

*Éy xwelált tel siyá:m siya:ye, Good evening my respected friends,*

*The Good Medicine Songs team holds a special place in my heart. It was a privilege to work on the Q'épchexw Chowiyes - Together We Rise film with the team. I raise my hands to Kevin for his support and skills.*

*This time last year, in my role as an Indigenous Health Liaison at Fraser Health, I had the privilege of hosting the Good Medicine Songs, which provided healing through music and storytelling. My clients at that time were individuals who struggled with substance use and self-identified. I wanted to share that I was able to speak with one of them a few months ago. She is now sober and is in an outreach support position, giving back to the community. She shared how thankful she was for that day.*

*Other community members I worked with echoed similar sentiments. I would go out to provide cultural and holistic care to them, and during that time, I would share Good Medicine Songs. I am no Madonna, but they loved hearing it. The last client I worked with before I left shared that when I came to provide cultural care and sing, she felt her heart beat. She said when we sang together, the music touched her and she felt at peace. Struggling every day, but when it came time for us to come together, she felt hope and resilience.*

*Additionally, I used the Good Medicine Songs to support frontline workers. In order to give good medicine, you first need to be able to receive it. The feedback from the workers was overwhelmingly positive; they enjoyed the inclusivity of the music and the accompanying stories. Witnessing the impact of the Good Medicine Songs was an incredible experience, and it wouldn't have been as successful without them.*

*I've seen the Step in the Right Direction film with the Chilliwack students, and honestly, the song brought me to tears. It left me with such a good feeling! It's exciting to see the Abbotsford School District partner with this incredibly talented family.*

*I am very honoured to join as an Indigenous support worker. I am very appreciative of Allison and the beautiful work she does, shxwóxwelchels - I raise my hands to her.*

*Xyolhemethchexw, you take care,*

*Calista*