, 2014 SP L55 2014 IC

[Determinants of Indigenous peoples' health: beyond the social](#) / edited collection, comprised largely of contributions by Indigenous authors, 2018. SA DC2 2018 IC

[Drumming our way home: intergenerational learning, teaching, and Indigenous ways of knowing](#) / Georgina Martin, 2024. PA M37 2024 IC

[Elements of Indigenous style: a guide for writing by and about Indigenous Peoples](#) / Gregory Younging, 2025. AS Y68 2025 IC

[Embers: one Ojibway's meditations](#) / Richard Wagamese, 2016. TA W33 2016 IC

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[Fighting for a Hand to Hold: Confronting medical colonialism against Indigenous children in Canada](#) / Samir Shaheen-Hussain, 2020. SA S53 2020 IC

[Final report of the Truth and Reconciliation Commission of Canada: Summary: Honouring the truth, reconciling for the future](#) / TRC, 2015. ERCA T782 2015 IC

[First Contact: Seasons 1 & 2 \(DVDs\)](#). Six Canadians take an extraordinary journey through Indigenous Canada. YM F327 2018 DVD IC

[First peoples, second class treatment: the role of racism in the health and well-being of Indigenous peoples in Canada](#), Wellesley Institute, 2015. Online at <https://www.wellesleyinstitute.com/wp-content/uploads/2015/02/Summary-First-Peoples-Second-Class-Treatment-Final.pdf>

[From the ashes: my story of being Metis, homeless, and finding my way](#) / Jesse Thistle, 2019. YS T55 2019 IC

[From where I stand: rebuilding Indigenous Nations for a stronger Canada](#) / Jody Wilson-Raybould, 2019. KH W57 2019 IC

[Healing the soul wound: trauma-informed counseling for Indigenous communities, 2nd ed.](#) / Eduardo Duran, 2019. SP D87 2019 IC

[Health and health care in northern Canada](#) / edited by Rebecca Schiff and Helle Moller, 2021. SA H43 2021 IC

[Indian horse \(book and film\)](#) / Richard Wagamese, 2018. YF W64 2018 IC

[Indigenous food systems: concepts, cases and conversations](#) / edited by Priscilla Settee and Shailesh Shukla, 2020. SN I53 2020 IC

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[Indigenous healing: exploring traditional paths](#) / Rupert Ross, 2014. S R68 2014 IC

[Indigenous health ethics: an appeal to human rights](#) / edited by Deborah Zion, Linda Briskman & Alireza Bagheri, 2021. HG I75 2021 IC

[Indigenous intergenerational resilience: confronting cultural and ecological crisis](#) / Lewis Williams, 2022. N W55 2022 IC

[Indigenous Peoples and Dementia: new understandings of memory loss and memory care](#) / edited by Wendy Hulko, Danielle Wilson, and Jean E. Balestrery, 2019. SB H85 N35 2019 IC

[Indigenous relations: insights, tips & suggestions to make reconciliation a reality](#) / Bob Joseph with Cynthia F. Joseph, 2019. PR J67 2019 IC

[Introduction to determinants of First Nations, Inuit, and Métis peoples' health in Canada](#) / Margo Greenwood et al., 2022. SA G74 2022 IC

[Medicine unbundled: a journey through the minefields of Indigenous health care](#) / Gary Geddes, 2017. SA G43 2017 IC

[Medicines to help us: traditional Metis plant use](#) / Christi Belcourt, 2007. SN M47 2007 IC

[Reconciling history: a story of Canada](#) / Jody Wilson-Raybould, 2024. CA W557 R43 2024 IC

[Revenge of the Windigo: construction of the mind and mental health of North American Aboriginal peoples](#) / James B. Waldram, 2004. SP W35 2004 IC

[Separate beds: a history of Indian hospitals in Canada, 1920s-1980s](#) / Maureen K. Lux, 2016. SA L89 2016 IC

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[Seven fallen feathers: racism, death, and hard truths in a northern city](#) / Tanya Talaga, 2017.
PY S67 2017 IC

[Strong helpers' teachings: the value of Indigenous knowledges in the helping professions](#) /
Cyndy Baskin, 2022. SP B38 2022 IC

[The education of Augie Merasty: a residential school memoir \(New Edition\)](#) / Joseph Auguste
Merasty, 2017. ER M47 2017 IC

[The hollow tree: fighting addiction with traditional native healing](#) / Herb Nabigon, 2006.
SC N23 2006 IC

[The inconvenient Indian: a curious account of native people in North America](#) / Thomas King,
2013. Y K56 2013 IC

[The PATH: communication strategies for the reconciliation era](#) / Sandi Boucher, 2018.
ERB B68 2018 IC

[The reason you walk](#) / Wab Kinew, 2015. YS K55 2015 IC

[The science of the sacred: bridging global Indigenous medicine systems and modern scientific principles](#) / Nicole Redvers, 2019. S R42 2019 IC

[The seven generations and the seven grandfather teachings](#) / James Vukelich Kaagegaabaw,
2023. TA V85 2023 IC

[The serviceberry: abundance and reciprocity in the natural world](#) / Robin Wall Kimmerer, 2024.
N K56 2024 IC

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[Up Ghost River: a chief's journey through the turbulent waters of native history](#) / Edmund Metatawabin, 2014. YS M483 2014 IC

[Walk a mile film project \(DVD\)](#) / directed by Michelle Derosier, 2014. YM W47 2014 DVD IC

[Wînipêk: Visions of Canada from an Indigenous Centre](#) / Nigaan Sinclair, 2024. YR S56 2024 IC

[Who we are: four questions for a life and a nation](#) / Murray Sinclair, 2024. YS S56 2024 IC

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