



Anishnawbe Health Toronto

Wisdom Weavers

Storytelling & Traditional Teachings

Join Anishnawbe Health Toronto for a series of storytelling presentations on enduring troubling times, surviving challenges, keeping families strong, and emerging stronger for it all. Elders and Knowledge Holders from across Turtle Island will share their experiences as well as stories within their own cultures and Nations.



“Mukwa and Me” by Trey Robinson, a client of Anishnawbe Health Toronto. Over the years I have faced a lot of challenges and adversity and have battled many demons within myself. It is always my spirit animal the brown bear that centres me and brings me back down to where I am most at peace. So, it is always “Mukwa and Me.”



Perry McLeod-Shabogesic of the “Crane Clan” is an Ojibway Anishinabe from N’biising (Nipissing) First Nation. He is the Manager of Cultural Services for the “Niinjaansinaanik Child and Family Services in Dokis First Nation.” He is an Elder, Helper, and resource person for our Member First Nations of Wasauksing, Shawanaga, Magnetawan, Henvey, Dokis and Wahnapiatae First Nations. In this role he has been assisting children, families, and First Nations staff in the area of traditional medicine, teachings, ceremonies, and workshops. Perry is also compiling a resource list of Traditional Helpers from all our member communities. This will assist in developing local and shared cultural growth in our catchment area.

Perry’s spirit name is “Aandzooked”, which means “Teller of sacred stories” in Ojibway. Perry’s storytelling presentation is titled: “We Are All Stories Waiting to Be Told.” In his presentation, Perry will explain that our stories connect us to our past, present, and future. Through the stories and teachings of The Bear Moon (Mukwa Gezis), the stories speak to who we are as Indigenous people of this land, and they reveal our world view and understanding of our place in creation. Perry will be sharing stories that have been told to him and will be sharing stories that he has lived. “Storytelling is more than just telling stories. It’s taking your spirit on a journey to a sacred place where only your spirit can go.”

To view the video, please click on the following link:
https://www.youtube.com/watch?v=_MGa293UXVg

This presentation series is made possible by the generous donors to the Anishnawbe Health Foundation.