

Wellness in Sheway's Indigenous Cultural Support Program

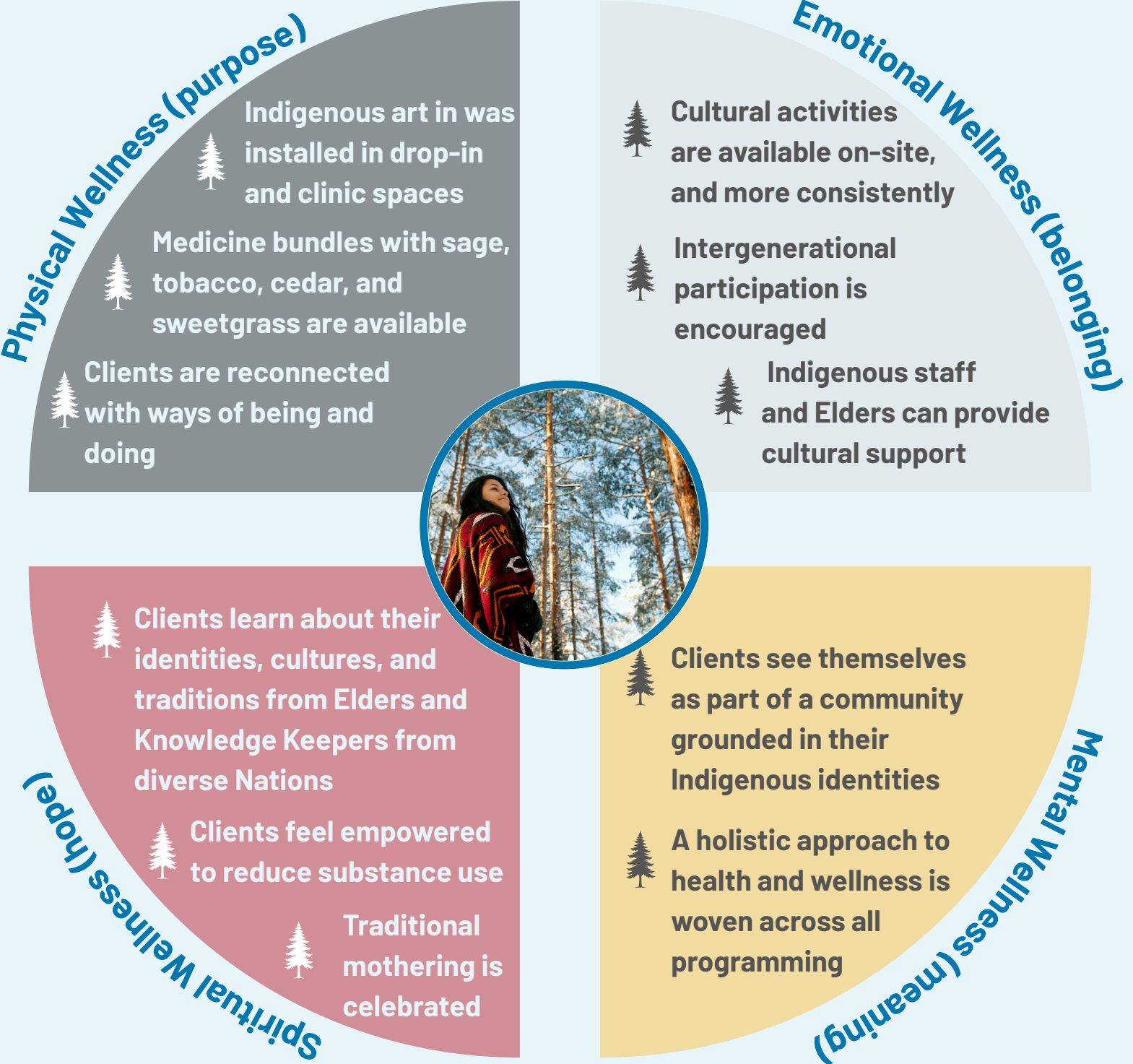
Sheway is an interdisciplinary health and social service outreach program for pregnant and parenting people whose lives are affected by substance use in Vancouver's Downtown Eastside. Since 1993, Sheway has provided wraparound care to families, which has expanded to a one-stop model inclusive of medical care, advocacy, financial aid, food services, housing services, infant development and parenting programs. Sheway has a drop-in space located on the ground floor with a low barrier drop-in medical clinic upstairs that provides maternity, paediatric, addiction medicine and primary care.

The Indigenous Cultural Support Program was developed to support pregnant and parenting Indigenous clients access cultural supports and activities, in order to improve cultural and spiritual wellness and reduce substance-related harms.

This infographic captures some ways that the Indigenous Cultural Support Program has increased wellness among Sheway's clients.



"Wellness from an Indigenous perspective is a whole and healthy person expressed through a sense of balance of spirit, emotion, mind and body. Central to wellness is belief in one's connection to language, land, beings of creation, and ancestry, supported by a caring family and environment"
- Elder Jim Dumont



Click [here](#) for the full evaluation report.

If you are interested in learning more about how to offer cultural support programming in your organization, please contact Dr. Janine Hardial at jhardial2@cw.bc.ca.



Sheway is located in Vancouver, British Columbia on the traditional and unceded territory of the Coast Salish Peoples including the xwməθkwəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and Səlilwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

This evaluation was conducted in a way that sought to honour and celebrate Indigenous knowledge systems and capture the spiritual, relational, emotional, and physical connections to wellness. Thank you to the women, Elders, Knowledge Keepers, and Sheway staff that shared their voices and experiences.