



Make an informed choice about COVID-19 vaccines and take care of your mind, body, emotions, spirit and community.

SPIRIT:

Find harmony and take care of your spirit while deciding what is best for you.

**COVID-19 Vaccine Frequently Asked Questions
Spirit – Finding harmony**



Is there harmony between the two ways of medicine?

Wellness and healing happens when we can find harmony and balance in our relationships. Using westernized medicine (like vaccines) along with traditional and cultural healing is a helpful way to keep our communities protected from COVID-19 and keep our minds, bodies, spirits, and emotions balanced and healthy.

What are some ways to take care of my Spirit while deciding what is best for me?

Talking to your family, your nookmis and mishoomis, and other Elders in your community about your decisions.

Staying active and staying connected, using smudge, and using the medicines are also helpful. If you need some of the medicines, contact BANAC or your local Indigenous service organization.

Who can I talk to for support during this pandemic and to learn about the vaccine?

Contact your local Indigenous service organization for support during the pandemic and with making decisions about COVID-19 vaccines.



Your local Indigenous organizations are here to support you. See page 2 for up-to-date contact information.

Contact your local Indigenous service organization for support during the pandemic and with making decisions about COVID-19 vaccines.

Organization	Contact
Enahtig Healing Lodge and Learning Centre	705-534-3724
Orillia Native Women's Group	705-329-7755
Georgian Bay Métis Council	705-526-6335
Biminaawzogin Regional Aboriginal Women's Circle	705-326-3900
Georgian Bay Native Women's Association	705-527-7043
Barrie Native Friendship Centre	705-721-7689
Georgian Bay Native Friendship Centre	705-526-5589
Mamaway Wiidokdaadwin Primary Care Team	Barrie: 705-721-9554 Orillia: 705-259-9520
S.U.N Housing	705-737-3532

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