

Breaking the Cycle

How to be the Change

Supporting **youth** who are experiencing the effects of intergenerational trauma

**Wednesday,
May 5 - June 9
4-6 pm
via ZOOM**



**Pre-registration is
required.
Please call
(306) 244-0127**

Join us once a week for six weeks to talk about intergenerational trauma, the impact it may be having on you, how it is passed down to future generations, and how to heal from trauma and break the cycle.

Examples of **intergenerational trauma**:

- Newcomer families who have come from countries experiencing war, famine or natural disasters
- Youth affected, over generations, by domestic violence or sexual abuse
- Colonization
- Sixties Scoop
- Residential School System