

Cultural Identity is fundamental to how we see ourselves and the world. Establishing an identity is not an easy process. Identity is dynamic, complex and changes over time.

Our culture is the core essence of our sense of identity, sense of belonging, the land we come from and the interconnectedness with each other and Creator.

OSKISKWEWAK



The purpose of this program is to ensure that values, traditions, and identity are seen as a source of courage, strength, honour, and pride for the future

SĀPOHTĒWIN



The Rites of Passage: Indigenous youth are reclaiming their heritage, healing from intergenerational traumas, and strengthening their connection to their communities and all of Creation.

TĀPĀKŌMITOWIN



The vision of rebuilding community out on the land. Coming together as one adopted family, unlearning, learning and relearning what it means to be Indigenous People by reclaiming our Indigenous traditional ways.

KAIROS Blanket Exercise



Is an experiential workshop that explores the nation-to-nation relationship between Indigenous and Settlers. Helps people to understand how colonization of this land impacts those who were here long before settlers arrived.

Cultural Reclamation

When we know where we come from and know who we are, we can reclaim our sense of identity as Indigenous People. Understanding our roots will provide us with a deeper connection to our ancestors, traditions, and values. By embracing our cultural heritage, we can foster a sense of belonging and community.

For more information about our programs

CONTACT US

Visit our website
<https://www.kayasisihcikewin.ca/>

Mobile Number
(306) 209-5029

Social Media
kayasisihcikewin



Email Address
kayasisihcikewin@gmail.com

Regina, SK
Treaty 4 Territory

Kayās-isihcikēwin: Reclaiming Indigenous Culture Inc.
Nonprofit #102196118



KAYĀS - ISIHCIKĒWIN

Reclaiming Indigenous Culture Inc.

Kayās-isihcikēwin has been born out of a passion to provide a space to reclaim one's cultural identity in an environment that is spiritually, mentally, emotionally, and physically safe.

Indigenous Peoples will return to the old ways by reclaiming, revitalizing, and relearning our cultural practices, languages, ceremonies, and traditional ways of being, doing, and knowing. Our communities will be vibrant, strong, grounded in the wisdom of our ancestors, and empowered by our knowledge of the land. Indigenous Peoples will begin to heal from the inter-generational trauma and strive for holistic well-being.



MISSION

To ensure that Indigenous children, youth, and adults are given the opportunity to heal from intergenerational trauma by restoring, revitalizing, and reclaiming their Indigenous traditions, customs, ceremonies, and languages.

VISION

For Indigenous people to not only like themselves but love themselves as Creator intended them to be.

We believe all Indigenous People can embrace who they are, can define their future, and can change the world.



Kayâs-isihcikêwin (Cree for the old way of doing things)

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Ji-gaabiikwe

Anishinaabe for
"Where the Land and
Water Meet Woman."

Also known as:
Diane Campeau

I am of Saulteaux, Cree,
and Métis ancestry.

I am a registered
member with
Yellow Quill First Nation,
on Treaty 4 Territory.

I am the founder of **Kayâs-isihcikêwin**. As a Sixties Scoop survivor I have transformed my healing journey into a powerful movement of cultural reclamation and community wellness. Through my nonprofit Kayâs-isihcikêwin, I am revitalizing rites of passage for Indigenous girls and young women, restoring ceremony, and leading land-based and cultural wellness programs that reconnect youth to identity, ancestors, and spirit.

I stand with grieving families, supporting youth mental health, and bringing healing through song, drum, and story.

Guided by kêtê-ayak (Cree for Old Ones) and Indigenous governance, I am rebuilding pathways to belonging with humility, vision, and love. I am resurgence in motion; restoring identity, community, and connection.

