



First Nations Health Authority
Health through wellness

What is a Learning and Healing Circle?

Learning Circles

Learning Circles are used as an Indigenous approach to restoring relationships damaged by health care experiences. They bring you, your support system and the appropriate medical practitioners together in order to: bear witness to the harm that has occurred, acknowledge and apologize for the experience that was had, bring forward questions and share teachings and lessons learned. Learning Circles are client-centred, meaning that they are guided by your questions and needs. This may include spiritual grounding at the open and closing of the Circle or an Elder present throughout the Circle. The First Nations Health Authority's (FNHA) role in these processes includes:

- fostering a space of safety by discussing with the family what they need to feel safe within the space. This may include spiritual grounding at the open and closing of the Circle, an Elder's presence, protocols or guidelines in terms of how the Circle is conducted.
- logistical planning; and
- facilitation.

Healing Circles

Healing circles are an opportunity to honour the journey you have walked — from the experience that brought you to require medical attention, the harm that occurred when that experience was handled poorly, the resharing of your story to seek accountability and quality improvement, and your participation in multiple meetings while engaging in complaints management. The Healing Circle is for you and your family to heal in a cultural way. It is guided by your teachings so that you can move forward in a good way. Healing Circles can be open to those outside of your support system or closed. The FNHA's role is guided by you, but may include:

- logistical planning; and
- providing honoraria and blankets to attending Elders.

Contact the Quality Care and Safety Office at: quality@fnha.ca or
call our toll-free line at: 1-844-935-1044.

For more information, visit [FNHA.ca/compliments-and-complaints](https://fnha.ca/compliments-and-complaints)