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WALKING TOGETHER

*A Participatory Action Approach to Developing Physical Activity
Programming for Indigenous Women in the DTES*

WHO WE ARE

YWCA CRABTREE CORNER ABORIGINAL INFANT DEVELOPMENT PROGRAM

In partnership with:

The University of British Columbia

Vancouver Foundation

Vancouver Women's Health Collective

Aboriginal Mother's Centre

OVERVIEW

- COMMUNITY BASED RESEARCH
- KEY FINDINGS
- PROGRAM DEVELOPMENT
- MOVING FORWARD

COMMUNITY BASED RESEARCH

- KEY INFORMANT INTERVIEWS - FOCUS GROUPS
- REVIEW OF EXISTING COMMUNITY RESOURCES



KEY FINDINGS



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

BARRIERS

*Chronic exhaustion - time and energy - transportation -
having a baby - coed gyms - depression - fewer parks on
the dtes - poor health - body pain - finances - lack of
routine because of appointments - lack of motivation -
fear of judgement - child care - completing leisure access
forms - fewer resources and programs - commitments
around the house*

FRIDAY AM
INCENTIVES
COFFEE &
SNACKS
DIFFERENT
ROUTES
USED GEAR

CTC WALKING GROUP 2017



CULTURAL CONTEXT



“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

TRAUMA INFORMED PRINCIPLES

- Trauma and violence awareness
- Emphasis on safety (including cultural safety) and trustworthiness
- Opportunity for choice, collaboration and connection
- Strength-based and skill building

FOSTERING RESILIENCY



MOVING FORWARD...



Thank you!

Walking in the dark with a friend is better than walking alone in the light ~ Helen Keller