



Take away our children and cause them SO much pain
Treating our women with hurt and disdain
We will remember
Starvation, assimilation, brutality and all in your name
Breaking our spirits was just a part of your game
We will remember
Our traditions, language, culture, dance, music and song
Were they a threat to you, were they really so darn wrong
Don't take them away make you feel wrong

UNDERSTANDING EPEKWITH THROUGH MI'KMAQ PERSPECTIVES – DEVELOPING CULTURAL COMPETENCY THROUGH INDIGENOUS KNOWLEDGE, HISTORY, AND OUTLOOKS

DESCRIPTION OF COURSE

Led by facilitator Julie Pellissier-Lush, *Understanding Epekwith Through Mi'kmaq Perspectives* will focus on two key areas: traditional knowledge and reconciliation.

The first part of the *Understanding Epekwith Through Mi'kmaq Perspectives* course will delve deeply into traditional knowledge, with a discussion beginning with the seven sacred teachings and the medicine wheel teachings. These teachings will provide the building blocks that help to build up Indigenous peoples to be better community members, family members, and better to themselves. As a safe space is created that fosters learning and growth with these powerful teachings, stories, songs, and poetry will be added to further reinforce these fundamental teachings. This will create a fun learning space for all who can enter the circle and learn about these wonderful gifts from the Elders across Turtle Island and learn how to use them in their own life.

The second part of this course will have Julie take participants through a journey of the Mi'kmaq, what their life looked like before colonization, how they lived and interacted with one another, and their roles. After this, participants will embark on the true story of colonization, what happened to the Mi'kmaq as a people—as an unconquered nation—and then where they are now, what are their roles, and how do all peoples (Mi'kmaq and non-Indigenous alike) move forward positively together. These stories are full of hard truths but are very important for every Canadian to know and therefore find a way to start on their own path of reconciliation. This will be done to ensure everyone feels safe learning in the circle provided.

WHY TAKE THIS COURSE?

The long relationship between Canada and Indigenous peoples has often been difficult. There is a need for all Canadians to address the reconciliation and restitution called upon and required by the Truth and Reconciliation Commission of Canada.

In *Understanding Epekwith Through Mi'kmaq Perspectives*, facilitator Julie Pellissier-Lush will highlight and explain in-depth the traditional knowledge of the Mi'kmaq, the Indigenous peoples of Mi'kma'ki and Epekwith (the Mi'kmaq name for Prince Edward Island), their life before contact with Europeans, the role of colonization on the Mi'kmaq, and how all Canadians move forward positively with Indigenous and Mi'kmaq peoples.

At the end of *Understanding Epekwith Through Mi'kmaq Perspectives*, participants will have a greater understanding of the traditional ways and knowledge of Indigenous (specifically Mi'kmaq) people, their journey, and how all Canadians can move forward positively in terms of truth, reconciliation, and restitution with Indigenous peoples.