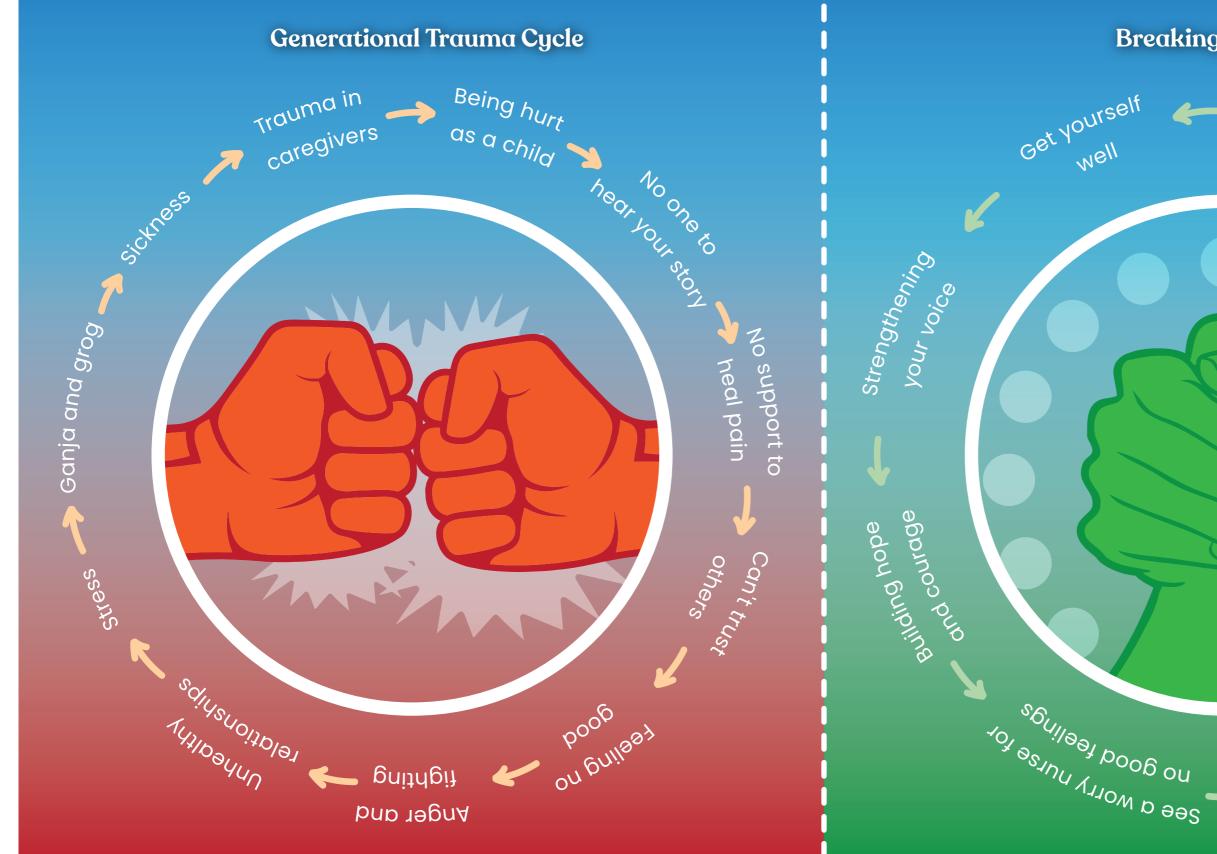
## Healing people, families and communities

- 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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pub saijots enindra