



### **First Nations Cultural Livelihoods**

*For the purpose of the Canadian Red Cross Small Business Support program*

There are many First Nation people whose primary means of livelihood is based on cultural expression or ceremony, sometimes called “cultural livelihood”.

These cultural livelihoods may include:

- Artist / Artisan
- Carver
- Creates beadwork, quillwork, jewelry, regalia, and/or ceremonial goods
- Hunter, trapper, fisher
- Community wellness (example: conducting circles)
- Ceremony: Individual whose livelihood is based on conducting cultural ceremonies and/or the passing of traditional knowledge through cultural practices
- Helper: Individual whose livelihood is based on learning to conduct ceremonies or using medicines and acting as a helper to the individuals conducting the ceremony
- Medicine holders: Individual whose livelihood is based on being knowledge keepers around medicines and who share this knowledge for the benefit of community