

Honouring the Change: Indigenous Women, Perimenopause, and Menopause Across the Life

Course

June 12, 2026

10:00-11:30am MT

Perimenopause and menopause remain under-discussed and often misunderstood, particularly in Indigenous communities where colonial disruption has shaped knowledge, care, and access to supports. This session explores the physiological, emotional, and social dimensions of this life stage, while centering Indigenous perspectives on aging, womanhood, and wellness. Participants will be invited to consider how care systems, community supports, and cultural knowledge can better honour Indigenous women through this transition.



Learning Outcomes:

- Understand the key physiological and mental health changes associated with perimenopause and menopause
- Recognize how colonial systems have shaped gaps in knowledge, care, and support for Indigenous women in midlife
- Identify culturally grounded and community-informed approaches to supporting Indigenous women during this transition
- Explore opportunities to integrate this knowledge into programs, services, and policy within First Nations contexts

Speakers:

Tibetha Kemble (Stonechild) is a nêhiyaw health researcher, executive leader, and advocate whose work focuses on Indigenous women's and children's health, rights-based approaches to care, and transforming health systems. She holds leadership roles within the University of Alberta and works nationally to advance Indigenous-led clinical research and health system change. Her work is grounded in relationships with First Nations communities and a commitment to culturally safe, community-driven approaches to wellness



Target Audience: This session will be most beneficial for First Nations health leaders, community health staff, program coordinators, policy makers, and anyone supporting Indigenous women's health and wellness across the life course.

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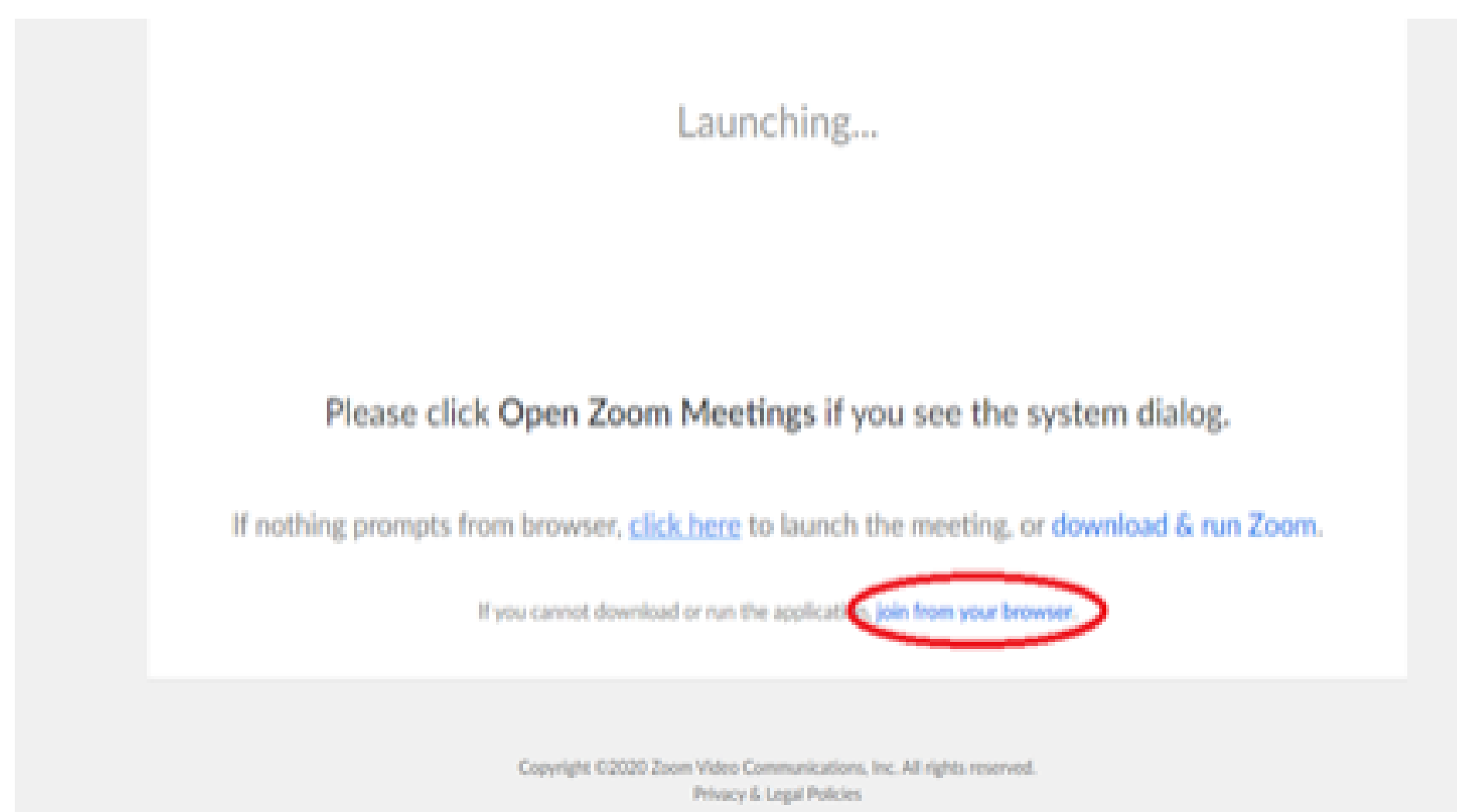
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