



*Jennifer Pereira-Ashawasegai is an Anishinabek citizen from Henvey Inlet First Nation in Ontario. The Beaver Clan member is a proud daughter, mother, sister, auntie, cousin and Nokomis (grandmother). Currently, Jennifer works as an Indigenous Community Liaison for a corporation and continues to volunteer her time in the grassroots Indigenous community at large.*

*Jennifer believes Indigenous traditional health practices and ceremony are key in the mental wellbeing of Indigenous Peoples. Traditional health practices can also be integrated with western methods of mental health treatment for maximum benefit. It's through this two-eyed way of seeing that Jennifer has been able to maintain positive mental health after a diagnosis of bipolar disorder more than 20 years ago. In 2010, she participated in the Mental Illness Awareness week campaign, sponsored by the Canadian Mental Health Association. Since that time, Jennifer has promoted the benefits of incorporating Anishinabe culture in mental wellbeing practices through sharing her story.*