

The Medicine of Talking Circles



Presented by

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Land Acknowledgement

We recognize and honor the indigenous peoples, past and present, that have protected and stewarded these lands since time immemorial. We would like to say tabutne (thank you) for welcoming us to your homelands as we strive to create relationships that improve the wellbeing of the indigenous peoples of this land.

Tabutne!



What We'll Be Talking About

- **What are Talking Circles?**
- **How do you facilitate Talking Circles?**
- **How did we implement Talking circles in treatment facilities?**
- **How do we sustain Talking Circles?**



What are Talking Circles and what purpose do they serve?

- Traditionally, Indigenous communities have used the talking circle as a way of bringing people of all ages together for the purposes of teaching, listening, and learning
- When we are in the Circle no one is superior than anyone and that we are equal, sitting side by side
- The Circle provides a sense of community and provides a safe space to share our experience, strength, and hope.



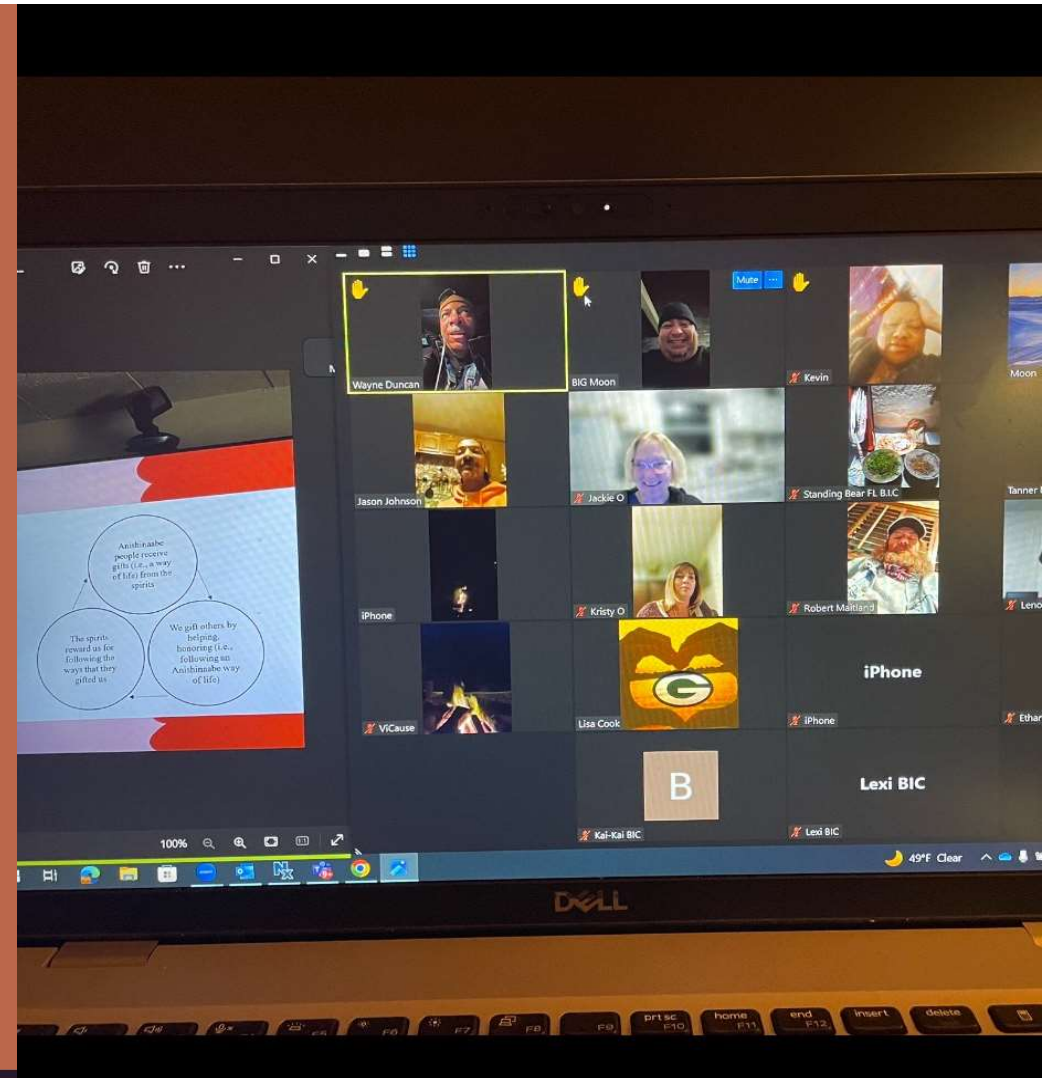
How do you facilitate talking circles?

- **Prepare the Circle, i.e have an alter prepared in middle of Circle prior to meeting**
- **Begin with an opening prayer**
- **Review the expectations of the Talking Circle, i.e how sharing is conducted/explain the purpose of alter**
- **Closing prayer**



How did we implement Talking Circles in treatment facilities?

- Implemented Talking Circles as response to COVID-19 and in person support group meeting being unavailable.
- Zoom was instrumental in providing a safe place for people to share



How do we sustain Talking Circles?

- Through providing a spiritual experience
- Staying consistent
- Providing a welcoming environment (first impression)



Contact Info and Resources

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Questions & answers

Invite questions from the audience.

In the word of our relatives, the Haudenosaunee people, I say
“KANARONKWA”

**I SHARE MY MEDICINE
WITH YOU!**

Wunnish!