

SPECIAL PRESENTATION & DISCUSSION

MMIWG2S & Maternal Mental Health

In recognition of Red Dress Day & Maternal Mental Health Week

Thursday, May 8 from 10 a.m. to 12 p.m.
Spiritual & Cultural Care Centre, Ottawa Campus



Presented by
Indigenous Elder
CAROLINE
BUCKSHOT

What to Expect

Join us to hear from Elder Caroline Buckshot (Anishinaabe name is KaNigan a Pit, which means "Woman who teaches"). In this interactive discussion, Caroline will share knowledge and perspective on Missing and Murdered Indigenous Women, Girls, and Two-Spirit people, with a focus on the intersections with maternal mental health.

Caroline is the daughter of a residential school survivor, and is actively engaged in her community to gain a deeper understanding of the traditional role of my Algonquin heritage. Caroline views the world through the Anishinaabe teachings of the Medicine Wheel, and she brings the gift of Indigenous story work to pass on the teachings of wisdom for healing.

Context Setting

Indigenous women are 12 times more likely to be murdered or go missing than any other women in Canada.

May 5 is Red Dress Day, the National Day of Awareness for Missing and Murdered Indigenous Women, Girls, and Two-Spirit People. This important day honours those whose lives have been lost, whose stories remain untold, and those deeply affected by violence. It brings attention to the epidemic of violence against Indigenous women, girls, and 2SLGBTQIA+ people, who face disproportionately high rates of harm.

Red Dress Day also falls within Maternal Mental Health Week (May 5-9); a time to reflect on how these ongoing injustices intersect with the mental health and well-being of Indigenous mothers, birthing people, and families. The trauma of violence, systemic racism, and intergenerational harm deeply impacts perinatal mental health, highlighting the urgent need for culturally safe care, community support, and systemic change.

