

Carrying My Family and Ancestors' Wounds as My Own

September 23, 2025

10:00-11:30am MT

In this session, Randi will share a personal and spiritual journey of carrying the shame and wounding passed down from her father, grandmother, and ancestors - pain rooted in colonial violence and internalized over generations. Through story, reflection, and embodied practice, Randi explores how she began the work of setting down what was never hers to carry, and standing in her own power. This session invites participants to witness the intergenerational impact of settler systems and consider their own paths to healing.

****Please note that this session will not be recorded or uploaded to our website.**



Learning Outcomes:

- Recognize how colonialism and systemic devaluation are internalized across generations through family and ancestral lines
- Understand the emotional, spiritual, and embodied impact of carrying inherited shame - and how it can shape one's sense of identity and belonging
- Learn practices for witnessing and gently releasing ancestral wounds that were never theirs to carry
- Feel empowered to reclaim their voice and stand in their truth, supported by cultural strength, spirit, and intergenerational resilience

Speakers:

Randi Sager - is of First Nations (Dakota, Saulteaux, Nêhiyaw, Métis) and German and Scottish descent. She belongs to the Muscowpetung Saulteaux Nation Reserve in Fort Qu'Appelle, Saskatchewan. Randi is an Indigenous Psychologist who works from an Indigenous perspective that bridges Indigenous ways of being and Western healing practices and has been working with diverse clients since 2017. Randi is owner/operator of Randi Sager Indigenous Counselling and is associate faculty at City University of Seattle in Calgary



Target Audience: This webinar is beneficial for Indigenous peoples, Indigenous mental health professionals, community helpers, cultural support workers, and anyone impacted by intergenerational trauma. It's especially meaningful for those seeking to deepen their understanding of how ancestral wounds are carried—and how we can lovingly set them down

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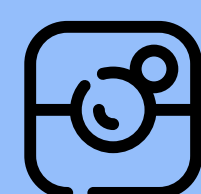
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