

Indigenous Peoples Peuples Indigènes

Books / livres

Les bas du pensionnat : une histoire vrai / Amini-Holmes, Liz (ill.); Jordan-Fenton, Christy; Pokiak-Fenton, Margaret.

Toronto: Scholastic, 2010.

FAM E 96.5 .J672 2010

Ce livre relate l'esprit incassable d'une jeune fille inuit alors qu'elle fréquentait un pensionnat arctique. Aussi disponibles en anglais sous le titre: Fatty Leggs.

Better drummer boy: learning about asthma / Ayaya Marketing and Communications.

New Brunswick: The Lung Association New Brunswick, 2011.

FAM E 78 .N8 A93 2011

A boy recently diagnosed with asthma learns about asthma triggers, puffers and how to control his asthma.

Breaking the silence: an interpretive study of residential school impact and healing as illustrated by the stories of first nation individuals.

Ottawa: Assembly of First Nations, 1994.

FAM E 96.5 .B73 1994

This study sought to understand the impact of residential schools on First Nations individuals, families and communities by documenting the life stories of 13 adults who attended residential school and children. The account of these individual's stories reflects how residential schools have impacted the lives of First Nations peoples and subsequent generations in very complex and confusing ways. The final chapters turn to the question of healing and ways to recover from the wounds inflicted by these early educational experiences on the First Nations psyche.

Choosing life: Bobby's story / Pinette, Gilles.

Southampton, ON: Ningwakwe Learning Press, 2002.

FAM E 98 .S9 P6 2002

Bobby is a depressed teen who almost commits suicide. He is sent to live with his great grandfather who teaches him about his Aboriginal heritage. Based on a true story.

Diabetes and diet: Ivan's story / Pinette, Gilles.

Southampton, ON: Ningwakwe Learning Press, 2002.

FAM E 98 .D6 2002

Ivan is an Aboriginal man who has just been diagnosed with diabetes. He found the will power to live with his disease through the cultural teachings of his uncle.

Emotional wellness: Mary's story / Renfrey, George.

Southampton, ON: Ningwakwe Learning Press, 2007.

FAM E 98 .M5 R57 2007

This is the story about Mary, who started to recognize the signs of stress creeping into her life. She knew it was time to do something about it before it leads to depression.

Finding my talk: how fourteen native women reclaimed their lives after residential school / Grant, Agnes.

Calgary: Fifth House Ltd. 2004.

FAM E 96.5 .G718 2004

In Finding My Talk, fourteen aboriginal women who attended residential schools, or were affected by them, reflect on their experiences. They describe their years in residential schools across Canada and how they overcame tremendous obstacles to become strong and independent members of aboriginal cultures and valuable members of Canadian society.

The gathering tree / Loyie, Larry; Brissenden, Constance.

Penticton, BC: Theytus Books, 2005.

FAM E 98 .D6 L59 2005

Robert, a young man with HIV, returns to his Native community to attend a gathering and to speak to his people about his disease. The two children in the story learn about traditional Native culture while they learn about Robert's disease.

Healthy beginnings: supportive communities: a strong future.

Ottawa: National Aboriginal Health Organization, 2010.

FAM E 98 .W8 H43 2010

"In 2009, the Métis Centre of the National Aboriginal Health Organization (NAHO) met with Métis in different parts of Canada to share and collect stories, teachings and information about

maternal-child well-being. This DVD is the result of all the things we learned from Métis midwives, health professionals, elders and parents. Our objective with this project was to collect and share experiences, traditions and health information for the benefit of Métis families.”

Healthy pregnancy: Jenny's story / Pinette, Gilles.

Southampton, ON: Ningwakwe Learning Press, 2002.

FAM E 98 .W8 P6 2002

Jenny is planning on getting pregnant and is preparing for a healthy pregnancy. This book is her journey to motherhood, from conception to birth.

I belong here: a framework to promote the healthy development of urban aboriginal children 6-12 years / Fiddler, Don.

Ottawa: Wabano Centre for Aboriginal Health, 2008.

FAM E 98 .H3 F52 2008

Aboriginal children at all stages of growth and development have specific needs and parents and the community have responsibilities to respond to these needs.

The Inuit way: a guide to Inuit culture.

Ottawa: Pauktuutit Inuit Women of Canada, 2006.

FAM E 99 .E7 I556 2006

Inuit presently maintain a foothold on two worlds, the traditional world of their ancestors and the modern world where they live.

An invited threat / Keewatin Sanderson, Steven.

Vancouver, BC: Healthy Aboriginal Network, 2008.

FAM E 98 .D6 .P45 2008

This graphic novel is about a young boy and what he likes to eat more than anything - junk food. His family exercises and they eat together at the table, but they don't always have time to prepare a healthy meal, so they rely on prepared foods. The story was focus group tested with youth and health professionals for its ability to convey the idea of what is, and what is not, healthy food.

Jon's tricky journey: a story for Inuit children with cancer and their families: includes resource guide for family caregivers / McCarthy, Patricia; Lim, Hwei (ill.).

Iqaluit, Toronto: Inhabit Media, 2017.

FAM E 98 .D6 M33 2017

Jon loves his life in the North. But when he feels a pain that won't go away, he must go to a children's hospital in the south to find out what is wrong. A doctor there tells Jon he has cancer and will have to stay at the hospital for a while. Suddenly Jon's life is upside down! But with a handful of tricks from the doctors and nurses, and new friends, Jon discovers ways to cope with some of the tricky parts of having cancer.

Just a story / Keewatin Sanderson, Steven.

Vancouver, BC: Healthy Aboriginal Network, 2009.

FAM E 98 .M5 .S2 2009

This is a story about Wendy and Adam, two kids who learn through the support of others to manage their stress and anger despite their parents fighting.

Kiss me deadly / Van Camp, Richard; Auchter, Christopher.

Vancouver, BC: Healthy Aboriginal Network, 2011.

FAM E 98 .H3 .C25 2011

This graphic novel covers a range of issues such as from respect and communication in relationships, pregnancy and sexually transmitted infections, two-spirit people and sexual health as a career or youth led project.

A national crime: the Canadian government and the residential school system, 1879 to 1986 / Milloy, John S.

Winnipeg: The University of Manitoba Press, 1999.

FAM E 96.5 .M54 1999

For over 100 years, thousands of Aboriginal children went through the residential school system, where many suffered from neglect, disease, and abuse. Using previously unreleased documents, historian John Milloy follows the paper trail of the system from bureaucrats' offices to the tragic impact on individual children.

Not my girl / Amini-Holmes, Liz (ill.); Jordan-Fenton, Christy; Pokiak-Fenton, Margaret.

Toronto: Annick Press, 2014.

FAM E 96.5 .J67 2011

Ten year-old Margaret Pokiak can hardly contain her excitement, it's been two years since her parents delivered her to the school run by the dark-cloaked nuns and brothers. But Margaret soon realizes that she's an outsider in the Arctic, she's forgotten the language and stories of her people, and she can't even stomach the food her mother prepares. As she struggles to reclaim her way of life, she discovers how important it is to remain true to the ways of her people, and to herself. For ages 6-10.

Notre voyage en santé: une collection de perspectives des enfants des premières nations / Organisation nationale de la santé autochtone.

Ottawa: Organisation nationale de la santé autochtone, 2008.

FAM E 98 .H3 N67 2008

Ce livre a été conçu afin d'introduire les questions de santé aux enfants des Premières Nations par le biais d'une ressource d'information facile à utiliser.

Our healthy journey: a collection of First Nations Children's perspectives / National Aboriginal Health Organization.

Ottawa: National Aboriginal Health Organization, 2008.

FAM E 98 .H3 O87 2008

This book is designed to introduce health issues to First Nations children through a user-friendly information resource.

Quand j'avais huit ans / Grimand, Gabrielle (ill.); Jordan-Fenton, Christy; Pokiak-Fenton, Margaret.

Toronto: Annick Press, 2013.

FAM E 96.5 .J672 2013

Basé sur l'histoire vraie de Margaret Pokiak-Fenton et pour les âges 6-9 ans. Aussi disponibles en anglais sous le titre: When I was eight.

Resilience: overcoming challenges and moving on positively / Korhonen, Marja.

Ottawa: National Aboriginal Health Organization, 2007.

FAM E 98 .H3 R47 2007

The focus of this booklet is on the factors that make it more likely that a person will be able to cope successfully with the many stresses and difficulties that we encounter in life, even very damaging and traumatic experiences.

Sacred ways of life: traditional knowledge / Crowshoe, Chelsea.

Ottawa: National Aboriginal Health Organization, 2005.

FAM E 98 .R3 C76 2005

This book discusses the differences between First Nations ways of life and the western ways of life and traditional knowledge versus scientific knowledge.

Sam's bear / Hammond, Merryl; Collins, Rob.

Kahnawake, Québec: National Indian & Inuit Community Health Representatives Organization, 2009.

FAM E 98 .D6 H36 2009

First part of the book is an illustrated story for children followed by a guide for parents and teachers explaining brain development and what affects it in early years.

Secret path / Downie, Gordon; Lemire, Jeff.

Toronto, ON: Simon & Schuster Canada, 2016.

FAM E 96.5 .D58 2016

This graphic novel tells the story of Chanie, misnamed Charlie by his teachers, who died on October 22, 1966, walking the railroad tracks, trying to escape from the Cecilia Jeffrey Indian Residential School to return home. Chanie's home was 400 miles away. He didn't know that. He didn't know where it was, nor how to find it, but, like so many kids - more than anyone will be able to imagine, he tried.

The shaman's nephew: a life in the far north / Tookoome, Simon; Oberman, Sheldon.

Markham, ON: Fitzhery & Whiteside Ltd., 2009.

FAM E 99 .E7 T664 2009

Each of the 28 short stories in this book deals with a different aspect of Inuit life: choosing suitable names for newborns, hunting and fishing for sustenance, the mystic endeavors of Shaman, the dangerous spiritual nature of the Northern Lights and fascinating and humorous first encounters with Kabloonaq (white people).

Spirit Bear et les enfants passent à l'histoire: basé sur une histoire vraie / Blackstock, Cindy; Robinson, Eddy.

[Ottawa, ON]: First Nations Child & Family Caring Society of Canada, 2017.

FAM E 98 .W8 B613 2017

Lorsque la mère de Spirit Bear lui explique cette importante cause en matière de droits de la personne qui se déroule à Ottawa en Ontario, il fait le LONG voyage pour assister aux audiences et supporter les enfants des Premières Nations. Et il n'est pas le seul! De nombreux enfants viennent aussi pour écouter et démontrer leur appui. Aussi disponibles en anglais sous le titre: Spirit Bear and children make history: based on a true story.

Stolen from our embrace: the abduction of first nations: children and the restoration of aboriginal communities / Fournier, Suzanne.

Vancouver BC: Douglas & McIntyre, 1997.

FAM E 78 .B9 F68 1997

This important and timely book is a balance of the most gruesome elements of assimilation: church-run schools, the child welfare system, survivors of sexual abuse, and Fetal Alcohol Syndrome counter-balanced against heroic stories of children who survived, fought back, and found their way home.

Understanding cancer: Mishoo's story / Rice, John.

Southampton, ON: Ningwakwe Learning Press, 2008.

FAM E 98 .D6 R6 2008

Mishoo tries to explain cancer to his granddaughter after she starts asking questions. He explains that all different races get cancer, as well as people. It doesn't matter if you are good or bad or Aboriginal or white, anyone can get cancer.

Where the pavement ends: Canada's aboriginal recovery movement and the urgent need for reconciliation / Wadden, Marie.

Vancouver: Douglas & McIntyre, 2008.

FAM E 98 .S67 W125 2008

Where the Pavement Ends is filled with inspiring stories gathered from journalist Marie Wadden discussions with activists across Canada who are involved in the Aboriginal healing movement. This book also highlights an urgent need to make social healing in Aboriginal communities an immediate national priority.

Websites / sites internet

Assembly of First Nations

Assemblée des Premières Nations

<http://www.afn.ca>

Indigenous and Northern Affairs Canada – Government of Canada

Affaires autochtones et du Nord Canada – Gouvernement du Canada

<https://www.canada.ca/en/indigenous-northern-affairs.html>

Ministry of Indigenous Affairs – Government of Ontario

Ministère des affaires autochtones – Gouvernement de l'Ontario

<https://www.ontario.ca/page/ministry-indigenous-affairs>

First Nations Health Authority

<http://www.fnha.ca/>

Pauktuutit Inuit Women of Canada

<http://pauktuutit.ca/>

Avatag Cultural Institute
Institute culturel avataq
<http://www.avataq.qc.ca/>

Apps

First Nations Storybook – Cree

From Aglaia Software, Inc.

Last updated May 2018

From iTunes: First Nations Storybook – Cree edition houses a collection of books written and produced in the Cree language. Each book features colorful illustrations and Cree text as read by a fluent Cree speaker. The collection includes stories as told by elders, parents and students, local legends and tales that reflect the traditions, values and experiences of the northern aboriginal.

Available from [iTunes](#)

First Nations Storybook – Dene Yatie (Slavey)

From Aglaia Software, Inc.

Last updated April 2017

From iTunes: First Nations Storybook – Slavey edition houses a collection of books written and produced in the Slavey language. Each book features colorful illustrations and Slavey text as read by a fluent Slavey speaker. The collection includes stories as told by elders, parents and students, local legends and tales that reflect the traditions, values and experiences of the northern aboriginal.

Available from [iTunes](#)

Askî and Friends

From the Government of Saskatchewan

Last updated: June 2019

From iTunes: One of four stories which focus on Askî, his three friends and their lives around the pond. The stories introduce Turtle Island and Mother Earth, two concepts that are central in the First Nations' worldview. Read along option in five languages: Cree, Dene, Michif, English and French.

Available from [iTunes](#)

Forgotten Métis

Acoustiguide Interactive Inc.

Available in English and French / anglais et français

Last updated / dernière mise à jour May 2017 mai

Most of the 180,000 Canadian Aboriginal children who were forced to attend Residential Schools experienced abuse and neglect. This project documents and gives voice to the experiences of the many Métis children who attend these schools and explores Métis identity, cultural reclamation, and healing.

La plupart des 180 000 enfants autochtones canadiens qui ont été forcés à aller à des pensionnats été victimes de violence et de négligence. Ce projet donne la parole à des expériences de nombreux enfants Métis qui fréquentent ces écoles et explore l'identité métisse, récupération culturelle, et la guérison.

Available from / disponible via [iTunes](#)

Uqausiit Pinnguarutiit

Taqquq Productions Inc.

English

Last updated November 2017

Google Play: Uqausiit Pinnguarutiit is an Inuit language learning app that provides young children with fun activities that support shape and sound recognition, as well as, vocabulary development. This Inuit language learning app was funded by the Government of Nunavut Department of Education.

Available from [Google Play](#) and [iTunes](#)

Local contacts / Liaison régionale

Congress of Aboriginal Peoples

Congrès des peuples autochtones

867 St. Laurent Blvd

Ottawa, ON K1K 3B1

613-747-6022

reception@abo-peoples.org

<http://www.abo-peoples.org/>

Native Women's Association of Canada

L'association des femmes autochtones du Canada

85 Albert St.

Ottawa, ON K1P 6A4

613-722-3033 or 1-800-461-4043

reception@nwac.ca

<http://www.nwac.ca/>

Métis Nation

4–340 MacLaren Street

Ottawa, ON K2P 0M6

613-232-3216 or 800-928-6330

info@metisnation.ca

<http://www.metisnation.ca/>

Disclaimer / avertissement

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If you require materials in alternative formats, please contact the library at 613-737-7600 ext. 2157 or at library@cheo.on.ca.

Ce guide fournit du matériel médical pour informations seulement et ne vise pas à remplacer les conseils du médecin. Ces informations pourraient ne pas toujours s'appliquer aux situations individuelles.

Ce guide présente le matériel disponible à la bibliothèque de ressources familiales du CHEO. Ce n'est pas une liste complète. Votre bibliothèque publique locale pourrait aussi être en mesure de vous fournir des informations précieuses.

Si vous avez besoin des documents en formats alternatifs, s'il vous plaît contacter la bibliothèque au 613-737-7600 poste 2157 ou à library@cheo.on.ca.

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