We are Indigenous Women, Girls, and Native LGBTQ+ survivors of violence who are actively resisting against and healing from systemic violence and patriarchal ways of being. Our approach is to follow the ways of our ancestors, our resistance is our healing, and our healing is our liberation. We are reclaiming our traditional pathways to development such as birthing, rites of passage, traditional medicines, and land and water protection to heal from and prevent further acts of settler colonial violence. When we reclaim our matriarchal ways of being we build spaces of equity, learning, and empowerment for and with our survivors of sexual violence and families of MMIW/P.

The following is a small collection of tools that has strengthened both our healing & resistance work. We hope you find them useful in your community building & healing work. The following topics are covered within this resource kit:

**MMIW/P**

**Culture for Healing & Growth**

**Systems Change & Land Based Care**

**Survivor Resources**
Story Maps for Healing & Justice

A Story of Resistance and Healing for Indigenous Women, Girls and Two Spirit

Kaysera Stops Pretty Places: A Three Year Journey of Resistance

MMIW/P Healing & Response Toolkit

MMIW/P Resource Map

Waking Women Healing Institute

WWW.WAKINGWOMENHEALINGINT.ORG
Connecting to our Stories & Songs for Healing & Growing

Waking Women Healing Institute

Ojibwe History with Eddie Benton Benai-Baa

Smokey Town Old Time Scrub Song

Whitefish Bay Jingle Dress Song

Sacred Water Walks
Grandmother Josephine Mandamin-Baa on our connection to water

Water Song
Doreen Day

The Moon Isaac Murdoch

Menomini History with David Grignon

Mawaw Ceseniyah
Menominee Language & Culture

WWW.WAKINGWOMENHEALINGINT.ORG
Resources for Systems Change and Land Based Care

Indigenous Media and Representation
NDN Collective - ndncollective.org
Illuminative - illuminatives.org

Indigenous Wellness Frameworks and Land Based Care Resources
Thunderbird Partnership Foundation - thunderbirdpf.org
Decolonizing the Mind
https://vimeo.com/86995336
Dr. Michael Yellowbird

Boarding School Video
How the US Stole Thousands of Native American Children--YouTube video
youtube.com/watch?v=UGqWRyBCHhw

Waking Women Healing Institute
WWW.WAKINGWOMENHEALINGINT.ORG
Survivor Resources

StrongHearts Native Helpline
at 1-844-7NATIVE (762-8483)

The Tribal Resource Tool
A searchable directory of services available for all AI/AN survivors of crime and abuse in Indian Country

IGNITE
Spaces of Healing

Knowledge Exchange

Systems Change

Waking Women Healing Institute
WWW.WAKINGWOMENHEALINGINT.ORG

RESTORE
the Matriarchy

Connection to Land

Grandmothers Tools

UPLIFT
Survivor Voices

Connection to Identity

Story Telling