
A California Indigenous Perspective on Women's Wellness/Well-being Practices

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Indigenous Feminism

“an intersectional theory and practice of feminism that focuses on decolonization, Indigenous sovereignty, and human rights for Indigenous women and their families” (Gearon, 2021).

Examples of Embodied Indigenous Feminism

Native American Health Center

“Native American Health Center provides a variety of weekly group sessions and quarterly community events, including an elders support group, substance abuse recovery group and Positive Indian Parenting Groups. The Native Wellness Center is designed to strengthen family communications, build a strong community, and to help Native Americans navigate the complex human service systems in Contra Costa County. Expected results from these activities include increased culturally relevant mental health services offered to Native American Community in Contra Costa County” (Contra Costa County Mental Health Services, 2010).

- Home Page: <https://www.nativehealth.org/>
- Upcoming Events Calendar: <https://www.nativehealth.org/events/>
 - Indigenous Red Market: <https://www.indigenousredmarket.com/>

Sogorea Te' Land Trust

“Sogorea Te' Land Trust is an urban Indigenous women-led land trust based in the San Francisco Bay Area that facilitates the return of Indigenous land to Indigenous people... Through the practices of rematriation, cultural revitalization, and land restoration, Sogorea Te' calls on Native and non-native peoples to heal and transform the legacies of colonization, genocide, and patriarchy and to do the work our ancestors and future generations are calling us to do” (*Purpose and vision*, 2023).

- Home Page: <https://sogoreate-landtrust.org/>
- Shuumi Land Tax: <https://sogoreate-landtrust.org/pay-the-shuumi-land-tax/>
- Other Ways to Engage: <https://sogoreate-landtrust.org/other-ways-to-engage/>

For more California Indigenous news, articles, and events check out “News from Native California”:

<https://newsfromnativecalifornia.com/>

References

Contra Costa County Mental Health Services (2010). Cultural competence plan: Three year plan fiscal year 2010-11, 2011-12, 2012-13. https://cchealth.org/mentalhealth/pdf/2010_cultural_competence_plan.pdf
Gearon, J. (2021). Indigenous feminism is our culture. *Stanford Social Innovation Review*. <https://doi.org/10.48558/WBFS-NM87>
Purpose and vision. The Sogorea Te Land Trust. (2023, February 3). Retrieved March 14, 2023, from <https://sogoreate-landtrust.org/purpose-and-vision/>