

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 Jorgensen

How can culture help people heal from their experiences?

What do you know about your culture?

Why was it so important for Melanie to embrace her culture? And how did it help in the family's recovery?
