

# HONOUR YOUR STRENGTH:

## Our diabetes wellness journey



First Nations Health Authority  
Health through wellness

### A new toolkit for community diabetes education

The First Nations Health Authority is proud to share Honour Your Strength: Our Diabetes Wellness Journey—a community-based group education toolkit designed to support culturally safer, trauma-informed diabetes learning.

First Nations people experience diabetes at significantly higher rates than non-Indigenous populations, yet few existing resources reflect Indigenous perspectives on diabetes wellness. This new toolkit aims to help fill this gap by providing resources that were co-developed with First Nations people living with diabetes and an advisory circle. It includes a workshop series and resource package for community health teams to use in delivering community-level group diabetes education.

The toolkit includes materials for eight interactive education sessions that introduce living well with diabetes, integrating wholistic wellness, peer support and strength-based learning. It invites teams and groups to integrate local culture, teachings and activities to make each series specific to their local context.

#### The toolkit includes:

- **Facilitator Guide** that introduces culturally safer approaches to diabetes wellness, planning tools, session outlines and speaker notes.
- **Participant Handbook** with summaries of the eight sessions, and space for participants to reflect and explore the content in more detail.
- **PowerPoint slides** with visual aids for all eight sessions.
- **Interactive materials** for activities and hands on learning.

The toolkit was developed between spring 2023 and summer 2024. It was piloted between Sept 2024-May 2025 and is now available for use in community. For more information, or to sign up to deliver a series, please fill out this [short survey](#) or email [CDSI@fnha.ca](mailto:CDSI@fnha.ca).



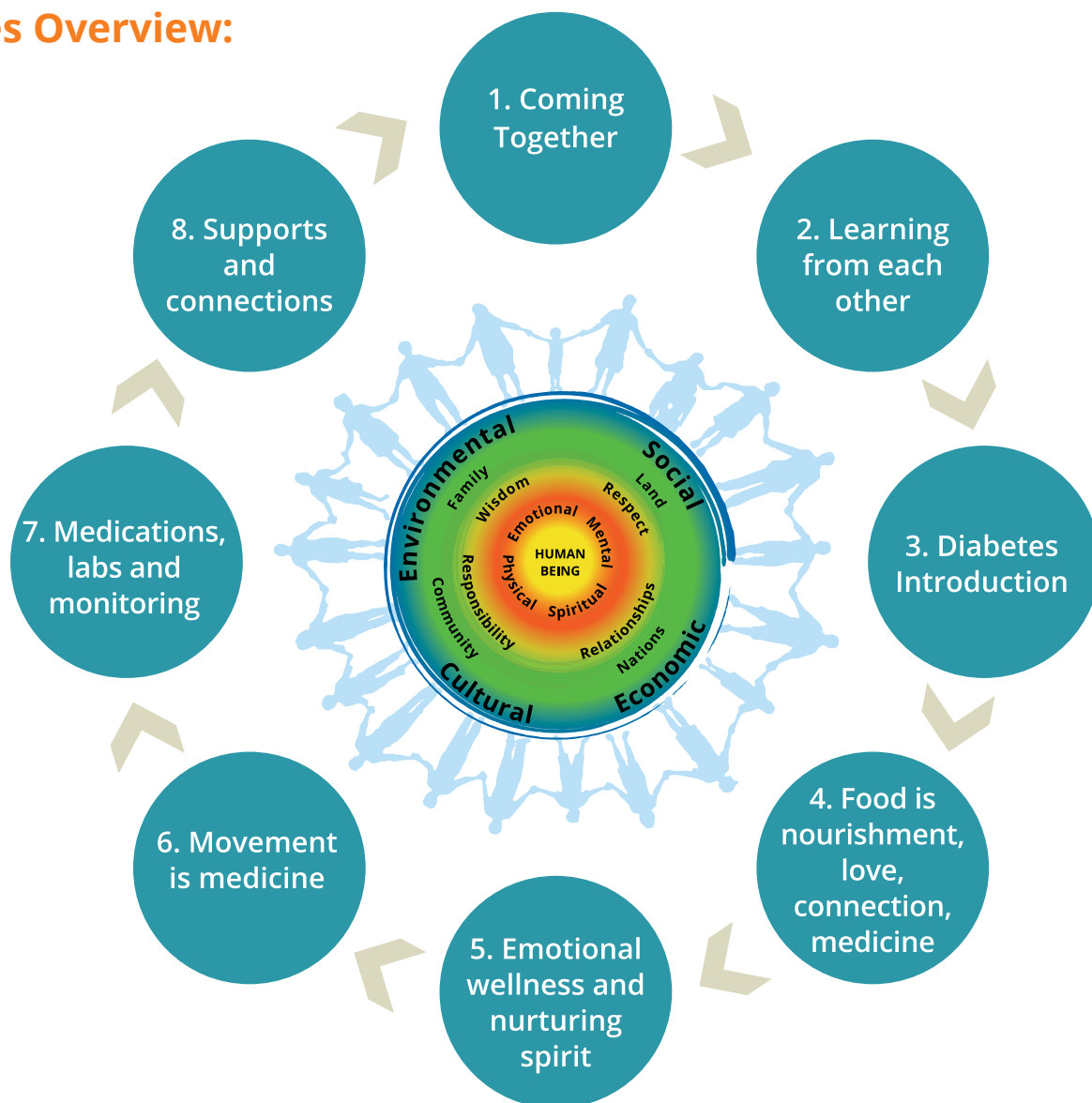
# HONOUR YOUR STRENGTH:

## Our diabetes wellness journey



First Nations Health Authority  
Health through wellness

### Series Overview:



For more information, or to sign up to deliver a series, please fill out this [short survey](#) or email [CDSI@fnha.ca](mailto:CDSI@fnha.ca).