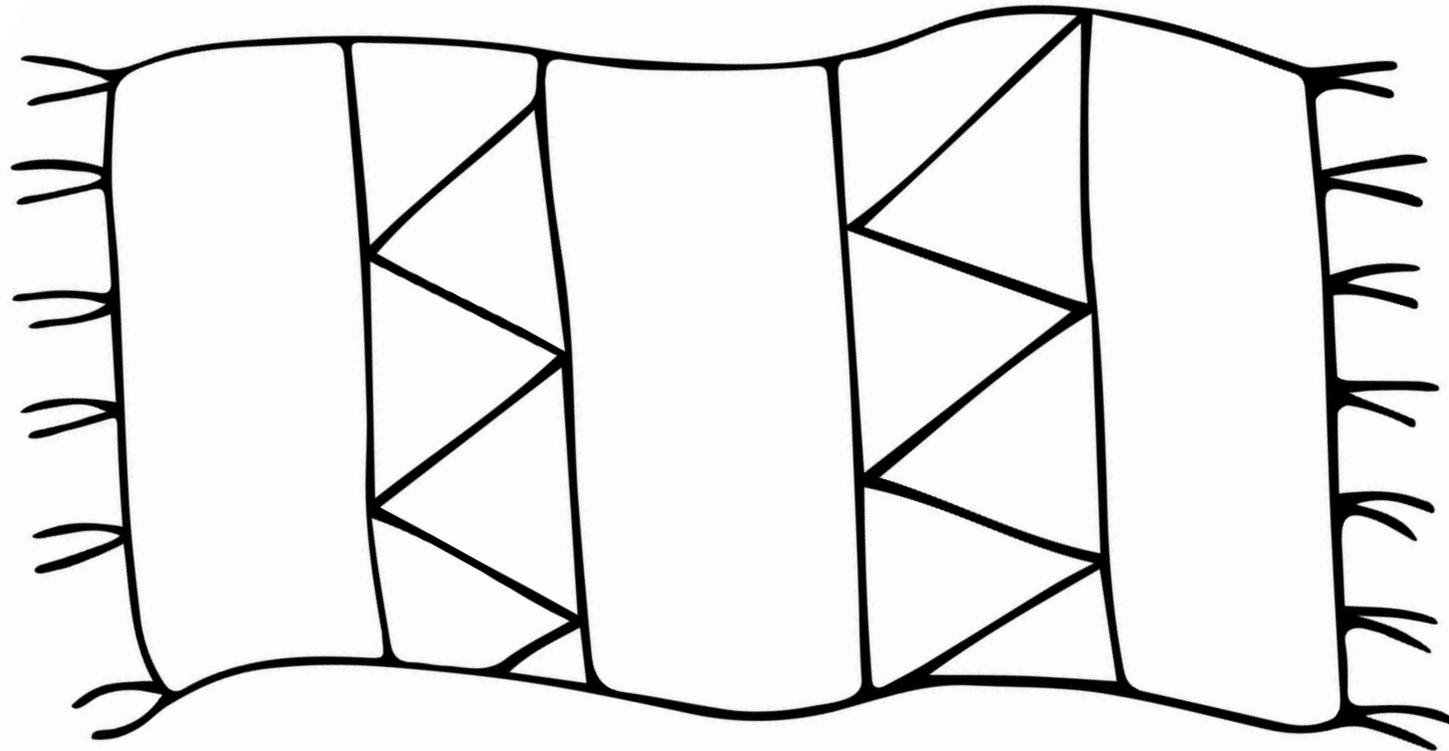


COLONIZATION, INEQUITY, AND MENTAL HEALTH

We all stand on the interwoven experiences of the generations before us, especially the experiences of Indigenous people. Their relationships with the land, their traumas, and their strengths continue to shape our experiences today. Historical and intergenerational trauma as well as systems of oppression affect our mental health. On this carpet, you are invited to use colors, images, and words to write about the past and current issues that shape our community's mental wellness – this can include colonization, racist policies, and any questions you have. In the bottom section, we encourage you to notice strengths you bring to this moment, and ask yourself “What do my reflections, experiences, and learnings inspire me to do?” History cannot be erased or undone, but it can be acknowledged and used as a starting point for healing. Together we can work toward this healing.



STRENGTHS I BRING TO THIS MOMENT... WHAT THIS REFLECTION INSPIRES ME TO DO...



AWBW art transforming trauma
A WINDOW BETWEEN WORLDS

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