

# heARTs & minds

## USING EXPRESSIVE ARTS TO FOSTER DIALOGUE AROUND MENTAL HEALTH



Opening remarks  
Christine  
MacKenzie

There is so much **power** in  
**artistic & cultural**  
**PRACTICES & EXPRESSIONS**

Reclaiming,  
revitalizing &  
uplifting

INDIGENOUS TRADITIONS,  
TEACHINGS & WISDOM

MAKING VISIBLE  
THE CONSEQUENCES  
OF COLONIALISM  
PAST & PRESENT

Being proud  
of who we are.

Building & holding on  
to **community**  
ESPECIALLY DURING  
DIFFICULT TIMES

Building  
each other up  
BEING CREATIVE &  
inviting joy!

It is part of many Indigenous peoples' **healing** journeys

