



# Celebration of US

JUST DO IT, DON'T WAIT  
I JUST NEED TO  
**START DOING**

LEARNING ABOUT  
DIFFERENT TYPES  
of communication  
MIND and HEART



What I Love To Do:

VIDEO BY: Dan Gadbois  
and Jordan Shields

40  
DIGITAL  
STORIES

Identity

political  
/social

connection

land/  
place

address  
trauma

Even when you're  
**DOWN** you can  
go outside and be  
**GRATEFUL**  
for the **LAND**

What is the  
**MOST IMPORTANT**  
thing you are taking away  
from the **SUMMIT?**

New **NETWORK**  
of people  
DOING GOOD WORK

...combined love  
& compassion of  
GROUP brought me  
back to MYSELF...

...happy that our  
values & culture are  
**COMING BACK**

Connection  
with elders

personal  
healing

courage &  
strength

**SUMMIT**  
was  
**EMPOWERING**  
and  
GAVE ME **HOPE**

Positively effects  
my wellbeing when I get  
to share lifestyle, culture

Space to speak on  
things that have  
been silent

Showed me it could be  
light talking about  
difficult topics

What is a **GIFT**  
you want to **GIVE**  
the **GROUP?**

Nigit'stil Nobertimit 2021

## GIFTS:

- ★ Video: ICC AGM Alaska
- ★ Arctic Youth Wellbeing Network  
↳ needs more youth participant
- ★ Podcast: ALL MY RELATIONS
- ★ Opera: MISSING by Marie Clements
- ★ TOONIK TIME - cultural activities
- ★ Writings: "It's okay to not be okay"
- ★ Knowledge: every animal has  
enough brain to tan itself
- ★ Drawing: self-portrait
- ★ Constellations - dark times < HOPE

**UVAGUT INUIT**

Empowering Inuit through photos and stories

