

Kara Ruff's Resources on the topic of Indigenous health and wellness or Canada's dark history and ongoing impacts of colonization.

- 1) White Coat Black Art: Road Trip to Meet Dr. Alike Lafontaine
<https://www.cbc.ca/listen/live-radio/1-75-white-coat-black-art/clip/15931089-road-trip-meet-dr.-alika-lafontaine>
- 2) Dr. Nadine Caron: The other side of "being first" https://youtu.be/6JEry_t0Cfw
- 3) Dr. Evan Adams: wellness, two eyed seeing and system change
<https://youtu.be/bAjSj9tDq1E>
- 4) White Coat Black Art: Kilala Lelum
<https://open.spotify.com/episode/3zTzCgiGyyxxMa7gVebawN?si=696770729ded4d92>
- 5) Two eyed Seeing in the Healthcare System
<https://open.spotify.com/episode/3zTzCgiGyyxxMa7gVebawN?si=696770729ded4d92>
- 6) Métis Nation British Columbia
<https://open.spotify.com/episode/2RMhbWcqLPCHxRzpLMRA30?si=3a62df0e5100417d>
- 7) Canada's Dark Secret; Featured Documentaries https://youtu.be/peLd_jtMdrc
- 8) Missing and Murdered: Finding Cleo
<https://open.spotify.com/show/6wHbN5SILS76LPZOlbad5F?si=0af12efe2ff44e27>