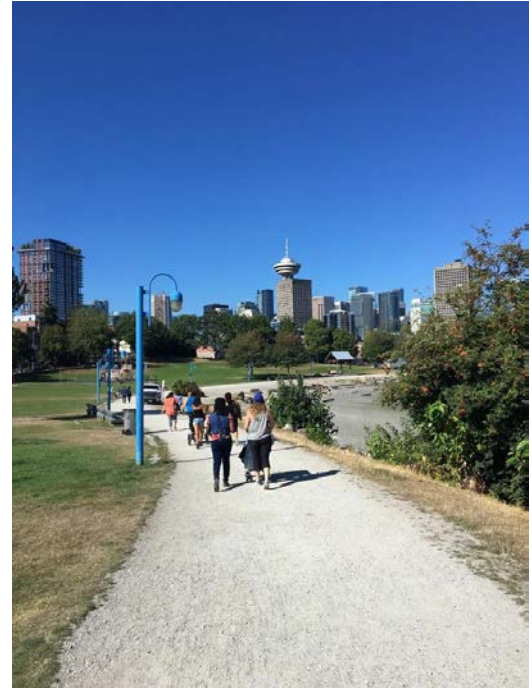


# Creating Culturally Safe and Trauma Informed Physical Activity Programming for Aboriginal Pregnant and Parenting Women in the DTES: A Community Based Approach

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# Overview

- Community Based Research
- Key Findings
- Program Development
- Moving Forward
- Recommendations



# DTES of Vancouver



# Partners



Aboriginal Mother  
Centre Society



van<sup>∞</sup>ouver  
foundation

# Community Based Research

- Participatory-Action Based
- Postcolonial Feminist Lens
- Key informant Interviews
- 5 Focus Groups
- Community Review of existing programming

# Ethnicity

	<b>N (37)</b>	<b>%</b>
Aboriginal	28	75.7
Non-Aboriginal	9	24.3



# Experience of Discrimination



	<u>N</u>	<u>%</u>
Often	5	13.5
Sometimes	23	62.2
Never	9	24.3

# Key Findings



- Major gaps
  - Needs to be accessible
  - Meets community needs
  - Be culturally safe and trauma-informed
-



*“don't know where to go, what to do, like what's the norm if you want to stay fit, like how do you do it if you've never had a schedule or a pass to a gym. I've never had a gym pass, but apparently they're available, but I don't know how to get it. I don't know how to network properly and then by the time I figure out what's going down out there, it's already been abused by people taking advantage of certain gym passes and everything, that they start shutting things down or they have a limit.”*

*-Mom of 3*

*“I consider it [physical activity] the first line of treatment for anxiety, depression, all sorts of things. Physical fitness is really important and I think in our community it is kind of a leisure activity, a luxury that people who live in poverty usually don’t get to access because of many barriers.”*

- Community Service Provider

*“There is definitely a gap our organization. Traditionally, living in a balanced way includes all four quadrants of the medicine wheel. Our program is good at addressing emotional, spiritual and mental wellness in our programming but physical wellness is not available at this time. “*

- Community Service Provider





*“sometimes when women are abused and stuff, they don’t want to work out with men, so they should take that into mind...like maybe they have certain groups for traumatized moms”.*

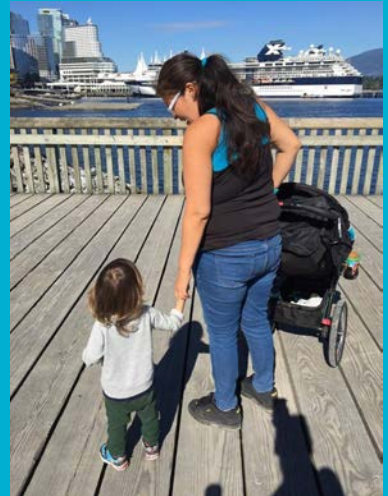
*- participant, mom of 2*

# Principles of Trauma Informed Care

1. Trauma and violence awareness
2. Emphasis on safety (including cultural safety) and trustworthiness
3. Opportunity for choice, collaboration and connection
4. Strengths based and skill building



# Creation of Walking Program at Crabtree Corner



# Creation of Walking Program at Aboriginal Mother Centre



# Moving Forward...



# Thank you!

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