

# Liberation Healing Resistance

Resource Kit



# WAKING WOMEN HEALING INSTITUTE

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



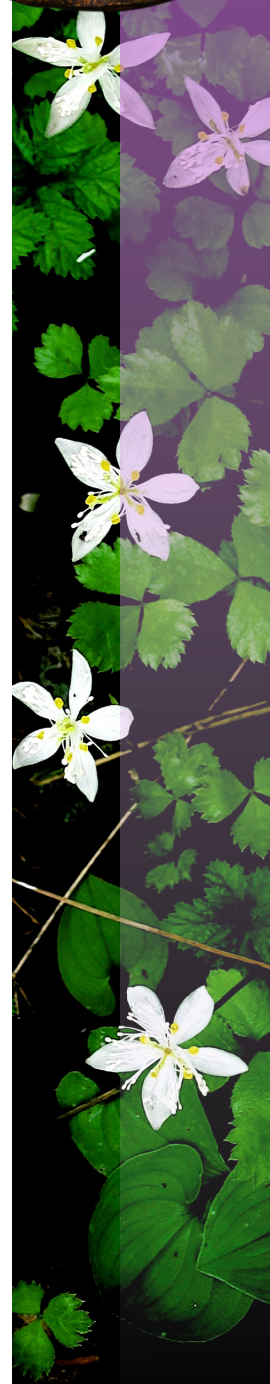
## MMIW/P RESOURCE MAP



Waking Women Healing Institute



WWW.WAKINGWOMENHEALINGINT.ORG





# CONNECTING TO OUR STORIES & SONGS FOR HEALING & GROWING



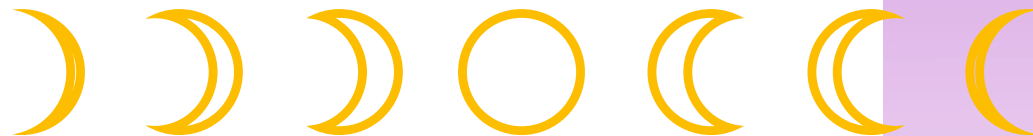
Mawaw Ceseniyah  
Menominee Language & Culture



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



Ojibwe History with  
Eddie Benton Benai-Baa



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# RESOURCES FOR SYSTEMS CHANGE AND LAND BASED CARE



## Indigenous Media and Representation

NDN Collective - [ndncollective.org](http://ndncollective.org)



Illuminative - [illuminatives.org](http://illuminatives.org)



## Indigenous Wellness Frameworks and Land Based Care Resources

Thunderbird Partnership Foundation-  
[thunderbirdpf.org](http://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](https://youtube.com/watch?v=UGqWRyBCHhw)





# 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

## RESTORE

the Matriarchy

CONNECTION TO  
LAND

GRANDMOTHERS  
TOOLS

## UPLIFT

Survivor Voices

STORY TELLING

CONNECTION TO  
IDENTITY



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