



*I am most looking forward to having the opportunity to put what I have learned into action, with the hopes of creating lasting meaningful change.*

# Holly McCann

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Fostering resilience through youth to elder mentorship programming.

I am most looking forward to having the opportunity to put what I have learned into action, with the hopes of creating lasting meaningful change. Additionally, I hope my initiative offers an improvement within the mental wellbeing of the youth involved. With a strong foundation in their own culture, those involved will be better equipped to deal with life's challenges.

My connection with the community began this past summer when I was a summer intern at the Arviat Hamlet Office. I worked within their Wellness Department, focussing on the creation of a workshop series. The workshop topics included self-care, coping skills, peer support skills and healthy relationships. Our main objective with these workshops was to be able to provide simple transferable skills that people (mainly youth) in the community could learn and share.

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