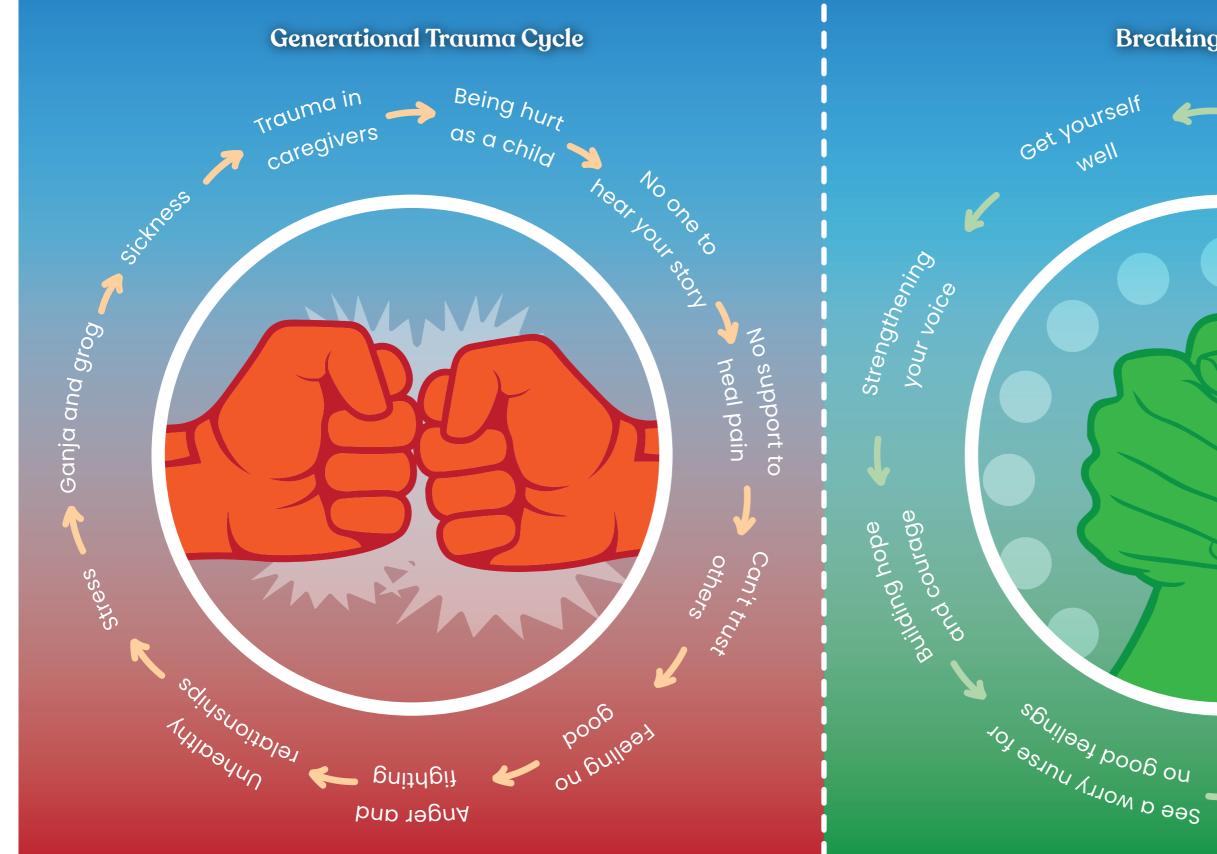
Healing people, families and communities

- Trauma can be passed down from parents to children. It can get locked up inside and hurt can be passed down the generations.
- Children of traumatised parents may have difficulties relating in healthy ways, feeling disconnected from culture and have high stress levels.





personal strengths

relationships

Build healthy

Focus on

Breaking the cycle



Be proud of culture and Country

Viimot Atiw Enisa

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