

We need to remember the mental health of everyone we work with we need to look at trauma informed care look at we need to speak slower we might not have to speak so loud so many people come to us with mental health challenges emotional distraught unbearable grief and it manifests within a physical sense but in reality it's a spiritual and emotional pain that they need to share and so we need to be more informed about what people need to share and maybe the best place is to ask them what they need.

Because for sure they know and don't let it think that it's sounds ridiculous and that you can't meet what they need 'oh we can't do that we have to do that we have to be able to get them in to our place and our organizations, most importantly into our ceremonies because we know in our hearts that the happiest place to be is in ceremony let's do it together let their voices echo through the generations from today through to the next generation because that's what our voices do. Let's listen and understand and give thanks for the voices for the people who have courage to share.

Thanks, let's do it because I know we can, miigwetch, all my relations let me say that again all my relations. That mean everybody and we all know what that means it mean everybody.