



Provincial Health Services Authority

# First Nations, Inuit and Métis Health Pathfinder

A Guide to Finding Library Resources and Support Services

## BC Cancer Library and Cancer Information Centre Resources

Visit your local BC Cancer Library or go to [bccancer.bc.ca/library](http://bccancer.bc.ca/library) to see the complete library catalogue. Most library materials can be mailed anywhere in B.C. or the Yukon.

### Books

Title	Library Call Number
American Indian healing arts : herbs, rituals and remedies for every season of life	WB 55 K21 1999
Braiding sweetgrass : indigenous wisdom, scientific knowledge, and the teachings of plants	WB55 K49 2013
Cree healer and his medicine bundle : healing plants, practices, and stories	WB55 Y68 2015
Indigenous healing : exploring traditional paths	WA300 R823 2014
Knowledge seeker : embracing Indigenous spirituality	WB885 S881 2016
Modern native feasts	QZ266 N9 G347 2013
Recovering our ancestors' gardens : indigenous recipes and guide to diet and fitness	QZ266 N9 M636 2005
Spirit clans : native wisdom for personal power and guidance	WB885 C321 2018

### Books for children

Title	Library Call Number
Dancing with the cranes	BF575 C5 A735 2013
Speaking our truth : a journey of reconciliation	E78 C2 S642 2017

### eBooks

Patients and the public of B.C. and the Yukon can access these online books by calling 1.888.675.8001 x 7000

(toll-free) to get a username and password from the Library.

### **BC elders guide**

[fnha.ca/WellnessSite/WellnessDocuments/BC\\_EldersGuide.pdf](http://fnha.ca/WellnessSite/WellnessDocuments/BC_EldersGuide.pdf)

### **Cancer and First nations people in B.C : a community resource**

[fnha.ca/WellnessSite/WellnessDocuments/Cancer-and-First-Nations-Peoples-in-BC.PDF](http://fnha.ca/WellnessSite/WellnessDocuments/Cancer-and-First-Nations-Peoples-in-BC.PDF)

### **Improving indigenous journeys in BC : a road map**

[fnha.ca/WellnessSite/WellnessDocuments/improving-indigenous-cancer-journeys-in-bc.pdf](http://fnha.ca/WellnessSite/WellnessDocuments/improving-indigenous-cancer-journeys-in-bc.pdf)

### **Living with cancer : everyone deserves support : First Nations** (Library also has print copies)

[fnha.ca/WellnessSite/WellnessDocuments/Living-With-Cancer.pdf](http://fnha.ca/WellnessSite/WellnessDocuments/Living-With-Cancer.pdf)

### **Living with cancer : everyone deserves support : Métis** (Library also has print copies)

[tinyurl.com/y8posua3](http://tinyurl.com/y8posua3)

### **Silent enemy** (comic book)

[fnha.ca/WellnessSite/WellnessDocuments/Silent-Enemy-Comic.pdf](http://fnha.ca/WellnessSite/WellnessDocuments/Silent-Enemy-Comic.pdf)

## **DVDs**

### **Title**

### **Library Call Number**

**Indigenous voices : stories of illness and grief**

BF575 C212 2016

**Truth of it : an unscripted video series about cancer : First Nations and Inuit stories**

QZ201 T875c 2010 v.5

## **Online Videos**

### **Completing the circle : healing words about end of life spoken to Aboriginal families**

[aboriginalendoflifecare.com/families.html](http://aboriginalendoflifecare.com/families.html)

### **Early detection : the path to a good life**

[tbrhsc.net/GoodLife](http://tbrhsc.net/GoodLife)

### **Truth of it : an unscripted video series about cancer : First Nations and Inuit stories**

[partnershipagainstcancer.ca/topics/truth-of-it-video-series](http://partnershipagainstcancer.ca/topics/truth-of-it-video-series)

## **Pamphlets**

### **Aboriginal health : advance care planning** (B.C. Ministry of Health)

[health.gov.bc.ca/library/publications/year/2012/aboriginal-health-advance-care-planning-brochure.pdf](http://health.gov.bc.ca/library/publications/year/2012/aboriginal-health-advance-care-planning-brochure.pdf)

## Recommended Websites

These websites have been reviewed and approved by the BC Cancer librarians. These websites have information about First Nations, Inuit and Métis health. For a complete list of websites recommended by the BC Cancer librarians, go to [bccancer.bc.ca/library](http://bccancer.bc.ca/library).

**BC Cancer:** [bccancer.bc.ca/our-services/services/indigenous-cancer-control](http://bccancer.bc.ca/our-services/services/indigenous-cancer-control)

**Cancer Care Ontario Recommended Resources for First Nations, Inuit & Métis:**  
[cancercareontario.ca/en/resources-first-nations-inuit-metis](http://cancercareontario.ca/en/resources-first-nations-inuit-metis)

**First Nations Health Authority:** [fnha.ca](http://fnha.ca)

**Healthlink BC:** [healthlinkbc.ca/health-topics/common-health-concerns/first-nations](http://healthlinkbc.ca/health-topics/common-health-concerns/first-nations)

**Living My Culture:** [livingmyculture.ca](http://livingmyculture.ca)

First Nations, Inuit, Métis and people of other cultures share their stories about living with serious illness, end of life and grief. Includes videos and print materials.

**Métis BC Nation:** [mnb.ca](http://mnb.ca)

## Support Programs

This is a list of support programs offered at community organizations and BC Cancer. BC Cancer centres generally offer monthly support groups. Your centre may also offer facilitated groups to help with stress, including mindfulness-based stress reduction, relaxation and stress management, and therapeutic touch.

You can find support programs offered at each BC Cancer centre on the BC Cancer website:

[bccancer.bc.ca/supportprograms](http://bccancer.bc.ca/supportprograms)

**BC Cancer Patient & Family Counselling:** [bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling](http://bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling)

Available to anyone in B.C. who has a cancer diagnosis, as well as those supporting them. Counselling available for individuals, couples, and families, either in-person or over the phone. Services are solution-focused and are limited to addressing challenges related to cancer.

### BC Cancer Indigenous Cancer Care Counsellor

The Prince George Centre has an Indigenous Cancer Care Counsellor who can discuss transportation options to and from appointments, review options for accommodation, explore financial resources, attend appointments at the centre with patient and family members, advocate in the health care setting, discuss spiritual and cultural care needs, provide counselling support, and assist with transitions in care and return to community. Call 250.645.7330 for more information.

**Cancer Chat Canada:** [cancerchat.desouzainstitute.com](http://cancerchat.desouzainstitute.com)

An online support group for people with cancer. Call 1.844.725.2476 for information.

**CancerConnection.ca** (Canadian Cancer Society): [cancerconnection.ca](http://cancerconnection.ca)

An online community for cancer patients, caregivers, friends and family. A safe place to connect and find support. Regular webcasts are available on demand on a series of topics relevant to people with cancer including physical activity, relationships and complementary therapies.

**First Nations Health Authority:** [fnha.ca](http://fnha.ca)

### **B.C. Health Authorities Aboriginal Liaisons, Programs and Services**

To assist Aboriginal patients, each BC health authority has Aboriginal patient liaisons, navigators or nurses and other programs and services available:

**Fraser Health:** [fraserhealth.ca/health-topics-a-to-z#topictags=Aboriginal%20health&e=0](http://fraserhealth.ca/health-topics-a-to-z#topictags=Aboriginal%20health&e=0)

**Interior Health:** [interiorhealth.ca/YourHealth/AboriginalHealth](http://interiorhealth.ca/YourHealth/AboriginalHealth)

**Island Health:** [islandhealth.ca/our-services/indigenous-health-services](http://islandhealth.ca/our-services/indigenous-health-services)

**Northern Health:** [indigenousealthnh.ca](http://indigenousealthnh.ca)

**Provincial Health Services:** [phsa.ca/our-services/programs-services/indigenous-health](http://phsa.ca/our-services/programs-services/indigenous-health)

**Vancouver Coastal Health:** [vch.ca/your-care/aboriginal-health](http://vch.ca/your-care/aboriginal-health)

## **BC Cancer Libraries**

If you want more information about these or other resources, please contact one of the BC Cancer libraries.

### **Abbotsford**

604.851.4710 x 646825  
1.877.547.3777 (toll free)

### **Kelowna**

250.712.3900 x 686821  
1.888.563.7773 (toll free)

### **Prince George**

1.888.675.8001 x 8001 (toll free)

### **Surrey**

604.930.2098 x 654576  
1.800.523.2885 (toll free)

### **Vancouver**

604.675.8001  
1.888.675.8001 x 8001

### **Victoria**

250.519.5517  
1.800.670.3322 (toll free)