

Indigenous Sweat Ceremonies

I hope this message finds you well. On behalf of the Canadian Mental Health Association (CMHA) - Saskatchewan and our OSICAN program, I am pleased to invite you to participate in our upcoming sweat lodge ceremonies, hosted by OSI-CAN and led by Indigenous Elders.

These ceremonies offer therapeutic benefits such as introspection, purification, and renewal. By integrating them into our programming, we aim to provide a unique and impactful experience that complements traditional mental health support.

Our primary objective is to create a safe and supportive environment where Indigenous Veterans and Frontline Protectors can explore holistic healing that integrates physical, emotional, and spiritual well-being. We recognize the historical and intergenerational trauma experienced by many First Nations individuals in these professions, and we are committed to ensuring **priority access** for those of First Nations heritage.

In keeping with tradition, it's customary to bring a small gift or donation as a gesture of respect and gratitude for the sweat lodge ceremony. You might consider bringing an offering such as tobacco, sage, or a small monetary donation.

To ensure we honor the traditions and everyone remains comfortable, we kindly ask the following:

Participants should dress modestly.

For men: Please bring swim trunks and a towel.

For women: Please wear a long (maxi length) skirt or dress and bring a towel.

These guidelines help us maintain the integrity and respect of the ceremony.

For dates and more information please go to:

<https://www.osicansk.ca/indigenoustraditionalhealing>



If you have any questions or need more information, feel free to contact us.

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We are excited to have you join us for the upcoming sweat lodge ceremony.