

CULTURE

"Culture is so important to me because I feel at home. That's where I belong, for it was healing, so I went to sweat lodges. I was encouraged to go, I was accepted, and that was a part of my healing. Being close to Mother Earth, doing the sweats, learning from the elders, just being a part of that started, I believe, to my journey where I am today."

Melanie

How can culture help people heal from their experiences?

What do you know about your culture?

What did you learn from Melanie's comments?
