

Broken treaties destroyed the ancestral lands we depended on for food, shelter, and ceremonies.

Dependence on non-traditional foods and poor nutrition made us sick.

Boarding schools ripped our families apart, and some abused or killed our children.

These are the roots of historical trauma that still affect us today, yet we are healing.

**#WeAreHealing**



nabsbc • Following



**nabsbc** We carry this trauma from generation to generation. But we are HERE. We protect our sacred traditions and each other; we stay resilient in the face of ongoing colonization. As more and more people confront the truth and trauma of history, opportunities for healing are being created. Healing begins with truth. [#WeAreHealing](#)

32w



**nabsbc** .



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[#Native](#) [#Indigenous](#)  
[#NativeHistory](#) [#NativeAmerican](#)



Liked by **vbblackfox** and others

JULY 9, 2020



Add a comment...

Post

We carry  
the sacred in  
our cultural  
DNA.

#WeAreHealing



nabsbc • Following



nabsbc Our sacred traditions can be pathways towards healing—healing is our heritage. #WeAreHealing

28w



nabsbc .



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#Native #Indigenous  
#NativeHistory #NativeAmerican  
#GenerationIndigenous  
#IndigenousPeople #Culture  
#Intersectional #TruthAndHealing  
#BoardingSchoolHealing  
#ProtectTheSacred  
#ProtectOurElders #NativeHealing



Liked by ms\_eagleheart and others

AUGUST 4, 2020



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Post

We continue to thrive, despite centuries of severe stress bearing down on our minds, bodies, and spirits.

#WeAreHealing



nabsbc • Following



**nabsbc** Resiliency is in the core of our communities. Healing is in our heritage. We continue to experience the effects of trauma, but we are here, we are sharing truth and seeking justice, we are healing. #WeAreHealing

27w



**nabsbc** .



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#Native #Indigenous  
#NativeHistory #NativeAmerican  
#GenerationIndigenous  
#IndigenousPeople #Culture  
#Intersectional #TruthAndHealing



Liked by **wordlodge** and others

AUGUST 14, 2020



Add a comment...

Post

The effects of historical trauma are passed down the line, from parents and children, to grandchildren and future generations. But so is healing.

#WeAreHealing



nabshc • Following



**nabshc** Our elders and ancestors have given us powerful healing tools in our traditional foods, ceremonies, and prayers. We are taught to care for each other, to celebrate our cultures, and to honor our communities. Together, healing is our heritage. #WeAreHealing

24w



nabshc .



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#Native #Indigenous  
#NativeHistory #NativeAmerican



Liked by **associndianaffairs** and others

SEPTEMBER 4, 2020



Add a comment...

Post

Future generations  
are depending on us  
to keep our traditions  
alive for them.  
Protect our elders—  
protect our future.

**#WeAreHealing**



nabsbc • Following



**nabsbc** Cultures and traditions are preserved and passed down from generation to generation. Our elders are our sacred knowledge-keepers, and by protecting and caring for them, we are also protecting the majesty of our traditions. Wearing a mask, washing our hands, and social distancing are acts of respect and honor for our elders—and our cultures. [#WeAreHealing](#)

23w



nabsbc .



Liked by [associndianaffairs](#) and others

SEPTEMBER 10, 2020



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Post

Different communities have different cultures, but one common thread is caring for each other.

**#WeAreHealing**



nabsbc • Following



nabsbc How do you care for your community? #WeAreHealing

22w



nabsbc .



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#Native #Indigenous  
#NativeHistory #NativeAmerican  
#GenerationIndigenous  
#IndigenousPeople #Culture  
#Intersectional #TruthAndHealing  
#BoardingSchoolHealing  
#IndigenousHealing



Liked by 2slgbtq and others

SEPTEMBER 17, 2020



Add a comment...

Post

Healing ways  
are a part of our  
life ways, in our  
communities and  
our traditions.

#WeAreHealing



nabsbc • Following



nabsbc What healing practices and ways do your cherish? #WeAreHealing

19w



nabsbc .



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#Native #Indigenous  
#NativeHistory #NativeAmerican  
#GenerationIndigenous  
#IndigenousPeople #Culture  
#Intersectional #TruthAndHealing  
#BoardingSchoolHealing  
#IndigenousKnowledge



Liked by 2slgbtq and others

OCTOBER 6, 2020



Add a comment...

Post

Spiritual, mental,  
and emotional injuries  
directly affect physical  
health—that's why  
historical trauma often  
shows up in the body.  
Health and healing are  
for the whole person.

**#WeAreHealing**



nabsbc • Following



**nabsbc** Historical trauma impacts everyone differently, and a healing journey looks different for every individual. What is helping you heal?  
[#WeAreHealing](#)

18w



**nabsbc** .



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[#Native](#) [#Indigenous](#)  
[#NativeHistory](#) [#NativeAmerican](#)  
[#GenerationIndigenous](#)  
[#IndigenousPeople](#) [#Culture](#)



Liked by **vblackfox** and others

OCTOBER 15, 2020



Add a comment...

Post



Our future is  
in your hands...  
wash them  
often!

#WeAreHealing



nabsbc • Following



nabsbc COVID-19 cases are continuing to rise at an exponential rate. The health and safety of our loved ones, our neighbors, our communities are—literally—in our hands. Wear a mask, practice social distancing, and wash your hands often to protect our future! #WeAreHealing

13w



nabsbc .



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#Native #Indigenous



Liked by vblackfox and others

NOVEMBER 20, 2020



Add a comment...

Post

Spread love,  
not COVID.

#WeAreHealing



nabsbc • Following



nabsbc We all have a part to play in protecting our elders and our communities. COVID is still a major threat, so please wear a mask, wash your hands often, and maintain social distancing. Together, #WeAreHealing.

3w



nabsbc .



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#Native #Indigenous  
#NativeHistory #NativeAmerican  
#GenerationIndigenous  
#IndigenousPeople #Culture



Liked by christinediindiisi and others

JANUARY 29



Add a comment...

Post

# We are the protectors.

## #WeAreHealing



nabshc • Following



**nabshc** Wearing a mask, washing your hand, and maintaining social distancing can protect both you and those around you. Selfish ways are not our traditional ways—let's all play our part in protecting our elders and our communities. [#WeAreHealing](#)

2w



nabshc .



[#Native](#) [#Indigenous](#)  
[#NativeHistory](#) [#NativeAmerican](#)



Liked by [return2heart](#) and others

FEBRUARY 3



Add a comment...

Post

We're the  
ancestors now.  
Let's be good  
ones.

#WeAreHealing



nabsbc • Following



**nabsbc** It's our turn now. Let's be good ancestors and protect our communities and our traditions from COVID-19 by maintaining social distance, washing our hands, and wearing masks.  
[#WeAreHealing](#)

1w



**nabsbc** .



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[#Native](#) [#Indigenous](#)  
[#NativeHistory](#) [#NativeAmerican](#)  
[#GenerationIndigenous](#)



Liked by [return2heart](#) and others

FEBRUARY 12



Add a comment...

Post

Selfish ways are not our traditional ways. We all have a part to play while we are healing.

#WeAreHealing



nabsbc • Following



**nabsbc** We're the ancestors now, and we know what we need to do to be good ones: wash our hands, maintain social distance, and wear a mask. Let's all play our part. #WeAreHealing

2d



**nabsbc** .



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#Native #Indigenous  
#NativeHistory #NativeAmerican  
#GenerationIndigenous  
#IndigenousPeople #Culture



Liked by dr\_bqnks and others

2 DAYS AGO



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