

Kinship Rising

UNAPOLOGETIC, RESURGENT, CONNECTED, SOVEREIGN

INVINCIBLE Connects with Children, Youth, Elders, and Communities in the Northwest Territories



INVINCIBLE: Our Voices from Care is a storytelling project created, written and designed by Indigenous youth who are part of the Youth Council at Surrounded by Cedar Child and Family Services on Iḁ́k'wə́nən homelands.

INVINCIBLE was honoured to have been invited to facilitate an arts-based workshop with Indigenous youth in care in the Northwest Territories on June 20, 2025.

Creative Workshop by INVINCIBLE

YOU'RE INVITED!
FREE CREATIVE WORKSHOP WITH YOUTH IN CARE

INVINCIBLE
our voices from care

Meet other Indigenous youth in care!
Get creative and share food and stories!

Friday, June 20th
3:00 to 5:00 pm

**Arctic Indigenous Wellness
Foundation Healing Camp**

For more information please contact
Anne Mackenzie: anne_mackenzie@gov.nt.ca

INVINCIBLE is a leadership project created for and by Indigenous youth in care. We offer arts-based workshops based on our own realities. We are based at the University of Victoria in Victoria BC. INVINCIBLE.uvic.ca

We hope you will join us for this creative, hands-on workshop.
We look forward to meeting you!

Sponsored by
Kinship Rising

Kinship Rising is a community-led research project based at the University of Victoria that is focused on restoring Indigenous practices of wellbeing. In response to the epidemic of colonial violence impacting Indigenous communities, our projects foster land- and arts-based research workshops with Indigenous youth, young adults, and community members on issues related to reclamation, healing, and resurgence. kinshiprising.uvic.ca



The INVINCIBLE youth team was invited to facilitate a creative land- and arts-based workshop with First Nations, Métis, and Inuvialuit children and youth in foster care in the Northwest Territories. The Northwest Territories youth shared that they were inspired to create their own project and youth advisory council.

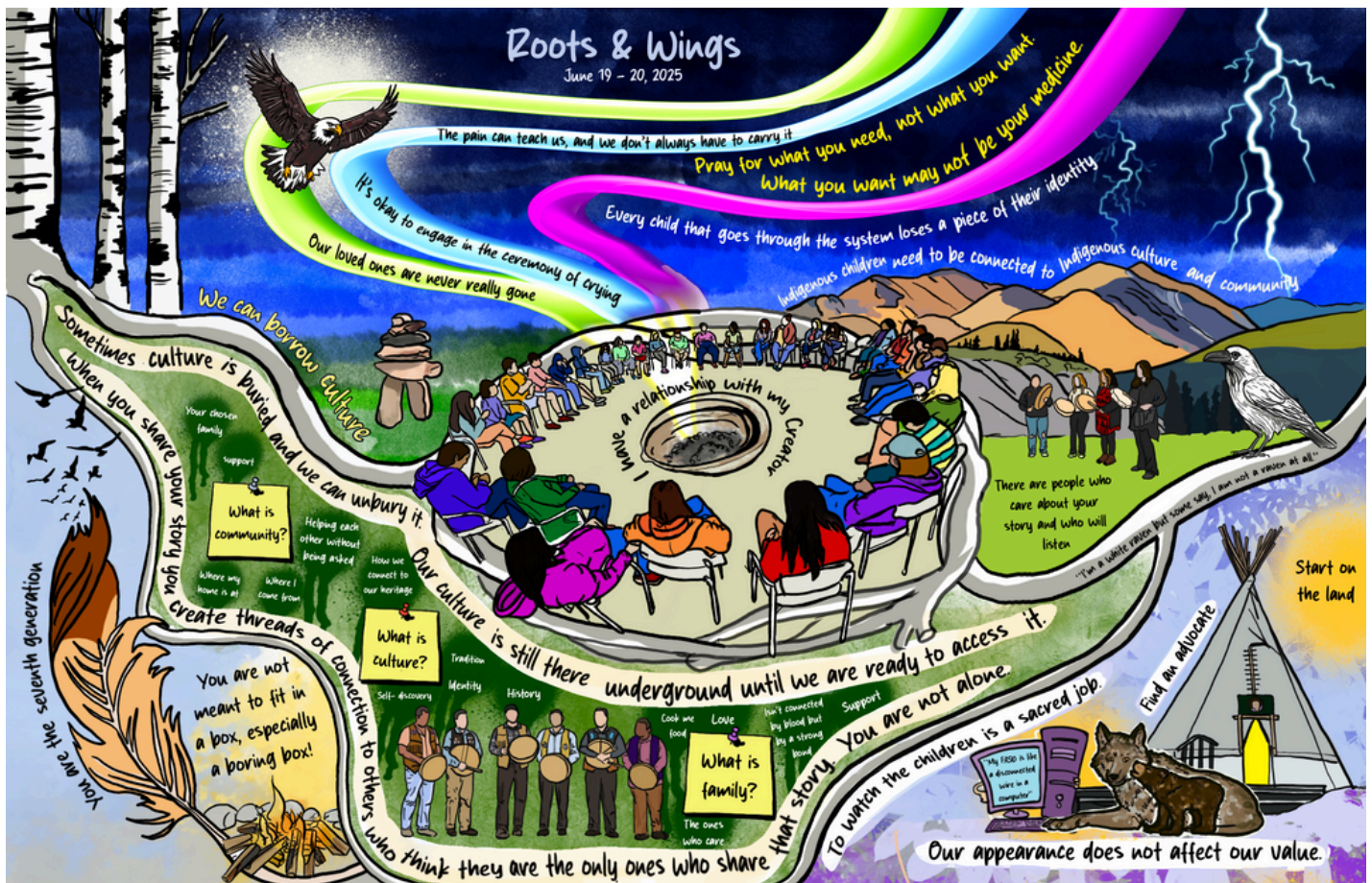
The workshop was held at the Arctic Indigenous Wellness Foundation (AIWF), which was founded in 2017 by Inuit and Dene Elders and Indigenous youth leaders. We express our sincere gratitude to the staff of the Child, Family and Community Wellness (CFCW) division, Northwest Territories Health and Social Services Authority (NTHSSA) for organizing the workshop.





We started the workshop gathered in a circle around a fire with introductions, drumming, and singing. Youth and staff shared stories and words of gratitude for the opportunity to connect with each other while on the land in a culturally grounded healing space. Dene-Métis Elder Ruth Mercredi shared teachings and gifted each of the INVINCIBLE youth with an eagle feather, which was a great honour.

A stunning graphic recording captured the incredible wisdom and knowledge of the children and youth who gathered together to share their strengths, creativity, and spirits.



Tree of Life

After a beautiful opening, the INVINCIBLE team led the Tree of Life creative workshop. Youth were invited to select from various materials and beads to create a tree that represented their past, present, and future.

Creative Workshop with INVINCIBLE



INVINCIBLE is a storytelling project envisioned, written and created by Indigenous youth in care from Iak'wan homelands (Victoria, BC). Our goal is to share stories with others, to create, teach and learn together.

Check out our stories on our website at invincible.uvic.ca

Thank you for joining us today!

The INVINCIBLE team: Angel, Cam, Damien, Dorothy, Emma, Jewel, Latiesha, Lily, Mikayla, & Rayne

Your Tree of Life



The tree represents your past, present, and future

The wire represents your roots and the gifts you carry with you

The beads represent important things, moments and people in our life

The rock represents your past and ancestors

Creating your Tree of Life

- 

Find a rock that speaks to you and some wire
- 

Wrap wire around the rock and twist the wire to create:

roots trunk branches

 - Add as many branches as you want
 - You can double up the wire if you need more strength
- 

Choose any beads, colours, shapes, and other materials you like - no pressure at all!

Add beads/materials to your tree to represent important things in your life

Here are some ideas that may help you:

 - People who have supported you
 - Your favourite place
 - What are your strengths?
 - What brings you healing?
 - What is your favourite activity/hobby?
 - Do you have pets?
 - What is your favourite animal?
 - What bead represents how you are feeling today?
 - What brings you joy?
 - What do you envision for the future generation?
 - What is a future goal you have?
 - What do you wish for?

Your tree is for you to keep!
Thank you for participating!! 😊

We first gathered a Grandmother/Grandfather rock, representing our ancestors and where we're from.



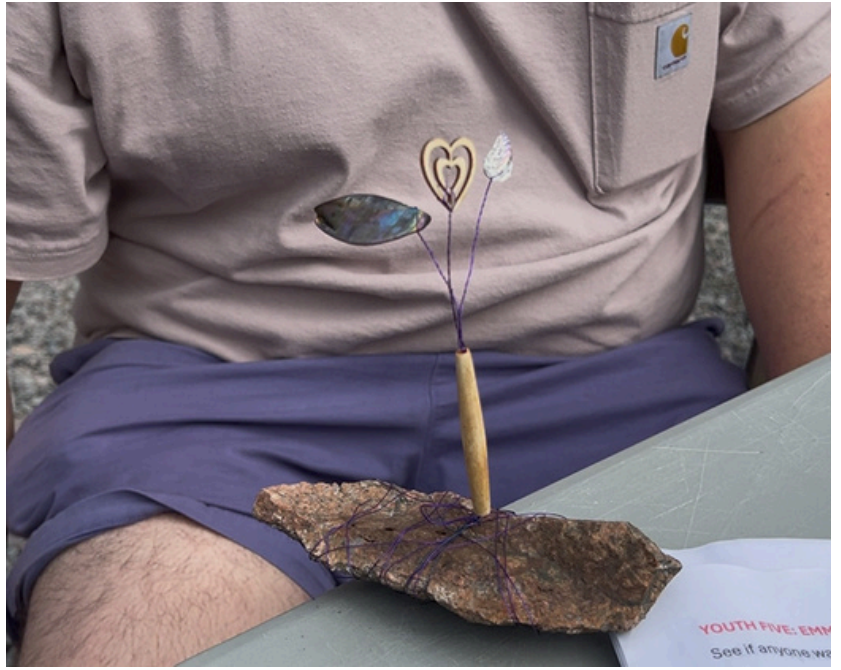


We created our trees by wrapping wire around our Grandmother/Grandfather rock and forming it into the roots, which symbolize the gifts we carry with us. The wire was twisted into the shape of a trunk with branches adorned with special beads.



Beads were chosen based on shape, colour, and texture, to represent important/favourite things, places, moments, and people in our lives. Youth were invited to take additional materials home with them to continue growing their trees with new experiences and memories.





After a meaningful day of connection and creativity, everyone shared a nourishing traditional meal of caribou stew, bannock, frybread, potatoes, fish, and much more!



Celebrating Indigenous Peoples with the Wiilideh Yellowknives Dene First Nation

Fearless INVINCIBLE youth, Angel Houle, participated in the duck plucking competition during the Indigenous Peoples Day celebration with the Wiilideh Yellowknives Dene First Nation! It was her first time preparing a duck, and everyone loved cheering her on. She gifted the duck to an Elder to take home.



We had an impactful visit spending time on the land with the community, witnessing Dene hand games, eating great food, and purchasing beautiful local beadwork and art.



Traveling to the Dehcho Region





We had the opportunity to spend time in the Dehcho region where we saw buffalo, the Great Slave Lake, and canoed down the Deh Cho “Big River” (Mackenzie River).





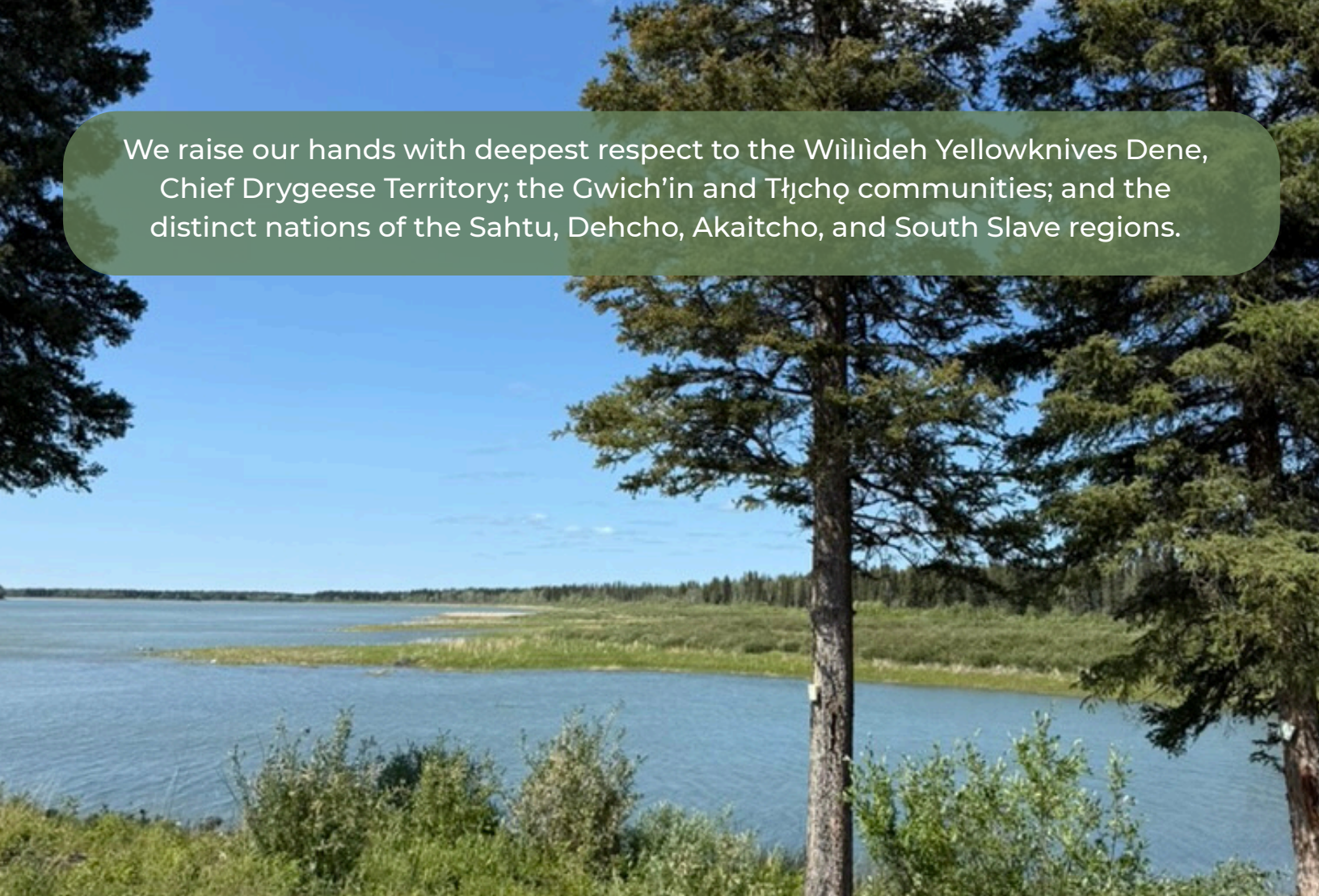
Our canoes arrived at the community of Fort Providence where we spent time with the Deh Gáh Got'îê First Nation on their cultural camp. We had a circle with teachings and storytelling with an Elder, drummed and danced on the land, and made bannock together.



We are grateful to North Star Adventures, an Indigenous owned company, for a fulfilling adventure filled with teachings about the region's history, land, wildlife, culture, and language.



We raise our hands with deepest respect to the Wìlìideh Yellowknives Dene, Chief Drygeese Territory; the Gwich'in and Tłı̨chǫ communities; and the distinct nations of the Sahtu, Dehcho, Akaitcho, and South Slave regions.



Kinship Rising is grateful for funding provided by:

The Canet Foundation supports education and creative arts projects as key to a healthy society



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INVINCIBLE: Our Stories from Care is a storytelling project envisioned, written and created by Indigenous youth in care from the Surrounded by Cedar Child and Family Services youth advisory council on ləkʷəŋən homelands (Victoria, BC). Our goal is to share stories with others, reclaim connections with our cultures, communities and identities, and come together to uphold one another in our modern life while practicing traditional ways.

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Kinship Rising is an Indigenous-led research project based on the unceded homelands of the ləkʷəŋən (Songhees, SXIMEŁŁ) and ƳSÁNEĆ Nations. We extend our deep gratitude to the ancestors of these territories and commit to everyday practices that uphold their sovereignty.