

Ningwanuk Meshquajese Wings of Change

Working With the Aboriginal Community to Create Healthy Workplaces for Aboriginal Workers

- ◇ Do you have concerns about your Workplace Health & Safety?
 Is your workplace making you sick? Do your coworkers and family worry about your workplace?
- ◇ Do you avoid, keep quiet or quit your job rather than do something about your workplace hazards?

The Aboriginal Workers Education and Outreach Project is part of the services provided by the MFL Occupational Health Centre (MFLOHC). The MFLOHC is a community health centre specializing in workplace health and safety. We are a non-profit, charitable organization funded by the Winnipeg Regional Health Authority.

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You are not alone! Stories from community gatherings, Sharing Circles and Aboriginal workers own lived experience, confirm that

- ~ *Residential School generational effects are widespread and also affect workplaces and working relationships even today*
- ~ *effective Healing Processes take teamwork*
- ~ *Sharing Circles encourages healing & teamwork by including everyone*
- ~ *it is a Personal Responsibility to walk towards positive change*



The 'Indian Act Medicine Wheel Knowledge Circle' (Marjorie Beaucage) is a way of knowledge and discovery. It is part of the Spirit Toolkit.

This project equates the sacred teachings and workers rights within Sharing Circles. We believe that storytelling within Sharing Circles will better equip Aboriginal workers to deal with their workplace health & safety issues over time.

Respect your life, your coworkers, your family and your community.

Get involved with Workplace Health & Safety in a good way that honours the 7 Sacred Teachings.

Contact our project to

- ~ *Tell your workplace story so that others can learn from your experience*
- ~ *Arrange a Wings of Change Sharing Circle in your workplace or community*
- ~ *Find out how to become a Sharing Circle Guide for Workplace Health & Safety Sharing Circles.*

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The 3 Rights of Workers

- ~ The right to know about workplace hazards ~
- ~ The right to participate in health and safety committees ~
- ~ The right to refuse unsafe work ~

7 Sacred Teachings + 3 Workers Rights = Workers Path to Health & Safety



Respect

Treat all your relations as you wish to be treated - we are all related - the four-legged, the two-legged, the winged ones, the ones that crawl, the plant nation, the rock nation.
All My Relations.



Humility

Be humble and walk Mother Earth in unpretentious simplicity with benevolence and modesty.



Love

Has no conditions or borders. Is to give, to receive and to share.



Truth

Speak with sincerity, walk with integrity; you will be truth.



Honesty

Show fairness in word and action; be genuine and virtuous.
Let honesty be your guide and you will live in honour and happiness.



Courage

Be strong, 'walk your talk'. Live by your beliefs, work for the good of all and bring harm to none. These are courageous ways.



Wisdom

Common Sense is practical wisdom - it is found everywhere;
in the words of the Elders and the wind in the trees.

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If you have a workplace story you would like to share with us then call 926-7903
or Email: aweop@mflohc.mb.ca