

NTAM NISHNAABEG JIIGBIIG MENTAL
WELLNESS TEAM PRESENTS

WE MATTER

Ambe Gwaajiing Zhaadaa

Come play outside is a series of learnings in a land-base setting, allowing Indigenous children and youth the opportunity to learn through experience, while developing their sense of belonging and increasing their self-worth. “Ambe Gwaajiing Zhaadaa”, in essence is to move from fear to freedom, and will make a positive difference in supporting our First Nation children and youth to evolve through a range of cultural, spiritual, inter-generational, recreational, land-based, wellness, and language revitalization projects.

Join We Matter
March 25th
from 6-8 PM
over Zoom
to talk about:

- We Matter Campaign and Resources
- Overcoming Mental Health and Environmental Barriers
- Self-Care
- Harm Reduction
- Land as Strength
- Emotional Regulation Tips

Presenter, We Matter Ambassador of Hope Alyssa Trick:

- My name is Asinawe-Asimook, or Alyssa (Mifflin) Trick! My pronouns are she/her. I am a 23-year-old mixed Anishinaabekwe. I am Ojibway and I am in the Crane clan.



Participation Prizes:

- Chromebook
- Gift Cards
- We Matter Prize Pack
- A chance at winning a grand prize of \$1000 for outdoor equipment. Attend 4 Ambe Gwaajiing Zhaadaa sessions and your name will be entered into a draw at the end of April.

Register:

- Children and youth ages 8-16 can register by emailing Sally Dokis at mwtn@wasauksing.ca

#WeMatterCampaign