

TAKING ACTION 2025

UNDERSTANDING HISTORICAL TRAUMA

RESOURCES

Online Resources

- Peacemaker Resources: <https://www.peacemakerresources.org/> Peacemaker Resources fosters communication, compassion and connection leading to respectful relationships and healthier individuals, families and communities.
- <https://native-land.ca/> Interactive map showing territory, language, and treaties
Native Land Digital strives to create and foster conversations about the history of colonialism, Indigenous ways of knowing, and settler-Indigenous relations, through educational resources.
- Thomas X - The Medicine: <https://www.youtubeeducation.com/watch?v=S-w1FqC90Ew> featuring Brendan Strong
- We Shall Remain - The Style Horse Collective <https://youtu.be/GsOiwY6YjSk>
WE SHALL REMAIN was created to address the effects of historical trauma in our tribal communities.
- Remembering Resilience Podcast: <https://rememberingresilience.home.blog/podcast/season-one/> This podcast explores NEAR Science, Historical Trauma, and ways Indigenous communities and individuals in Minnesota are creating and Remembering Resilience.

Books

- *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies*, by Resmaa Menakem
- *Trauma and Recovery: The Aftermath of Violence—From Domestic Abuse to Political Terror*, by Judith Herman
- *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*, by Bessel van der Kolk M.D.

Values of this Forum

- Inclusive communities, where everyone can thrive.
- Sustainable communities, which are environmentally resilient and productive.
- Collaborative/non-oppressive communities, where together we develop solutions.
- Non-violent communities, focused on peaceful solutions.
- Growth focused communities, which evolve to meet the challenges of living in a thriving democratic society.

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