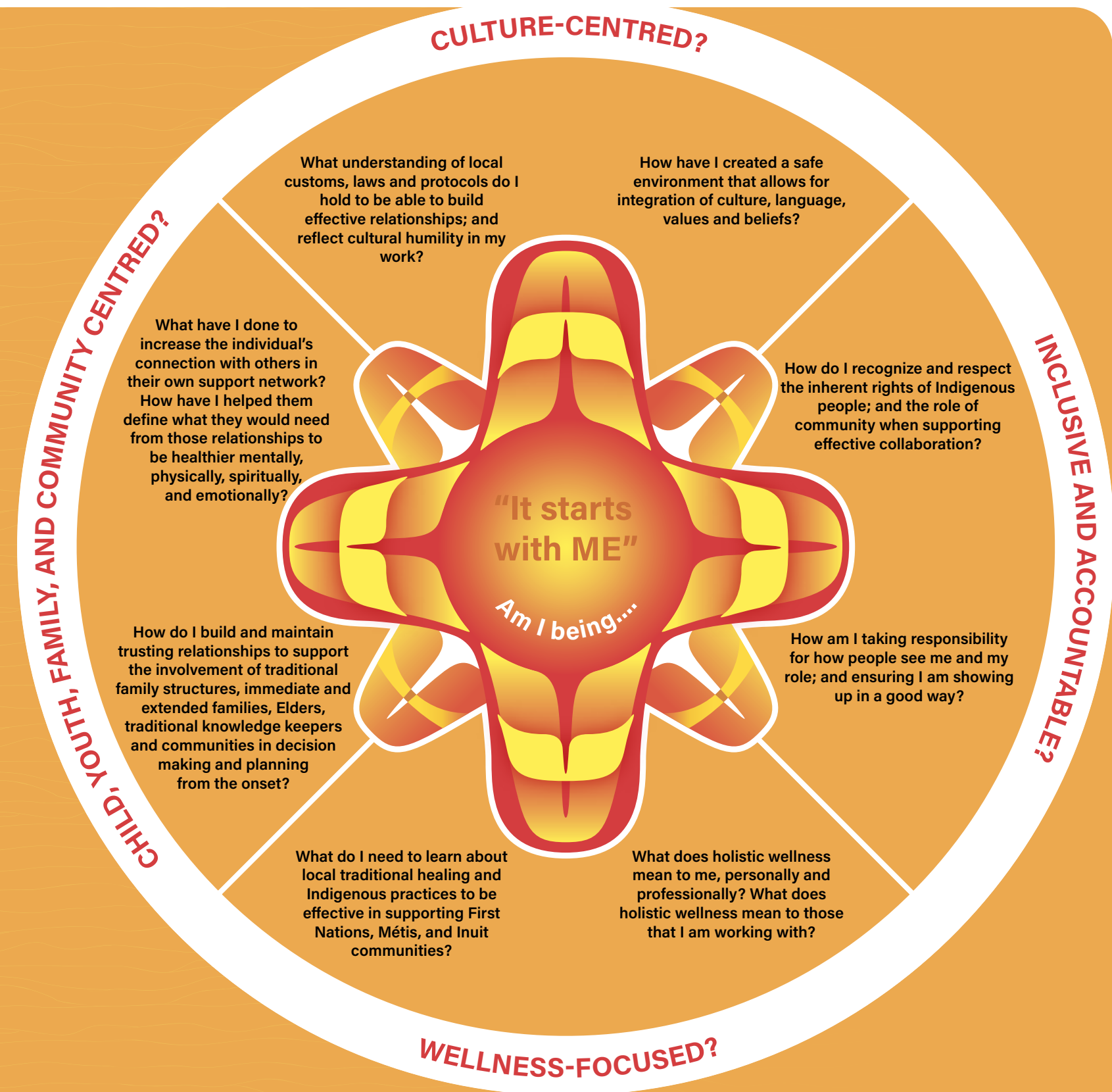


CULTURE IS HEALING

An Indigenous Child & Youth Mental Wellness Framework



REFLECTIVE QUESTIONS / PREPARING FOR PRACTICE

In our collective journey to improving Indigenous mental wellness, we each have a role in making conscientious and intentional efforts to ground our work and ourselves in the guiding principles of being...

**CULTURE-CENTRED
INCLUSIVE & ACCOUNTABLE,
WELLNESS-FOCUSED, and
CHILD, YOUTH, FAMILY & COMMUNITY CENTRED**

To prepare for practice, consider these questions to help you show up in a good way.