

Community Toolkit

Practical Resources for Relational Medicine & Community-Led Healing

"Healing is carried through relationships, culture, story, and collective responsibility—not through programs alone."

Purpose

The Mindimo'weyag Community Toolkit provides practical, culturally grounded resources that support Indigenous communities in creating their own pathways toward healing, belonging, and systems transformation. Rather than prescribing a single model, the toolkit offers adaptable practices rooted in Indigenous teachings, relational accountability, and community strengths.

Every community already carries knowledge. This toolkit exists to help communities strengthen, organize, and mobilize that knowledge in ways that honour local culture, language, protocols, and leadership.

Guiding Principles

The toolkit is grounded in:

- Story as Medicine
- Relationship before Intervention
- Community Self-Determination
- Land as Teacher
- Cultural Safety
- Reciprocity
- Intergenerational Knowledge
- Story Sovereignty
- Trauma-Informed Practice
- Healing-Centred Leadership

Toolkit Modules

Module 1

Beginning with Community

Helping communities prepare for healing initiatives.

Resources include:

- Community readiness assessment
- Identifying local strengths
- Mapping community assets
- Building a community leadership circle
- Establishing shared purpose
- Questions for community dialogue

Module 2

Relational Medicine

Practical ways to strengthen relationships.

Activities include:

- Relationship mapping
- Family circles
- Community feasts
- Elder and youth dialogue
- Restoring trust exercises
- Community appreciation practices

Module 3

Story Medicine

Helping communities safely hold stories.

Resources include:

- Story circle guide
- Story agreements
- Facilitator handbook
- Story sovereignty checklist
- Trauma-informed storytelling practices
- Reflective questions

Module 4

Arts as Healing

Creative practices for healing and expression.

Ideas include:

- Community murals
- Drum making
- Beading circles
- Community quilts
- Photography projects
- Film making
- Music gatherings
- Dance and movement
- Poetry
- Theatre
- Digital storytelling
- Youth art exhibitions

Module 5

Land-Based Healing

Connecting healing to place.

Activities include:

- Medicine walks
- Water teachings
- Seasonal gatherings
- Traditional harvesting
- Canoe journeys
- Fire circles
- Outdoor story gatherings
- Community gardens

Module 6

Youth Leadership

Supporting the next generation.

Resources include:

- Youth Storykeepers Program
- Leadership circles
- Digital media projects
- Community interviewing
- Cultural mentorship
- Youth advisory circle guide

Module 7

Families & Kinship

Strengthening natural support systems.

Includes:

- Family storytelling nights
- Kinship mapping
- Parenting through culture
- Community auntie programs
- Grandparent teachings
- Family wellness planning

Module 8

Community Gatherings

Templates for hosting healing events.

Planning guides for:

- Story festivals
- Healing conferences
- Seasonal celebrations
- Wellness fairs

- Community dialogues
- Arts showcases
- Cultural camps

Module 9

Systems Change

Helping organizations rethink policies and practice.

Includes:

- Systems mapping
- Community feedback methods
- Relational governance
- Partnership building
- Policy reflection questions
- Community accountability tools

Module 10

Evaluation Through Story

Moving beyond numbers.

Resources include:

- Story-based evaluation
- Community reflection circles
- Ripple mapping
- Harvesting learning
- Most Significant Change stories
- Community indicators
- Systems vitality assessment

Ready-to-Use Templates

Communities receive editable templates including:

- Circle agreements
- Meeting agendas

- Event planning guides
- Consent forms
- Story agreements
- Reflection journals
- Evaluation forms
- Partnership agreements
- Community asset maps
- Facilitation guides

Reflection Questions

Each toolkit ends with questions such as:

- What relationships have become stronger?
- What stories are emerging?
- Who has not yet been heard?
- What teachings guided today's work?
- How has community changed?
- What responsibilities now emerge?
- What needs to happen next?

Designed to be Adapted

The toolkit recognizes that every Indigenous Nation carries its own teachings, governance, language, and protocols. Communities are encouraged to adapt every resource to reflect their own cultural practices, seasonal cycles, and local priorities. The toolkit is intended to support—not replace—community knowledge and leadership.

What Makes the Mindimo'weyag Toolkit Different

Unlike conventional program manuals, the Mindimo'weyag Community Toolkit is not organized around services or interventions. It is organized around relationships. It brings together story medicine, arts-based practice, land-based learning, systems thinking, cultural knowledge, and Indigenous leadership into a practical resource that communities can use to design healing initiatives that are locally led, culturally grounded, and sustainable. Rather than asking communities to fit within a prescribed model, the toolkit provides adaptable frameworks that strengthen existing knowledge, inspire innovation, and support healing that is guided by the people, teachings, and relationships of each Nation.