

WELCOME

ELDERS KNOW THE CULTURE & TEACHINGS, BUT IT'S THE YOUTH...



WHO TEACH US WHAT IT'S LIKE TO LIVE IN TODAY'S WORLD. WITH THIS WE CAN ADAPT THE TEACHINGS TO CARRY THEM FORWARD IN TIME...

AGREEMENTS

- 1 Let's Be **Curious** ★
- 2 Don't take things **personally** ★
- 3 Let's Make **space** for **YOUTH** ★
- 4 Use **Protective** Talk ★
- 5 We won't **Solve everything!** ★

WAYS INUIT CULTURE GIVES STRENGTH



By Nigist'il Norbert



INUIT MENTAL WELLNESS & CONNECTION TO CULTURE

Identifying challenges & root causes:

TREE of LIFE

