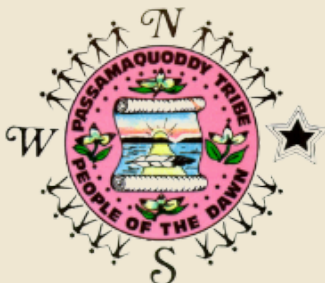




WABANAKI PEOPLE OF THE DAWN



With funding from PDG, Wabanaki Public Health and Wellness enhanced prenatal care and home visiting services for families with young children in all. This comprehensive approach, rooted in Family Spirit Practices, sought to support tribal members with culturally sensitive services, fostering healthy development within all five communities.

WPHW expanded support for pregnant individuals during the perinatal period. They provided doula training to tribal members in all five tribal communities. In addition, they promoted safety and welcomed newborns with safety resource bundles, promoted early literacy with the distribution of books in native languages to families with young children. The funding supported the development of a new tribal childbirth education initiative and provided caregiving and parent group classes to equip parents with the essential tools for creating nurturing environments.

ZAAGI'IDIWIN



Indigenous Doula Training

At the end of September, Tribal communities gathered for a transformative and heartfelt experience during our first-ever Zaagi'idiwin Indigenous Doula Training, which welcomed 24 participants, including cherished members of the Wabanaki community and dedicated staff from Wabanaki Public Health & Wellness. They were honored to have representatives from Tribal Leadership, the Indian Child Welfare Act (ICWA), mothers, and individuals passionate about doula and birth work join us on this meaningful journey.

This training was not just informative; it was a powerful testament to Tribal culture and resilience. They grounded our lessons in tradition, utilizing culturally significant items like dreamcatchers and beaded artwork to teach anatomy, including dilation sizes. This innovative approach encourages participants to share knowledge with families in a way that resonates deeply, using materials rooted in our Indigenous practices. By incorporating these familiar and cherished elements, they hope to alleviate stress and foster a strong connection between mental health and Indigenous culture.

Throughout the training, participants also discovered compassionate techniques for supporting families during labor, explored various positions, and received directed massage treatments that reassure and empower. Each day began with a song and a prayer, setting a positive, uplifting tone for their time together. To nurture the ongoing connection they've built, they have organized monthly calls for participants, ensuring we continue to translate this valuable training, knowledge, and ceremonial wisdom back into our beloved Wabanaki communities. Together, we are creating pathways for support, healing, and growth.

Testimonial Statement from Doula Training:

"It was a beautiful training."

"This training is needed and so healing."

"Words to describe the training by participants:
powerful, informative, meaningful, needed, healing,
beautiful."

Individuals Served



Reporting for Services through September 30, 2025

Households Supported:	531
Literacy Supplies:	172
Safety Resource Bundles:	118
Parenting Education Classes:	9
Childbirth Education Courses:	83
Indigenous Doula Training:	24

Individuals Served

Early Care and Education Needs by Tribal Community

Houlton Band of Maliseet Mi'kmaq Nation

Early Intervention	Early Intervention
Safe play areas	Safe play areas
Special Needs Care	Childcare options
Tribal school	Special Needs Care
Head Start	Head Start

Penobscot Nation Passamaquoddy Tribe at Motahkomikuk

Safe play areas	Safe play areas
Childcare options	Childcare options
Special Needs Care	Special Needs Care

Passamaquoddy Tribe at Sipayik

Safe play areas
Childcare options
Special Needs Care