

Empowering Women & Youth for the Future

(Equay-wuk project April 2018)

“Empowering Women & Youth for the Future” is a project which would promote safety, health, wellness, empowerment and resiliency for Indigenous women and youth living in the Sioux Lookout area.

The project would consist of workshops for Indigenous women and youth in Sioux Lookout and in nearby communities.

Information would be provided to Indigenous women on family violence, women’s wellness activities, workshops and circles - especially women who need help to transition out of shelters.

The project would promote health and wellness for youth through land based activities, as well as workshops, activities and circles. Both groups (women and youth) would receive pre-employment support and take part in activities/workshops such as life skills, budgeting, workplace attire and some training supports.

The activities in the project will provide First Nation women and youth with the skills, tools and empowerment for resiliency.

- Funded by Indigenous and Northern Affairs Canada