

# DOROTHY MONKMAN



HEAL YOUR SOUL THERAPEUTIC SERVICES – BROKENHEAD, MB

In a world often fraught with challenges, Dorothy Monkman, a member of the Brokenhead Ojibway Nation, stands as a beacon of hope and transformation for families in need. With a background in marriage and family therapy, Dorothy's journey towards becoming a pillar of support for struggling families is as inspiring as it is impactful.

Heal Your Soul Therapeutic Services is a trauma-informed therapy she offers to individuals and families. She has created a reunification suite in her own home called Bangan Omaa, and this suite serves as a space for families with children in care who would like to be reunited with them. "It also supports families that are intact but are needing help." Supporting both intact and separated families is important for Dorothy, emphasizing the holistic approach her services offer.

Through her personal experiences, Dorothy's own family's struggles propelled her towards her calling. "Early on in my life I could see that my own family was struggling, from the challenges that me and their father had as children. As my house got more and more empty as they left, I realized that I wanted to convert it into helping other families." The heart behind Heal Your Soul Therapeutic Services is to help bring reunification to families, stemming from Dorothy's own familial experiences. "The greatest pride for me is not so much what I do, but the results that come out of the

assistance that people get," she states, highlighting the profound impact her work has on families in distress.

It is her own children, grandchildren, and great-grandchildren who serve as her inspiration to continue her work. "I see them flourishing and blossoming, and to me that is my inspiration to continue doing my work."

Choosing the path of entrepreneurship was a deliberate decision for Dorothy, driven by her desire for flexibility and autonomy. She sought to set her own hours, allowing for more time with her family while pursuing her passion. "I have the desire to be my own boss and take the direction that I need to do in my life right now." Despite the challenges she faced, believing in herself was her greatest hurdle. "Once I embraced my purpose, I was able to fulfill that purpose."

Reflecting on the path this journey has taken her, Dorothy wouldn't change any of the decisions she made. Starting her entrepreneurial journey earlier would have inhibited her ability to spend time with her own family, and family togetherness is at the root of Dorothy's passion.

At the onset of her entrepreneurial journey, the Southeast Community Futures Development Corporation provided Dorothy with support in the form of workshops and opportunities to speak with women from outside

her own community. "Through them I was able to access the Indigenous Women's Entrepreneur Program that they run, and I was able to expand my business." The IWE program provided not only financial assistance but also a network of like-minded women who uplifted and supported one another.

The biggest challenge for Dorothy was leaving the security of a consistent paycheck, but she soon realized taking the leap into entrepreneurship was worth it. "I realized that there was more to life than that, and it was taking a risk and exploring the unknown. And that's been fulfilling for me."

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