



Building Resiliency, Coping Skills, and Strengthening Mental Health among Youth in the Northwest Territories through the Arts

Indigenous and Northern young women and youth (including trans women and gender non-binary youth) can experience long-term effects from intergenerational trauma including disconnect from cultural identity, difficulties with emotional regulation, and limitations in coping skills.



The Approach (What we do)



Host a think tank including youth and Elders to develop mental health and trauma processing programming with a focus on equity



Offer art-based mental health, sexual health and trauma-processing programming for youth 13-17 years old



Train service providers to facilitate trauma-informed programming with Northern Indigenous youth

The Outcome (The difference we want to make)



Indigenous and Northern youth have increased knowledge of their cultural identity and develop social and coping skills



Share new knowledge about evidence-based trauma strategies with others

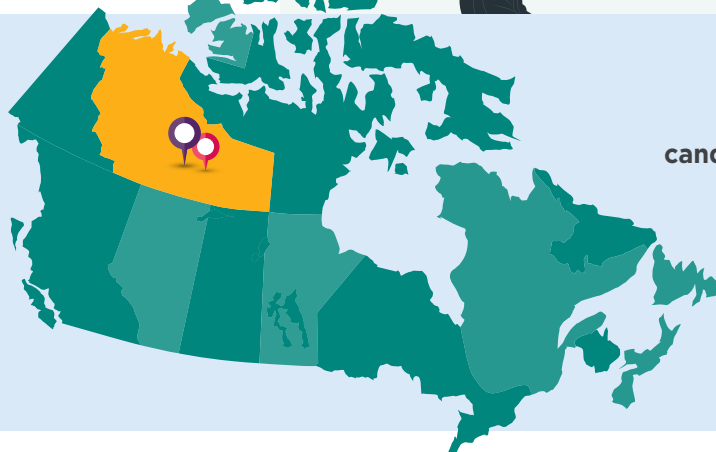


Indigenous and Northern youth are more resilient and begin processing experiences of trauma

Where We Are

Yellowknife, Northwest Territories
FOXY (Fostering Open eXpression among Youth)

Implementation sites
• Blachford Lake, NWT



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