De-colonize your Health Plan
Traditional Wellness is Preventative Medicine
The Kindness Project
Everybody Matters

When kindness takes root, we all grow stronger.

www.sshskindnessproject.ca

Other News

Take The Kindness Pledge Today

If you haven’t had the opportunity yet, we invite you to take The Kindness Pledge. By taking the pledge, you are committing to be kind in your words, thoughts, and actions. The pledge is an important piece of the Kindness Project that was launched earlier this month. Check it out The Kindness Pledge at: www.sshskindnessproject.ca

And while you are at the website, have a look at the great inspirational posters including the peace sign that went viral, How to Live a Decolonized Life. To date, more than 150,000 people have viewed this page.

As well, you can download the CD Lateral Kindness featuring songs sung in our language. The CD is produced by Leroy Joe, who is best known as the founder of Spiritual Warriors. Leroy worked with a group of young women from SSHS communities to create this beautiful CD that also features narratives about what St’at’imcet life was like before colonization, the residential school legacy, and the future.

And finally, if you have a story about a kind act you experienced please share it on the website. We are growing the website into a database of acts of kindness, tips for fostering Lateral Kindness to address the realities of Lateral Violence.

Kindness Project Tip

When you are going into town to do grocery shopping, invite an Elder to go with you. If she or he can’t, ask if you could pick up anything from the store for them.

If you can afford it, pick them up a treat. Some delicious fresh berries, a box of herbal tea or some healthy baked goods.
Teach the children the way of our Ancestors
You can’t heal what you don’t acknowledge.