

*K' wúchihútonaan*



WE TAKE CARE OF EACH OTHER

COMMUNITY HEALING & VIOLENCE  
PREVENTION COLOURING BOOK



Métis Nation  
British Columbia





THE PAGES OF THIS COLOURING BOOK ARE WOVEN  
WITH PRAYERS AND OFFERINGS FROM MNBC'S  
2SLGBTQQIA+ ADVISORY COMMITTEE, MÉTIS YOUTH  
BC, MÉTIS WOMEN BC, AND ARTISTS.

FUNDED BY: INDIGENOUS SERVICES CANADA,  
FAMILY VIOLENCE PREVENTION PROGRAM




Métis Nation  
British Columbia

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Co-created by MNBC's 2SLGBTQQIA+ Advisory Committee, Métis Women BC, Métis Youth BC, and MNBC's Ministry of Women and Gender Equity.

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A decorative floral pattern in the top left corner, featuring stylized flowers and leaves made of colored dots in shades of pink, yellow, green, and blue.

The co-creation of this colouring book offered us an opportunity to gather in community, and wrap each other up in the medicine of each other's wisdom, and offerings of safety, comfort, and healing.

We spoke of sitting together in the tender spaces of messiness, heartache, and pain. We spoke about the medicine of laughter, of crying tears of joy and tears of pain, 'til our bellies ache, or our sleeves are full of snot.

And what became clear was that our healing wasn't ours to bear alone, but something we needed to do together. Our healing was for ourselves; for each other; for our ancestors and our children; for the land, the plants, the animals, and the waters.

A decorative floral pattern in the bottom right corner, featuring stylized flowers and leaves made of colored dots in shades of pink, yellow, green, and blue.

# LISA BERRY

## Artist/Storyteller

Tân'si, my name is Lisa Berry and I take immense pride in my rich heritage and culture. I spent my childhood growing up on Treaty 8 Territory located in Alberta. Currently, I reside on Stò:lō Territory in Hope, British Columbia, where I am proudly associated with Métis Nation British Columbia. My Métis ancestry comes from my birth father's side, with family names such as Flett, Lizzotte, and Carifelle, among others. I hold my ancestry in the highest regard.

I have a personal connection to the Métis Homeland of Red River through my ancestry. My second great-grandmother, Julia (Mercredi) Lizotte, along with other family members who received "halfbreed Land Script" which was meant to extinguish Métis Indigenous title. The script was designed to work similarly to the treaties that were used to extinguish First Nations' title.

My mother's ancestry can be traced back to the Hordaland region of Norway, which is known for its stunning fjords and rugged landscapes. In 1925, my grandfather decided to leave Norway behind and settle in Canada.

Throughout my life, I have faced challenges that have made it difficult for me to embrace and celebrate my indigenous heritage. However, I am determined to leave behind a lasting legacy of art for future generations.

I believe that it is essential to preserve and share our rich cultural heritage with the world. This is why I am committed to passing down my knowledge and art to my children, so they too can appreciate and celebrate our shared history. I hope by sharing my story and my art, I can inspire others to embrace and celebrate their indigenous roots as well.

Lisa Berry

# LISA BERRY

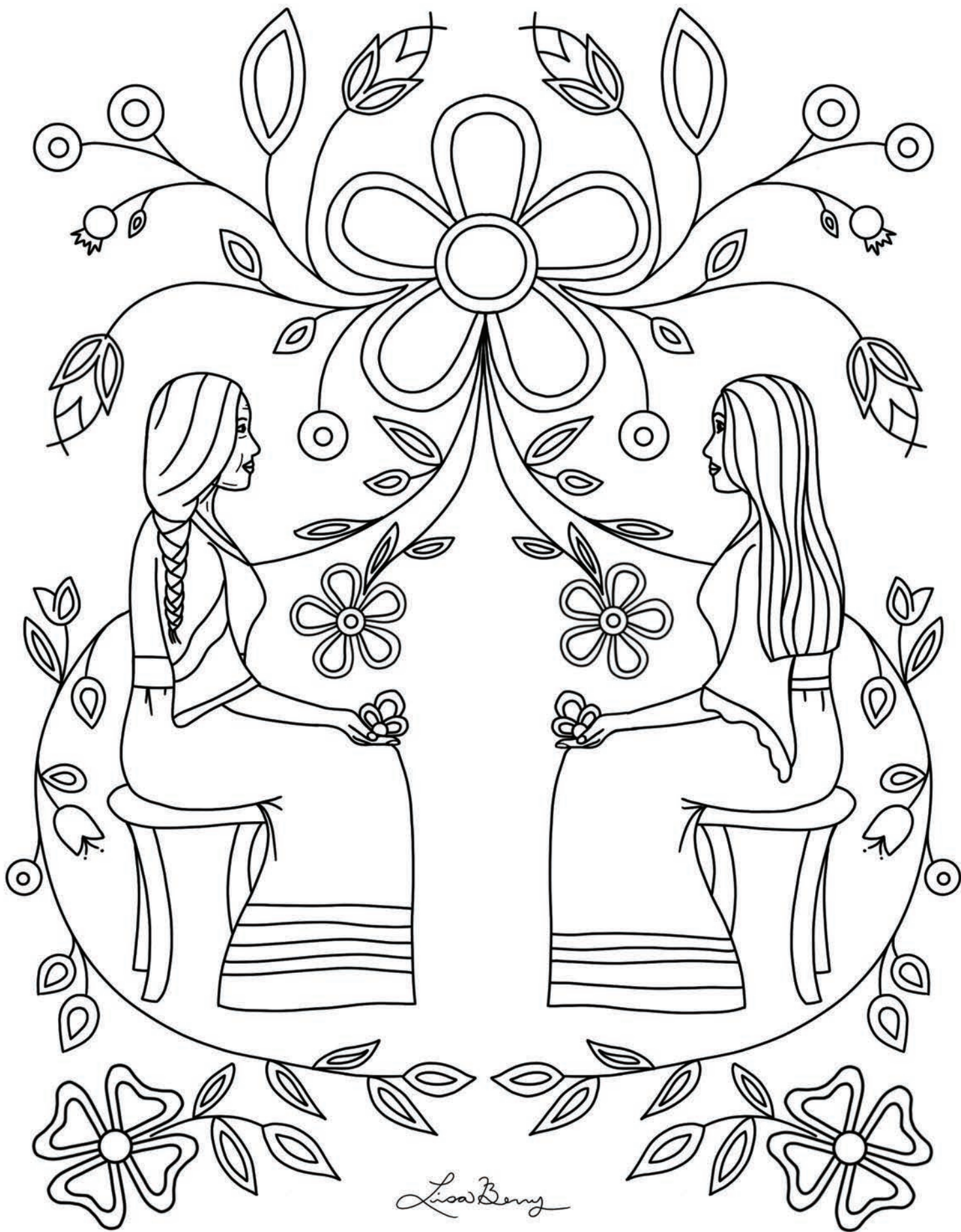
## Artist/Storyteller

**Connection By Sharing-** an elder and her granddaughter are sharing their cultural experiences both past and present. As they share with each other there is a sense of comfort and support from their ancestors who have gone before them. They both feel comfortable opening up to each other while surrounded by flowers that symbolize their ancestors.

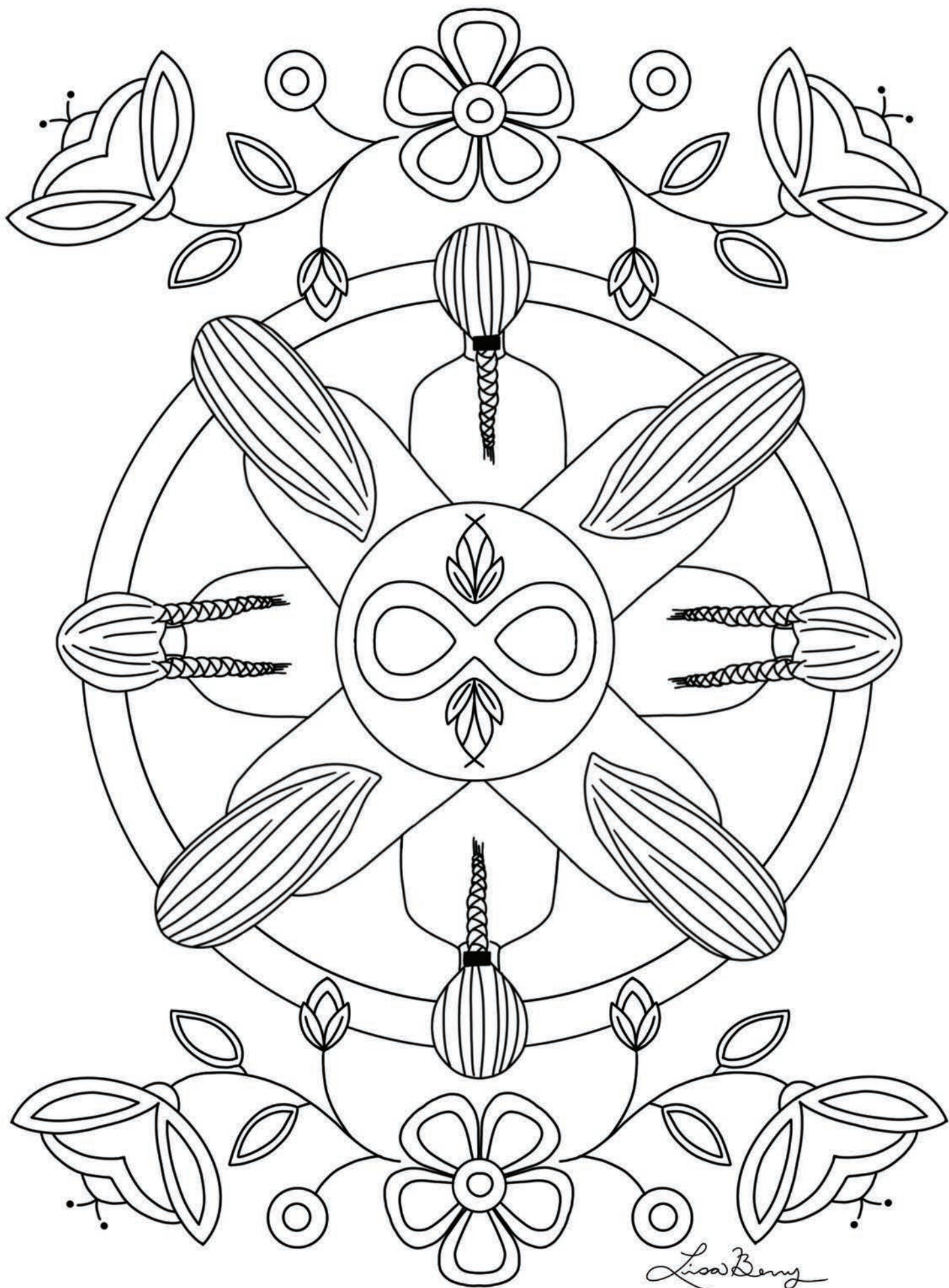
**Crying Is Healing-** Let your tears flow freely, for the flowers shaped like a tear remind us that it's okay to cry.

**In Circle-** In a circle, we are all equal, no one in front, behind, above or below.

**Connect With Nature-** Spending time in nature has always brought me immense joy and happiness. Let the flames of a sacred fire embrace you as you immerse yourself in nature's beauty. Gaze at the moon, watch the stars, and ponder our ancestors' profound connection with the natural world.







Lisa Berry



Lisa Berry

In the fall of 2023, Two-Spirit Kookumak Barbara Bruce and Charlotte Nolin joined us at the "Gathering to Heal: 2SLGBTQQIA+ Gender-Based Violence" gathering, near Songhees Point in Victoria, BC.

We asked them to share their reflections with community:



Kookum Barbara shared witnessing the practice of *ki wiichihiitonaan*/we take care of each other, by the Two-Spirit Métis community in BC, including LGBTQIA+. She witnessed the expression of emotions of hurt and pain as a result of historical and intergenerational trauma, and of current struggles. She also saw and experienced love, sharing of songs and ceremony and support that countered trauma. She shared her dream of 'no one is left behind'.

Kookum Barbara also reminded us that we are all individually connected to Creator; that we are able to connect with spirit and to Creator ourselves.

Kookum Charlotte shared with us that the gatherings in BC are a reinforcement of our belief in humanity. She talked of the past historical moments that were taken from us, and how we've kept moving forward. She acknowledges the darkness of the world, and her gratitude for the young people who are taking up the challenge to move forward, to enrich the lives of the ones coming behind us.

She reminded us to never give up that dream, the hope for the future, for a good future for our relatives.

Their words remind us of our own inherent wisdom and courage to stand strong in who we are as Métis people and as Two-Spirit and LGBTQIA+ community.

# MARYANNE LANDRIE

## Old-School Métis Artist

Maryanne Landrie is an Old-School Artist born and raised in Wetaskiwin, Alberta. Maryanne is a mother to three grown daughters and Kokum to one grandson. She and her husband Cam live in Chilliwack, BC with their three cats.

Maryanne is an accomplished chalk pastel and graphite pencil artist who works to develop her skills by observation and practice. She is fascinated by light and shadow and believes that their interplay is the key to making a portrait come to life.

Her Indigenous heritage is of great interest and pride to her. Most of her portraits are of Indigenous people.

Maryanne's work has been displayed in both shows and galleries. She founded Cedar, Sage & Sweetgrass, an Indigenous artist collective in partnership with her cousin Pat Calihou, in 2018. Since then, the collective has included artists such as Kalum Teke Dan, Erik Lee, Plains Cree Silversmith and Joseph M. Sanchez of the Group of Seven Indian Artists, and together they have created numerous shows across the Lower Mainland. The latest show, Through Our Eyes, will be running at the Anvil Center in New Westminster this summer.

Maryanne has more recently accepted a position as Heritage Abbotsford Society's Events Manager and serves on the Aboriginal Arts & Culture Day Planning Committee.

# MARYANNE LANDRIE

**Women in Ribbon Skirts-** Bright and cheery, warm and inviting like the summer sun, sunflowers represent adoration, loyalty and longevity. That is the feeling shared between good friends.

**Transgender Person in Métis Beaded Vest with Transgender Flag-** Transgender Day of Remembrance has been observed annually on November 20. This colouring page is a reminder of the work that needs to be done to ensure the safety and wellbeing of our Two-Spirit, trans, and non-binary kin.

**Lesbian Lovers, Blessed In Your Arms-** Together we'll always soar high above. With every breath, my heart beats true. A love that's deep, forever new; A passion that ignites my soul, and makes my life feel whole.

**Blackberry Harvesting-** Métis harvesting of blackberries is done in August, September, and early October. When you find a nice looking berry spot, try to clear the area. This is a tricky tip to follow as they're very tempting to snack on as your forage.

**Note:** Dentalium earrings are not Métis-specific but are commonly used by Nations of the Pacific Northwest.

Maryanne shared with us her connection to the Moosehide Campaign, a BC-born Indigenous-led grassroots movement to engage men and boys in ending violence towards women and children:

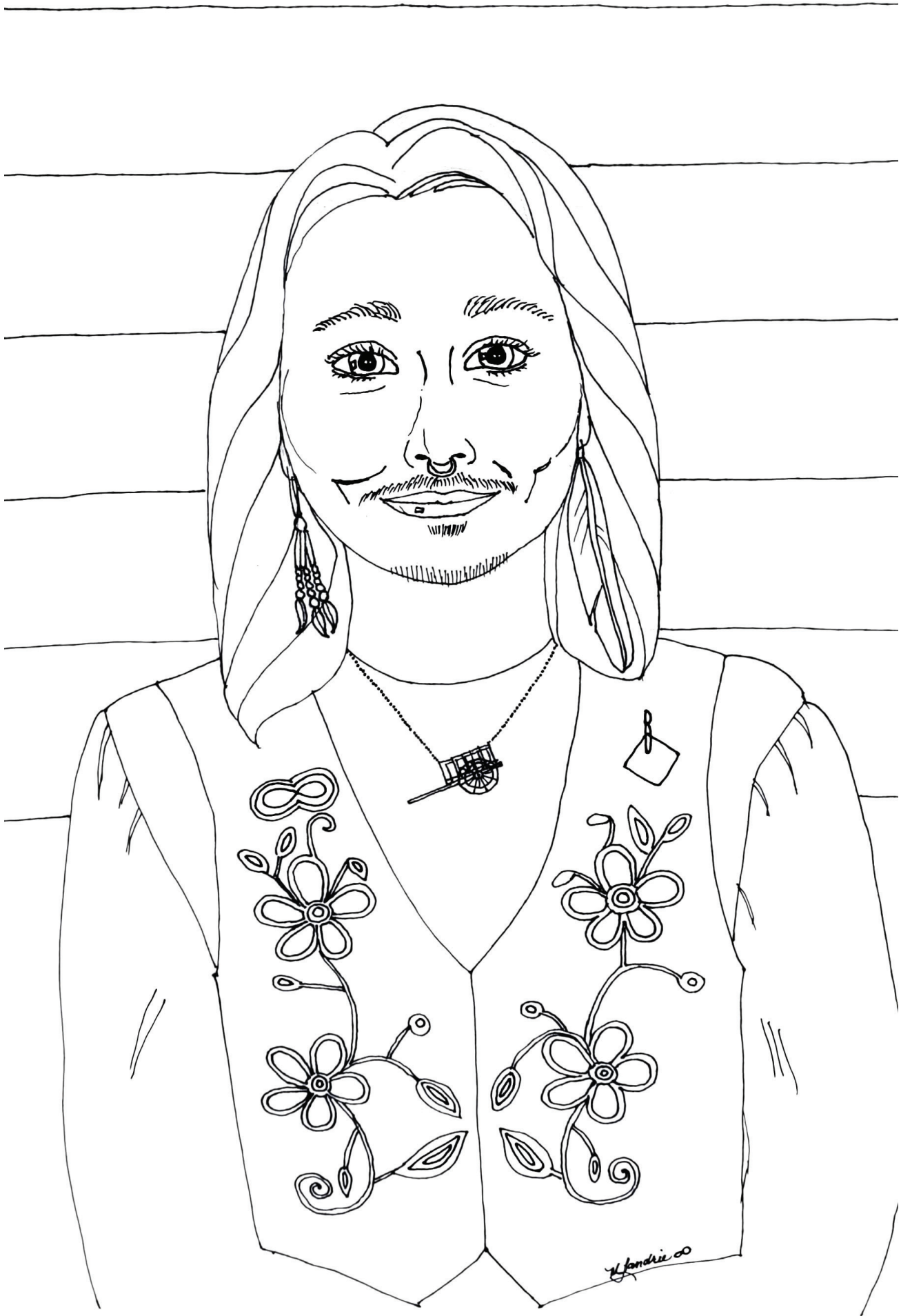


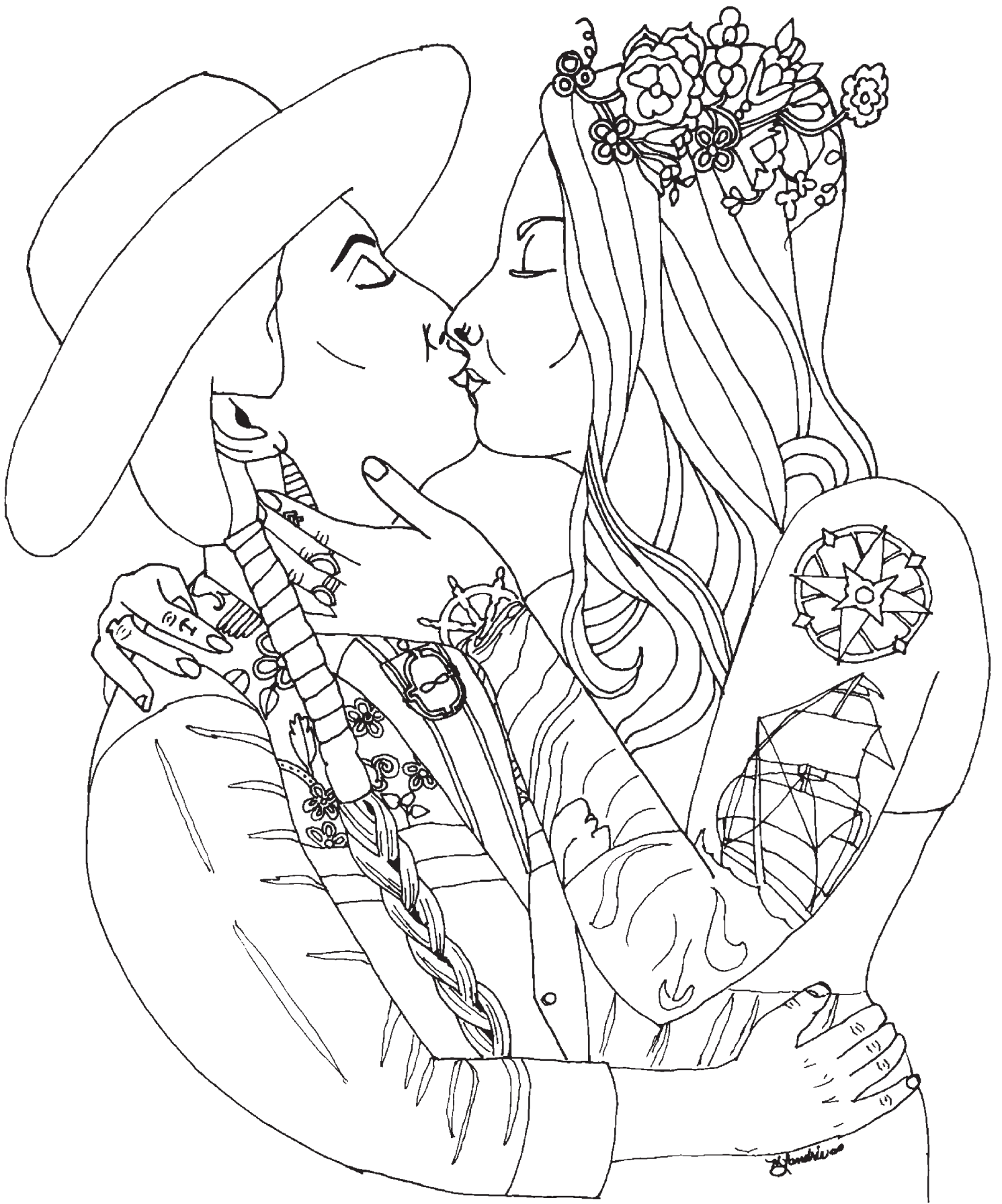
"I did a portrait of the lovely Raven Lacerte, the co-founder of the Moosehide Campaign. The portrait depicts her holding her baby, standing in a field of fireweed. Raven is a remarkable woman, so brave in expressing herself for woman and children's rights to safe environments. The portrait has been in the Matriarch and Motherhood Art Exhibit in Calgary and in various shows in the lower mainland."

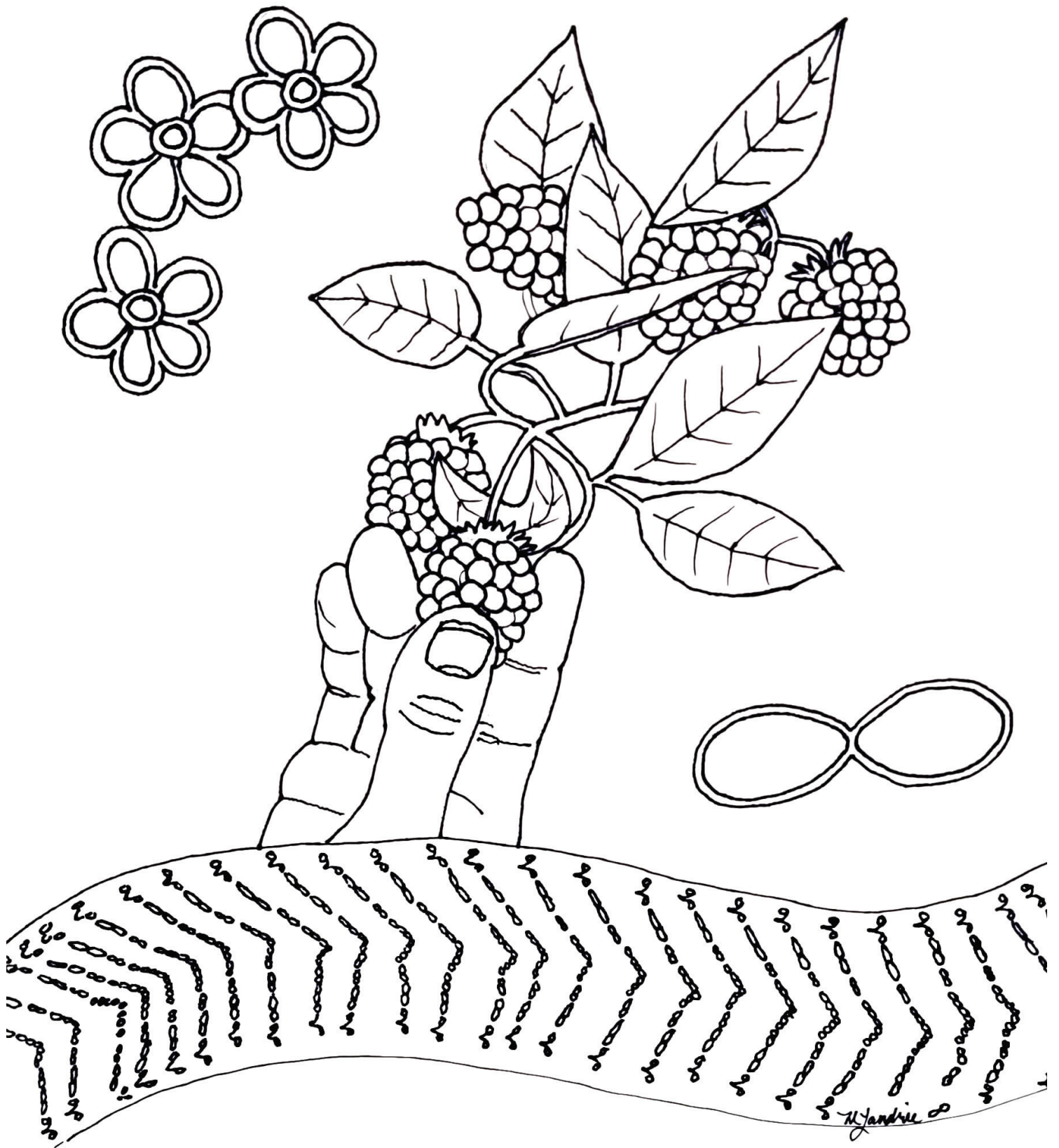
Raven Lacerte is a proud member of the Lake Babine First Nation in North-Central BC and belongs to the Bear Clan. She is the Co-Founder and National Ambassador for the Campaign.

Raven Lacerte, Co-Founder of the Moosehide Campaign by Maryanne Landrie  
Pastels on Canson Paper









Many of the co-creators of this colouring book talked about healing in connection to nature, the smells of sweetgrass and cedar, the sounds of birds singing, and beauty of being on the land.

Jessy Dame shared with us his connection to blackberries growing up, and the healing he experiences while harvesting and picking blackberries. One of the teachings he received from Métis Elder Dory La Boucane was that if a berry dropped to the ground or slipped from your fingers, that was a part of giving back to the plants.

This inspired conversation about only taking what we need, not only from the our relatives of the land, but also from ourselves and each other. We talked about the importance of reciprocity, and helping each other; and also the importance of honouring when we are out of capacity to care for others, and need to prioritize bringing ourselves back into balance.



# NATASHA LEPINE

## Emerging Métis Artist

Natasha Lepine is an emerging Métis artist that resides in Quesnel, BC. She spends most of her artistic time exploring plein air painting with oils, where she studies how to translate the landscape's emotions into art. Natasha's work is often credited for being whimsical and warming. She recently has worked with groups such as First Peoples' Cultural Council, Métis Nation British Columbia, and BC Culture Days. When she's not working, Natasha enjoys hiking, skiing, foraging and reading comics.

**Beading Circle** - Within the past year, I attended my first Métis gatherings. It was an honour to meet and befriend other Métis youth from across Turtle Island. Most of the new friends I've made are extremely talented beaders, and they would often gather after meetings to sit together and work on their independent beading projects. The stories told, the advice given, and the laughter shared during these beading circles was uplifting to be around.

**Encouragement** - This piece reflects a man on the right has been gifted a blanket - which often symbolizes respect and acknowledges strong relationships within a community. The sun behind the mountains could be either rising or setting, both representing an opportunity for a new spiritual chapter.

**Salmon Run** - Salmon have, in my opinion, the most interesting life cycle of any animal on our beautiful Earth. Unlike other species of salmon, Sockeye spend their first few years growing in freshwater lakes. They take their time to mature before eagerly traveling to the ocean where they continue with their journey. In this piece, I imagine the character who is sitting there is also patiently growing into their own.


**Smudging** - I've only recently received my own smudging kit, and I love to use it weekly. Smudging offers a grounding way to cleanse and refresh one's energy. I believe it to be a great tradition for any Indigenous person to practice when forming a healthy relationship within ourselves.











Mental Health and Recovery Support worker, Musician, Flute Maker, and former Sweat Lodge Fire Keeper, Gary Têtu, reflects on his own unique but impactful experience at a residential school and how the mental, emotional, spiritual, and physical trauma he pushed aside for so long, unknowingly affected him so deeply, ongoing, and often overwhelmingly, suddenly and unexpectedly.

In issue two of the Resilient Roots Métis Health and Wellness Magazine, he shared how living with Complex Post-Traumatic Stress Disorder (C-PTSD), brings on generalized anxiety, depression, and anger, and the work he did, and still does, to ensure that he lives a healthy balanced life, which led him to become a Mental Health and Recovery Support worker through Fraser Health.

In Season 3, Episode 4 of the Métis Speaker Series, Gary Têtu, speaks to how truly blessed he is to have the opportunity provide for himself and his family, and “to govern [himself] and be [his] own man.” He speaks deeply to his gratitude for being able to live on native owned land of longtime dear family friends, surrounded by mountains, water, and farm animals.

Gary reminds us of the importance of being otimpemisiwak, ‘the people who govern themselves,’ when it comes to self-advocacy, and healing for ourselves and our communities.

Gary speaks of things that are “good for spirit,” reflect on some things that you feel are good for your spirit:



# LINDSAY MYERS

## Artist/Harm Reduction Worker

Lindsay is an artist and harm reduction worker based in the Cowichan Valley. Through painting, her goal is to bring back the wonder and curiosity of earthly magic and human nature. She hopes to inspire viewers to pause, and play and imagine. Lindsay is part book dragon, part cloud, and happy hums while she eats.

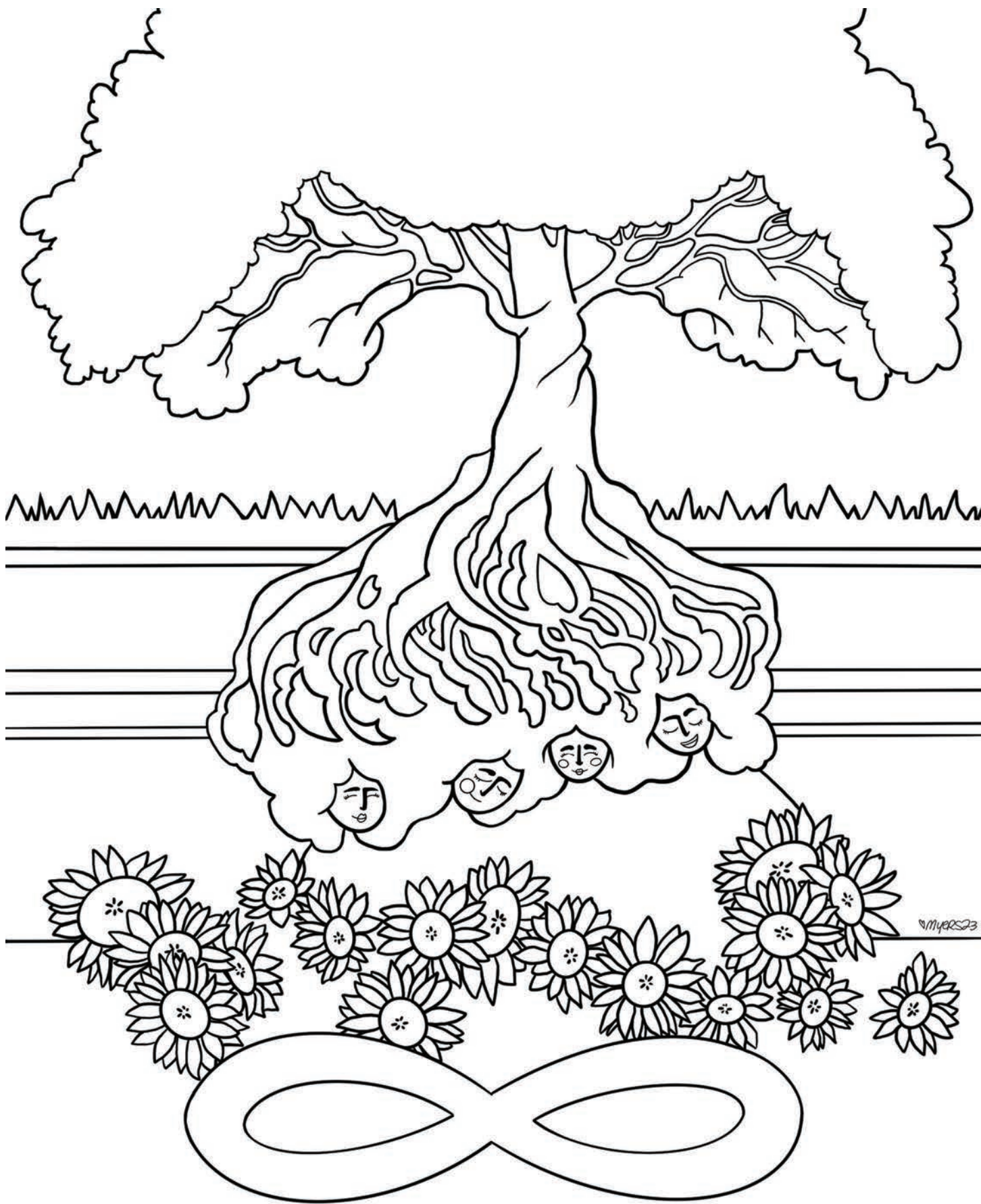
**Community-** May we find strength in the interconnectedness of our ancestral roots. May we find strength in the support of each other, in tears, and in laughter. May we be nourished by our community of strong Métis people.

**Ripples-** our healing journey, how when we heal ourselves, we heal seven generations behind us and seven generations ahead of us. The ripples of our own growth has the power to heal generational trauma. The oak leaves represent the Fall season for letting go, the tulips make space for the practice of forgiveness, and the hyacinths bring in peace.

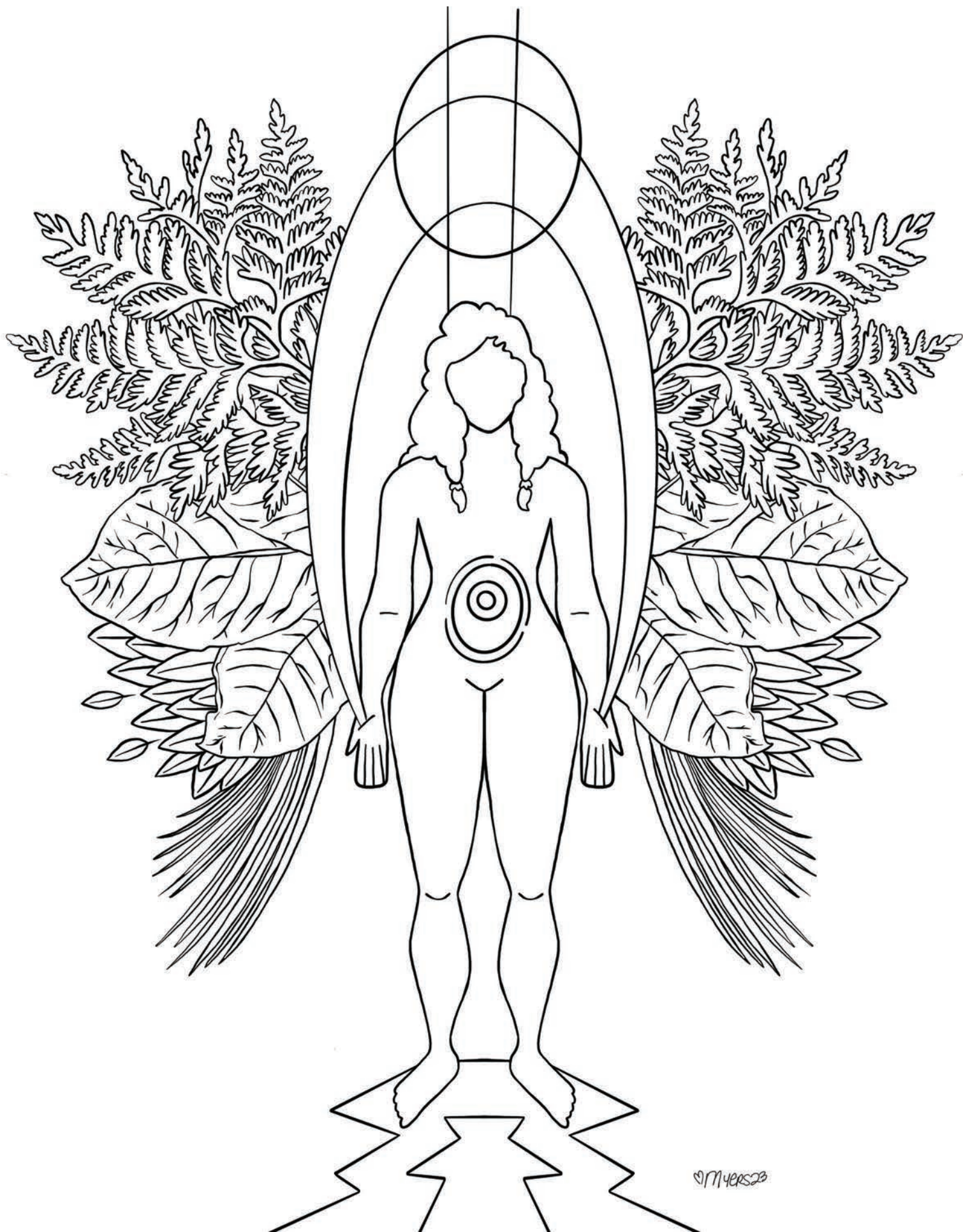
**Radical Self Love-** Connecting with our traditions, with spirit, and with land, we emerge through our trauma. Using the four sacred medicines: cedar, tobacco, sage, and sweetgrass we find healing for our mind, body, spirit, and emotional self.

**Strength & Courage-** In this kaleidoscope of resilience we find the magic of plant medicine. Nasturtium brings us hope and fortitude; Borage brings us bravery and courage; Daffodil brings us strength and resilience; and Eucalyptus brings us protection. Meditate on these while you colour and manifest these qualities in your life.

**Note:** The plant teachings in the descriptions of “Ripples” and “Strength & Courage” are not Métis-specific but have come to Lindsay through ancestral memory, her own relationship with her medicinal garden, and wisdom she gleaned from books and the internet over her lifetime.

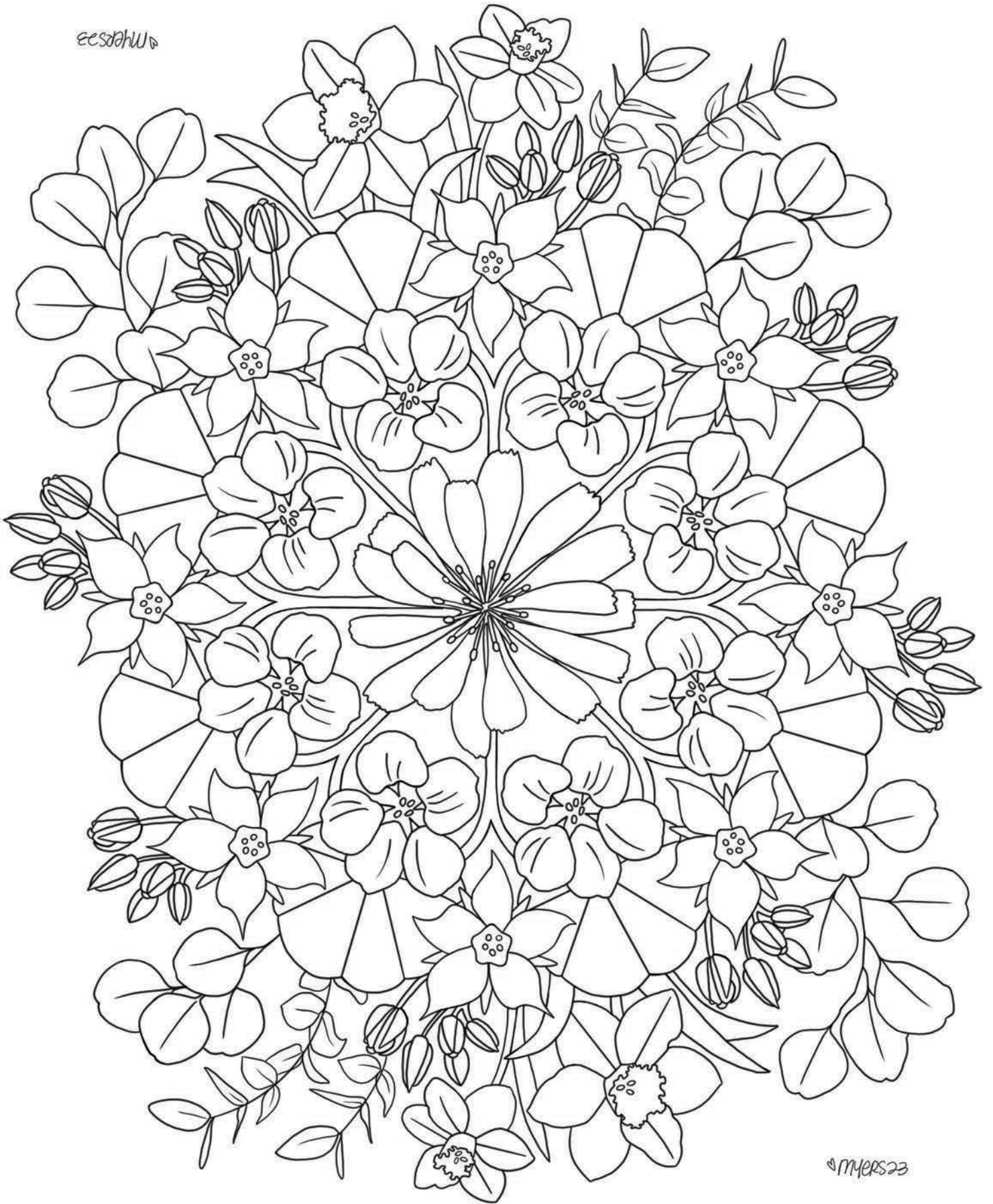






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**Reflections on ki wiichiitonaan/we take care of each other:**

What cultural activities ground us in our healing?

**What does our healing smell like?**

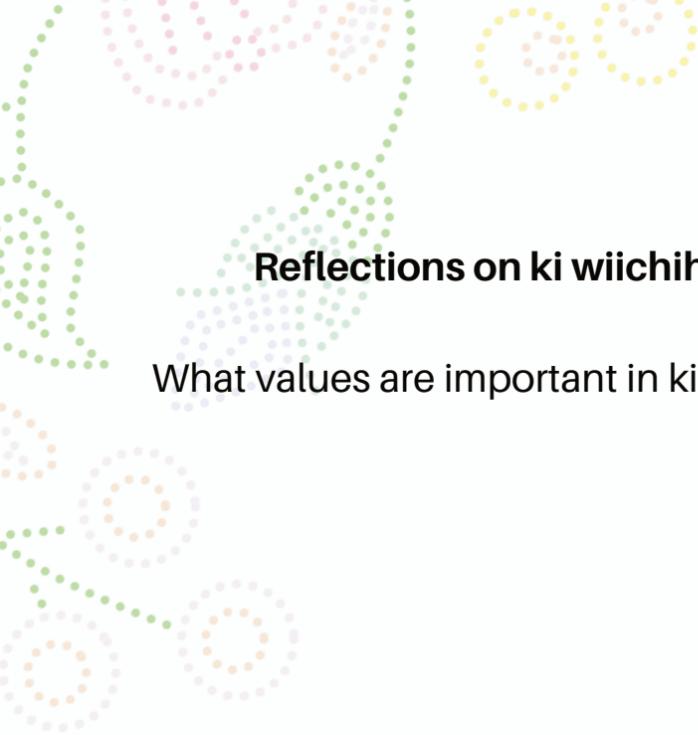
The concept of smell was offered by a co-creator of the colouring book, and was warmly welcomed into space as another layer to understand our healing.



**Reflections on ki wiichihiitonaan/we take care of each other:**

What does safety in community look and feel like?

What does safety in relationships look and feel like?  
(Romantic, Familial, Friendships, etc.)



**Reflections on ki wiichihiitonaan/we take care of each other:**

What values are important in ki wiichihiitonaan/we take care of each other?

What does our collective healing look and feel like?

How is our healing interrelated?

# SASHING OUR ∞ WARRIORS

THE **SASHING OUR WARRIORS** CAMPAIGN IS A GRASSROOTS MOVEMENT WHERE WE, AS MÉTIS PEOPLE, BEGIN A CONVERSATION WITHIN OUR COMMUNITY ABOUT ENDING VIOLENCE: ALLOWING US TO HEAL EMOTIONALLY, MENTALLY, AND SPIRITUALLY THROUGH THE POWER OF CEREMONY.

BY WEARING AND SASHING ANOTHER 'WARRIOR,' YOU COMMIT TO HONOURING, RESPECTING, AND PROTECTING THE WOMEN, GIRLS, AND 2SLGBTQQIA+ PEOPLE IN YOUR LIFE.

## COLOURS OF THE WARRIOR SASH



WHITE: CONNECTING WITH THE EARTH  
AND OUR CREATOR



PINK: PROMISING TO PROTECT, LOVE, AND  
NURTURE WOMEN AND GIRLS IN OUR  
LIVES



YELLOW: PROMISING TO PROTECT, LOVE,  
AND UPLIFT 2SLGBTQQIA+ PEOPLE IN OUR  
LIVES



MAGENTA: RESPECTING AND HONOURING  
OUR ANCESTORS AND LIFE GIVERS,  
PROVIDES STRENGTH AND COMFORT



BLACK: WARRIORS TAKING A STAND TO  
PREVENT VIOLENCE AGAINST WOMEN,  
GIRLS, AND 2SLGBTQQIA+ PEOPLE



THE DEVELOPMENT OF THIS PROJECT WAS A COLLABORATION  
BETWEEN MÉTIS YOUTH BRITISH COLUMBIA, MÉTIS WOMEN BRITISH  
COLUMBIA, AND MNBC'S 2SLGBTQQIA+ ADVISORY COMMITTEE.

# RESOURCE LIST



VictimLinkBC Toll-Free Number 1-800-563-0808 (Call or text)

Trans Lifeline Toll-Free Number 1-877-330-6366

Métis Crisis line at 1-833-Metis-BC (1-833-638-4722)

Métis Elder line at 1-833-For-Metis (1-833-676-3847)

Ending Violence Association of BC- region specific service lists  
[endingviolence.org](http://endingviolence.org)

BC Housing Assistance- [bchousing.org](http://bchousing.org)

## **MNBC RESOURCES**

For MNBC Programs and services visit:

[www.mnbc.ca/work-programs/programs-services](http://www.mnbc.ca/work-programs/programs-services)



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