



Kwe (Hello),

My name is Dawn GooGoo, I am a Mi'kmaq Registered Nurse. Find out more about me and my role here (Website: Dawn GooGoo, L'nu Nurse Initiative Lead, CIHR). I am also a student at Dalhousie University in the Master of Nursing program. The L'nu Nurse Initiative is part of the NS Research Chair in Indigenous Health Nursing held by Dr. Margot Latimer (Website: Dr. Margot Latimer, CIHR Nursing Chair: Indigenous Health Research) at Dalhousie. My role in this position is to gather evidence that best supports how we can strengthen and take pride as Indigenous nursing students. We have created a L'nu Nursing student gathering space in the basement of the Nursing School (G48) as well as a twitter for you to get more info @LnuNursing -Follow me!

I'm touching base because I want you to know as you begin your nursing journey. We all have a right to relax, learn and work in a safe environment. My hope is that our team, along with your input, creates a culturally safe nursing education environment that should continue into your career within the health services. The beginnings of each new school year come with so many emotions. This year we also add the feelings that the pandemic has put us through. On top of that, there is the pain of the continued unearthing of our ancestors. These emotions affect us all differently, and some of us have difficulties in identifying these emotions. This is where we need to ensure that the physical and emotional safety of ourselves is addressed first. My role involves collaborating with a wide range of professionals that share the same goals, which is to ensure that your wellness comes first. We are dedicated to using a trauma-informed approach as our guide.

As I recall my days in the undergrad nursing program, I still remember so many different emotions. Each new year started with excitement, which quickly turned into anxiety. I think the feeling of loneliness was the hardest. Yes, my family was a phone call away. But I had difficulty connecting with my family about the life as a student. There were times that I had to take a break from school, to relieve myself from all the pressures, and work on my mental health. This additionally brought on a new feeling of disappointment and failure. My road to becoming a RN was difficult but, in a sense, is no different from anyone else. Every single one of us has a different story. We all have those moments in our lives when we need to reach out. I certainly have. Reaching out at the time seemed so difficult but having that support system has brought me to where I am today. I am reaching out to each and everyone of you to reach back. The only way I can know how to best support you is for you to be my guide. Kisi apoqnmuitis? (Can you help me?)

Dawn Googoo | BScN RN | CD

L'nu Nursing Initiative, NS Chair in Indigenous Health Nursing

MN student, Dalhousie University

Pronouns (she/her)



Email me: dawngoogoo@dal.ca

Follow me on Twitter: @L'nuNursing

Add me on Facebook: Mi'kmaq Nurses

Below are resources to aid you in your coming studies:

[Dalhousie Indigenous Student Centre](#)

[Dalhousie Student Accessibility Centre](#)

[Dalhousie Student Writing Centre](#)

[Elders in Residence](#)

[Dalhousie Student Accessibility Centre](#)

[Dalhousie Student Writing Centre](#)

[Dalhousie Indigenous Student Centre - Mental Health Resources](#)

[Dalhousie University - Mental Health Resources](#)

[L'nu Nursing Twitter Page](#)

[Mi'kmaq Nurses Facebook Page](#)

[Truth and Reconciliation - Calls to Action](#)

