



IMPORTANCE OF DREAMS

Dreams and visions are an important part of Indigenous cultures.

Dreams come from the same place in your brain that your feelings come from, so they often star people in your life. They're also usually about something you're nervous, confused or excited about.

WAYS TO EXPLORE AND UNDERSTAND YOUR DREAMS

- ★ Reach out to someone you trust
- ★ Reach out to an Elder
- ★ Attend cultural community events
- ★ Pray or offer Medicines

HOW DO YOU SAY DREAM OR VISION IN YOUR LANGUAGE?

