My wellness, it's up to me and my community is actively involved!

Culture

Creation of stories for the children

Berry picking

Teachings on traditional medicines

Language teaching

Family connections

Throat singing

Passing on knowledge to the young generation: Beading, sewing, carving...

Mussel picking

Teachings about wellness and lifeskills

Language

Fishing

Traditional community meal

Ice-fishing

Hunting

Games

Sharing of knowledge about our community's history and the origins of our culture

Connection to the land and water

On the land healing

Sessions with an elder on spiritual healing

Stories and legends