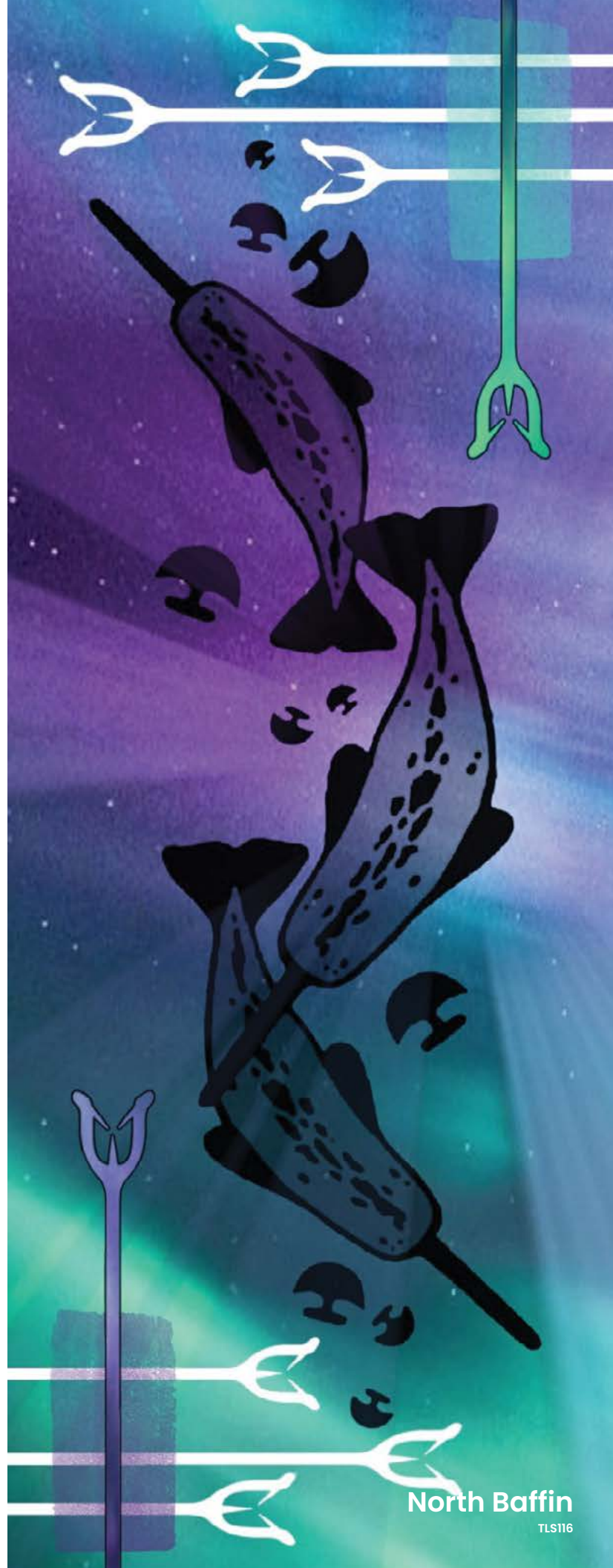




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**Qautamaaqsiuti
Titirarviksa**

**Journal
Notebook**



North Baffin

TLS116



Gouvernement
du Canada

$\Delta\sigma^{\dot{\gamma}n_c}$

Anirsaarit

Breathe



$\Delta\sigma^{\text{inh}}_c$

Anirsaarit

Breathe



$\Delta\sigma^{\text{inh}}_c$

Anirsaarit

Breathe

Even the darkest night will
end and the sun will rise.



$\Delta\sigma^{\dot{\gamma}n_c}$

Anirsaarit

Breathe



$\Delta\sigma^{\epsilon\dot{\gamma}}n^c$

Anirsaarit

Breathe





ካሜሮኖቹ ስለሚገኙበት
ፋርስ ጥቅም ላይ የዋለው
ፋርስ ጥቅም ላይ የዋለው
ፋርስ ጥቅም ላይ የዋለው
ፋርስ ጥቅም ላይ የዋለው

**Sanngginiqaquujinngikkuvit
alluriakkanniriaksaq, apirilugit
nagligijatit ikajuqulugit.**

When you don't have the strength to take another step, ask those you love to pull you.



ᐅᓂᓴᓂᓪ

Anirsaarit

Breathe



ᓂᐅᐅᓴᓂᓴᓂᓪᓂᓪ
ᐅᓂᓴᓂᓪᓂᓪᓂᓪᓂᓪᓂᓪ
ᓂᓴᓂᓪᓂᓪᓂᓪᓂᓪᓂᓪ.

ᓂᓴᓂᓪᓂᓪᓂᓪᓂᓪ
ᓂᓴᓂᓪᓂᓪᓂᓪᓂᓪᓂᓪ
ᓂᓴᓂᓪᓂᓪᓂᓪᓂᓪᓂᓪ.

Quaqsaaqsimaniq
ilagiinnikkuupaktut kisiani
mamisatuinnariaqaliqpata.

Sivuvasi kinguvaasilu
quviasugutiqaqpaktut
piliriliraangavit.

Trauma travels through
family lines until someone
is ready to heal it. Your
ancestors and descendants
celebrate every time you do
the work.

$\Delta\sigma^{\dot{\gamma}}\tau^c$

Anirsaarit

Breathe



$\Delta\sigma^{\dot{\gamma}}n^c$

Anirsaarit

Breathe



$\Delta\sigma^{\dot{\gamma}}\tau^c$

Anirsaarit

Breathe

▶ ልዩ ጥያቄ
 ሲኖረኝ ለፍጥነት ለማድረግ
 ልዩ ጥያቄዎች ሲኖሩኝ
 ማድረግ
 ለማድረግ ለማድረግ
 ለማድረግ ለማድረግ
 ለማድረግ ለማድረግ
 ለማድረግ ለማድረግ

Uimajaannggillutit
Naasarlugit pivaallirutigijatit
Inuttiavaugiuqsavallutit
Qujanaarlugit
aulattunнанnggitatit
Uummatiit naalallugu
Aniqsaarlutit qujalinirmik
Aniqsaaqturlutit
nagligusungnirmik

Be Calm

Count your Blessings
Practice Kindness
Let Go of what you cannot
control
Listen to your Heart
Breathe in Gratitude
Breathe out Compassion

ᐃᓂᕐᕈᓂᓐ

Anirsaarit

Breathe



ᕐᕈᓂᓐ ᐃᓂᕐᕈᓂᓐ ᓂᕈᓂᓐ ᐃᓂᕐᕈᓂᓐ,
ᐃᓂᕐᕈᓂᓐ ᐃᓂᕐᕈᓂᓐ ᐃᓂᕐᕈᓂᓐ ᐃᓂᕐᕈᓂᓐ
ᐃᓂᕐᕈᓂᓐ ᐃᓂᕐᕈᓂᓐ.

ᐃᓂᕐᕈᓂᓐ ᐃᓂᕐᕈᓂᓐ ᐃᓂᕐᕈᓂᓐ
ᐃᓂᕐᕈᓂᓐ.

Sailiniq tukiqannggilaq nipiqaannggittumiinniunnggilaq,
akaunnggiliurutiqaannggittumiinniunnggilaq
uvvaluunniit aksururnaqtumi piliriniunnggilaq.
Tukiqaqtuq isumattiarluni ammalu sailiniulluni
uummatikkut.

Peace

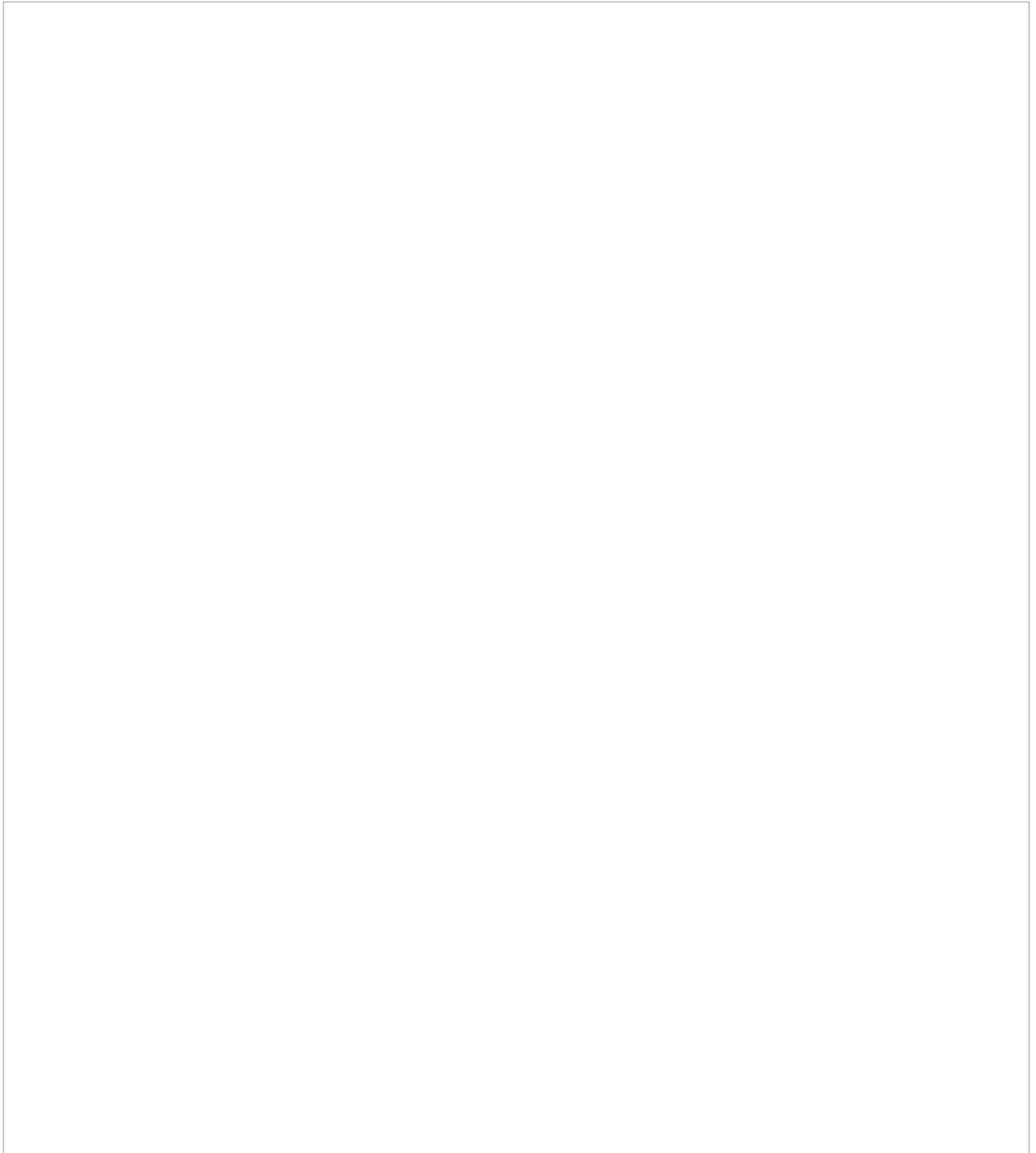
It does not mean to be in a place where there is no noise,
trouble or hard work. It means to be in the midst of those
things and still feel calm in your heart.



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Anirsaarit

Breathe



▷σ^ει_ης

Anirsaarit

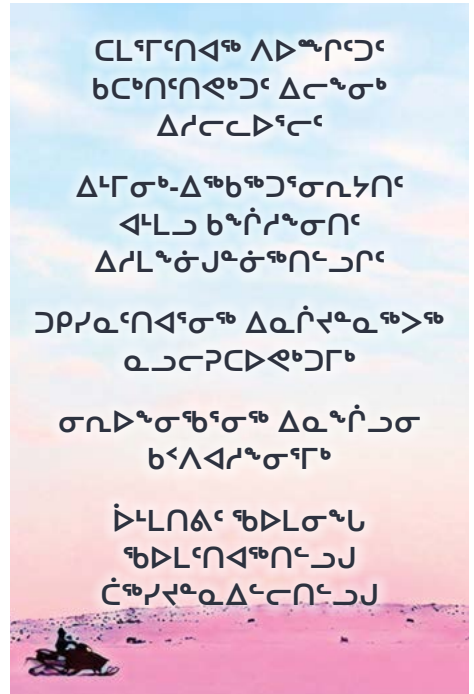
Breathe



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Anirsaarit

Breathe



Tamarmittiaq piunnggittut
kataktittivaktut ilingnik isulilaurlit
Imminik-iqqaqturnirijatit
ammalu kangiiisungnitit
isumangniigunniiqtillugit
Tukisinattiarniq inagiijunnaqpuq
nalulirutauvaktumik
Niriungniqarniq inangiiluni
kappiasungnirmik
Uummativit qaumaninga
qaumattiaqtillugu
taaqsijunnaillitillugu

May all the negative energy
bringing you down come to an
end.

May self-judgement and
doubt exit your mind.

May Clarity replace Confusion

May Hope replace fear.

May the light of your heart
shine so bright that nothing
can dim your glow.



▷σ^ιη_η^ς

Anirsaarit

Breathe



ርዳኤህ ርሰላሜ
 ለግራሲሃ ርሰላሜ
 ጋራ ርሰላሜ ርዳኤህ ርሰላሜ
 ርዳኤህ ርሰላሜ... ርሰላሜ
 ርሰላሜ ርዳኤህ ርሰላሜ
 ርሰላሜ ርዳኤህ ርሰላሜ

**Tavvannggattainnaq
sivulirilauqtakka
tununniiliqput “qikattiarit”
uqasuungujut...” tautullusi
naalallusilu.”**

**Naglingniugatauvutit
tausanginniittunit.**

Suddenly all my ancestors
are behind me " Be Still"
they say...

" Watch and listen."

You are the result of the
love of thousands.

$\Delta\sigma^{\text{inh}}_c$

Anirsaarit

Breathe

[illegible]

For anxiety and panic attacks,
breathe in for 4 seconds,
hold your breath for 7 seconds,
exhale for 8 seconds,
repeat once or twice more.
This will cause your nervous system to shift from fight or flight mode and to a relaxed mode.

$\Delta\sigma^{\dot{\gamma}}n^c$

Anirsaarit

Breathe

[illegible]

$\Delta\sigma^{\dot{\gamma}n_c}$

Anirsaarit

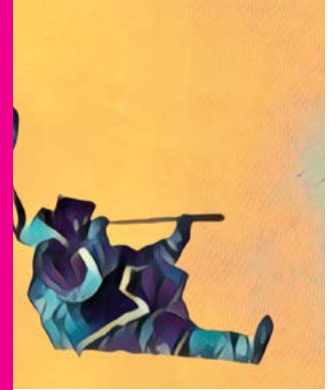
Breathe



Some of the translated text is highlighted in translation grid.

It's unclear why:

https://docs.google.com/document/d/19FQAgwmnMC9eVLp_4WOcDctVH8Zjcwpa/edit?usp=sharing&ouid=112648372871515675474&rtpof=true&sd=true

[illegible]

Sivuvaavut tuksiujjilauqtut
tikiqjillutik.
Tamaunnggalauqputit
kiggaqtuiqujaullusi
inuqutittinnik. Ilingnik
utaqqilauqpugut unikkaavut
kajusiniarmat..

Our Ancestors prayed for
your arrival. You were sent
to represent our people. We
waited for you so that our
story may continue.



$\Delta\sigma^{\text{inh}}_c$

Anirsaarit

Breathe



▷σ^ει_η^ε

Anirsaarit

Breathe



[illegible]

Taaqtualuk kingunittinni
nuqqangajjutiginnggillugit
gaumanirmik
taalliqittittaitailili
quvianaqtumik
maanna. Atulauqtuq
pijariiqsimalirmat.
Piviqarunniiqtillugit
kisutuinnaat
pitaqarunniiqtut,
quviasugviksauliqtillugu
tamaani maannalu.

Don't let the darkness from your past block the light of joy in your present. What happened is done. Stop giving time to things that no longer exist, when there is so much joy to be found here and now.

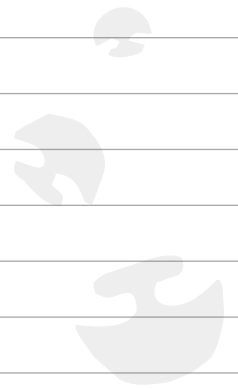
$\Delta\sigma^{\text{in}}_{\text{L}}$

Anirsaarit

Breathe

[illegible]

**Aksuruuti qaraluaruvit,
tukiqanngilaq ajurnirnik.**



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Anirsaarit

Breathe



$\Delta\sigma^{\dot{\gamma}}\tau^c$

Anirsaarit

Breathe

[illegible]

[illegible][illegible]

Akunialuk,
aksurnaqtukkuqsimagavit
Ilingnik aksuruqtinngillutit
Qaujivallialiputit nutaamik
taqaiqsirunnarnirmik

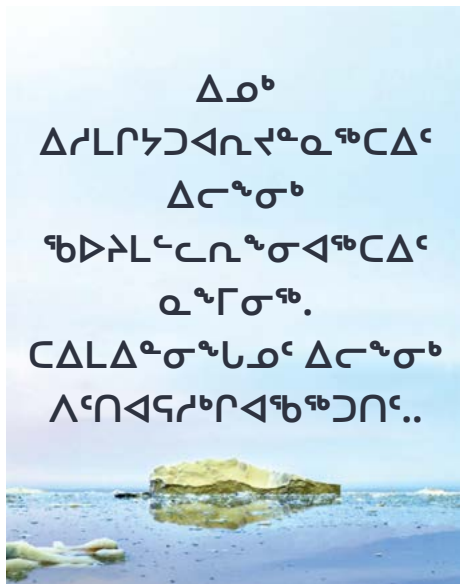
It's ok to feel tired. You have been on a long, rough journey. Don't be hard on yourself. You're discovering a new way to rest.

- Emily Jane Henry

▷σ^ιη_η^ς

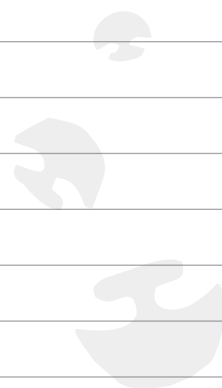
Anirsaarit

Breathe



Inuk isumagijatuarijunnaqtait
ilingnik qaujimallaringniaqtait
nangminiq. Taimainninganut
ilingnik pittiarasukgiagaqtutit.

The only person whose opinion of you that you will ever truly know for certain is your own. So be as kind as possible to yourself.



$\Delta\sigma^{\text{inh}}_c$

Anirsaarit

Breathe

$\Delta\sigma^{\dot{\gamma}}n^c$

Anirsaarit

Breathe



▷σ^ιη_η^ς

Anirsaarit

Breathe

[illegible]

Nikagijaujariaqaqtutit
Pittiaqtaujariaqaqtutit
Uimajaannggittiarიაqaqtutit
Qinuissarvujariaqaqtutit
Nagligijaugiaqaqtutit
Kamagijauttiariaqaqtutit
Isumagijaugiaqaqtutit
Iglaqatigariaqaqtutit
Iqtaugiaqaqtutit
Naglingniqarviugiaqaqtutit
Sailijariaqaqtutit
Tamarmittiaq pijariaqaqtatit

You deserve Softness
You deserve Kindness
You deserve Stillness
You deserve Patience
You deserve Love
You deserve Respect
You deserve Care
You deserve Laughter
You deserve Hugs
You deserve Compassion
You deserve Peace
You deserve it all

$\Delta\sigma^{\dot{\gamma}}n^c$

Anirsaarit

Breathe



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Anirsaarit

Breathe



ᐅᓂᓴᓂᓪ

Anirsaarit

Breathe



ᐃᓯᓕᓴᓂᓪᐅᐃᓴᓂᓪ
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ᐃᓴᓂᓪᐅᓯᓂᓴᓂᓪ.
ᐃᓯᓕᓴᓂᓪᐅᐃᓴᓂᓪ
ᐅᓴᓂᓪᐅᓯᓂᓴᓂᓪ
ᐃᓴᓂᓪᐅᓯᓂᓴᓂᓪ
ᓯᓴᐃᓂᓴᓂᓪ ᐅᓴᓂᓪ.

Isumagijunnaiqsiniq
pinnggijjuttaujunnannngilaq
iliqqusirijanginnut.

Isumagijunnaiqsiniq
nuqqaqtittivakpuq
iliqqusirijanginnik surainirmik
uummatingnik.

Forgiveness doesn't excuse
their behaviour. Forgiveness
prevents their behaviour
from destroying your heart.

▷σ^ιη_η^ς

Anirsaarit

Breathe



Quaqsaaqsimaniq
kinguvaariinnikkuurunnaqpat
mamisarniqtaungujunnarmiujq.
Taimailiuqtusi. Sivuvaasi
quviasugutiqaqput
tamatuminga kappiasungnasik
kajusivalliagassit. Kiujjutinga
ivvit.

If trauma can be passed down throughout generations then so can healing. That is what you are doing. Your ancestors are celebrating this brave journey you are on.

The answer is you.

$\Delta\sigma^{\epsilon}h\kappa^{\epsilon}$

Anirsaarit

Breathe

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Anirsaarit

Breathe



$\Delta\sigma^{\text{in}}_{\text{c}}$

Anirsaarit

Breathe



$\Delta\sigma^{\text{inh}}_c$

Anirsaarit

Breathe

**Inutuuluta
mamisaqpanngittugut,
kisiani nunaliulluta.**

We do not heal in isolation,
but in community.



[illegible]

**Tavvali tamaani arraagumi
ilingnut uqallautiguvit
naglingnirmit,
tukisiumanirmit, ammalu
ikpigusuttiarnirmit
taimaassainnaq
nagligijarnut
uqallaqattaravit?**

What if this year you spoke to yourself with the same loving kindness, understanding, and compassion as you do to those you love the most?



$\Delta\sigma^{\text{inh}}_c$

Anirsaarit

Breathe

▷σ^ειη^ε

Anirsaarit

Breathe



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Anirsaarit

Breathe



ᓴᓴᐃᐃᓂᓪ
ᓇᓴᓂᓴᓂᓪ
ᐃᓂᓴᓂᓪ
ᐃᓂᓴᓂᓪ

Suqutaugavit nagligijaugavit
inutuunngilatit
ikajuqtaujumaqattarit

You Matter.
You are Loved.
You are Not Alone.
Reach out for Support.



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Anirsaarit

Breathe



ᐃᓂᓴᓂᓪᐃᓂᓴᓂᓪ.
ᐃᓂᓴᓂᓪᐃᓂᓴᓂᓪᐃᓂᓴᓂᓪ
ᐃᓂᓴᓂᓪ.
ᐃᓂᓴᓂᓪᐃᓂᓴᓂᓪᐃᓂᓴᓂᓪ
ᐃᓂᓴᓂᓪ,
ᐃᓂᓴᓂᓪᐃᓂᓴᓂᓪ.

Nagligijaurjuaqputit.
Isumaginngikkaluaruviuk
taimaak.
Inutuuqqujigaluaqtillutit
ilaannikkut,
inutuulauqsimanngilatit.

You are deeply loved. More
than you can ever imagine.
Even if you feel alone at
times, you never are.



$\Delta\sigma^{\dot{\gamma}}n^c$

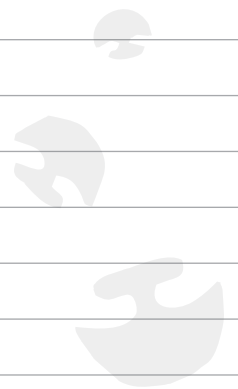
Anirsaarit

Breathe



**Imminik piruqpalliavutit,
pirurniaqtutit.**

If you water yourself, you will bloom.



$\Delta\sigma^{\text{inh}}_c$

Anirsaarit

Breathe

[illegible]

[illegible]

**Asiujinirmi aniguijunnannggilagut,
pivaktavut, ilaannikkullu,
tunngganarniqsaulirunnaqpugut,
nikagusunniqsaulirlutalu inungnut.**

We never get over great losses; we absorb them, and often, they change us into kinder, gentler people.

$\Delta\sigma^{\dot{\gamma}}n^c$

Anirsaarit

Breathe



$\Delta\sigma^{\epsilon}h^{\epsilon}$

Anirsaarit

Breathe



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Anirsaarit

Breathe

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ᐃᓂᓴᓂᓪ ᐃᓂᓴᓂᓪ
ᐃᓂᓴᓂᓪ ᐃᓂᓴᓂᓪ



Kinatuinnaq ivviunnggimmat
ammalu taanna
sanngginirijait.

No one is you and that is
your power.



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Anirsaarit

Breathe

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ᐱᐸᓂᓴᓂᓴᓂᓴ
ᓴᓴᓂᓴᓂᓴᓂᓴ

*Numaasungnirijait
sakkullugu*

Uummatiit qasutillugu

*Numaasungnirijait
qasujjuumitigiarlugu*

Niurlugu sailiniq

*Aniqsaarlutit
nagligusungnirmik*

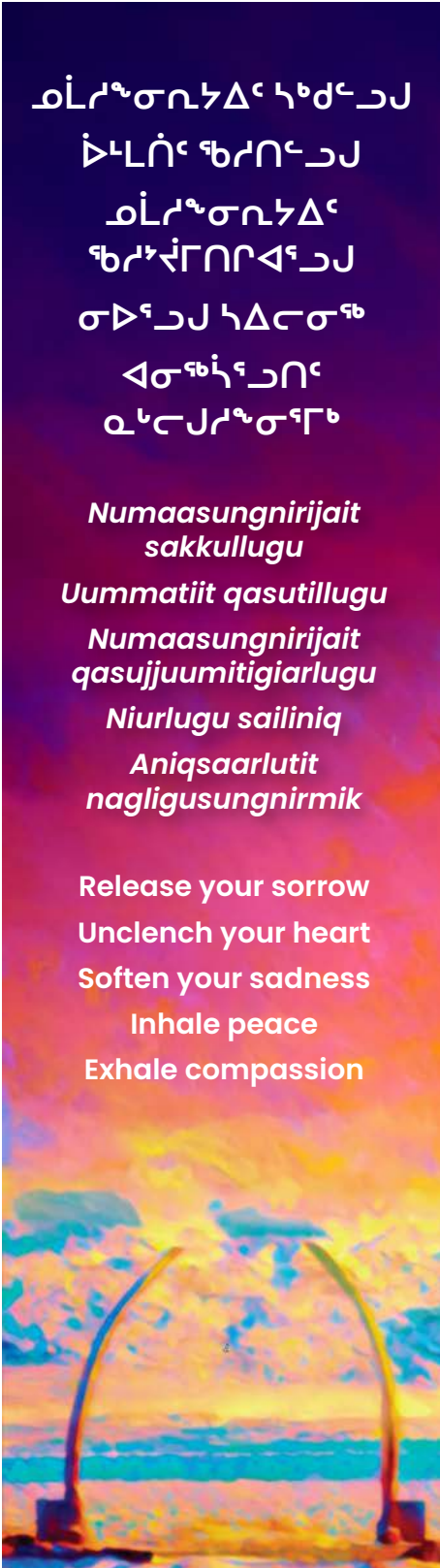
Release your sorrow

Unclench your heart

Soften your sadness

Inhale peace

Exhale compassion



A series of horizontal lines for writing, spanning the width of the page. The lines are evenly spaced and extend from the left margin to the right margin.

$\Delta\sigma^{\dot{\gamma}}\tau^c$

Anirsaarit

Breathe



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Anirsaarit

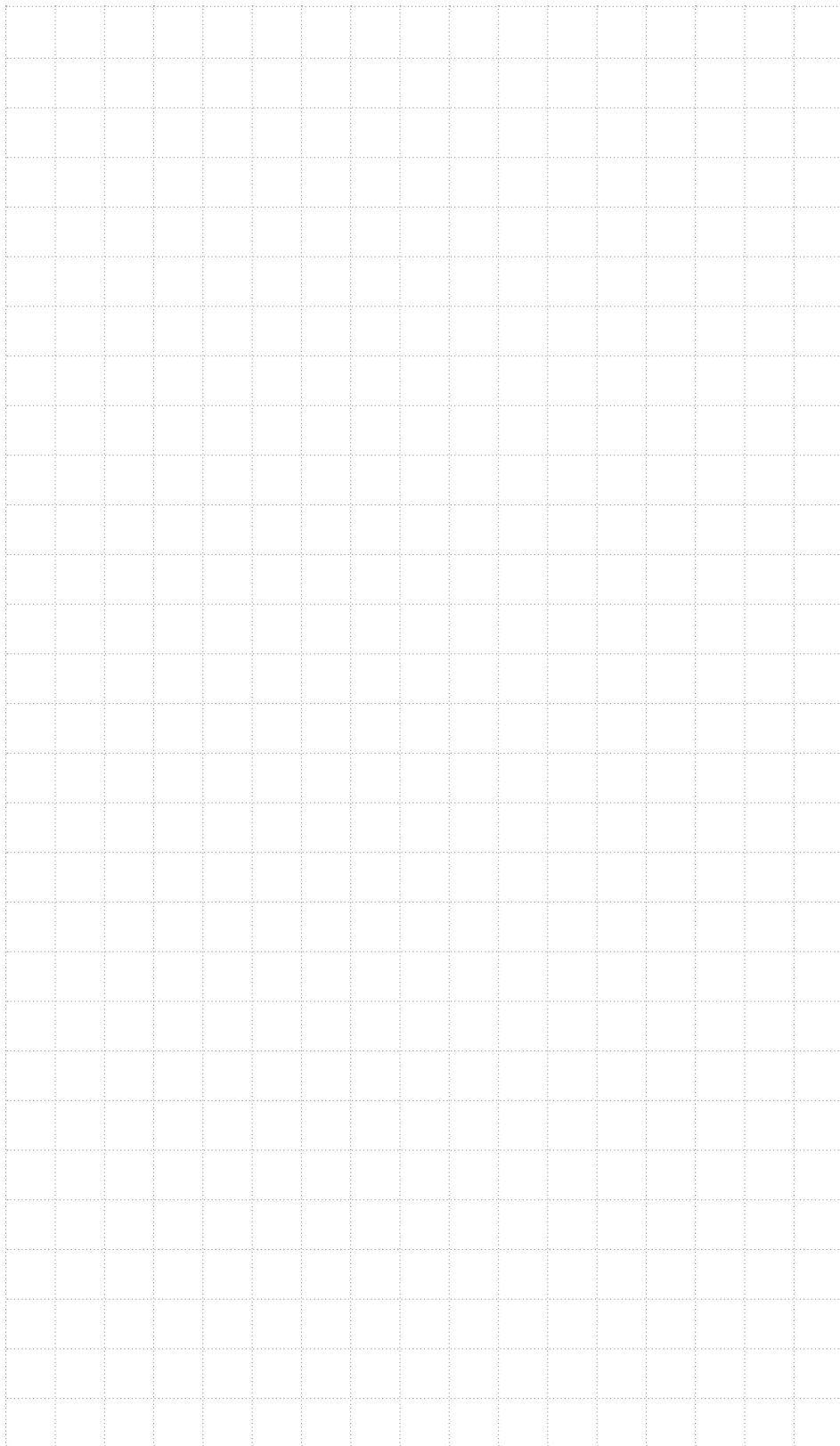
Breathe



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Anirsaarit

Breathe



ᐃᓂᓴᓂᓪ ᐃᓂᓴᓂᓪ
ᐃᓂᓴᓂᓪ ᐃᓂᓴᓂᓪ
ᐃᓂᓴᓂᓪ ᐃᓂᓴᓂᓪ

**Nagligusungnirijait ilingnut
utirniaqput anginiqsauluni.**

The love you give will come
back to you multiplied.



Breathe

ᐅᓂᑭᓂᐅᑦᑐᑦ ᐅᒪᓯ^ᑲ
ᑦᑳᐅᐅᑦᑐᑦ ᐅᓂᑭᓂᐅᑦᑐᑦ



-Tamanna anigurniaqtuq ammalu quviasulikkannilaagtunga

-This will pass and I will feel happy again

$\Delta\sigma^{\text{in}}_{\text{c}}$

Anirsaarit

Breathe



ᐱᐅᓂᓴᓂᓴ

Anirsaarit

Breathe



A photograph of a red wooden building with a chimney, a green boat, and a snowy landscape. The building is red with a white roof and a tall chimney. A green boat is in the foreground. The ground is covered in snow. In the background, there are other buildings and a snowy hill.

Never feel guilty for building
the life you want.



ᐅᓂᓴᓂᓪ

Anirsaarit

Breathe



ᓂᓴᓂᓪᓴᓂᓪᓴᓂᓪ, ᓴᓂᓴᓂᓪᓴᓂᓪ
ᐅᓂᓴᓂᓪ ᓂᓴᓂᓪᓴᓂᓪ ᓂᓴᓂᓪᓴᓂᓪ,
ᓴᓂᓴᓂᓪᓴᓂᓪᓴᓂᓪᓴᓂᓪᓴᓂᓪ
ᓂᓴᓂᓪᓴᓂᓪᓴᓂᓪᓴᓂᓪ. ᐅᓂᓴᓂᓪ
ᓂᓴᓂᓪᓴᓂᓪ ᐅᓂᓴᓂᓪ
ᓂᓴᓂᓪᓴᓂᓪᓴᓂᓪ.

Sivuuraqattarluni,
saqqiqattarniq ammalu
piliriniq sivuuratilluit,
sanngginiqariaqarnaqpuq
qaujimajaunnggittumik.
Ilingnik pikkugilutit ilingnik
pittiaqpallutit.

Living with anxiety, turning
up and doing stuff with
anxiety, takes a strength
most will never know.

Be proud of yourself.

Be kind to yourself.



$\Delta\sigma^{\dot{\gamma}}n^c$

Anirsaarit

Breathe

[illegible]

$\Delta\sigma^{\dot{\gamma}n_c}$

Anirsaarit

Breathe





Ilaannikkut
taqaiqsijuinnariaqasuunguvutit

Sometimes the most productive thing you can do is rest.

▷σ^ιη_η^ς

Anirsaarit

Breathe



**Taimali tamatumani
arraagumi piviksaqaruvit
qautamaat pittiarinirmik,
tukisiumanirmik, ammalu
nagligusungnirmik
taikkunannggat
nagligusungniqaanik?**

What if this year you took a moment everyday to receive the loving kindness, understanding, and compassion from those that love you the most?

$\Delta\sigma^{\epsilon}h\kappa^{\epsilon}$

Anirsaarit

Breathe

$\Delta\sigma^{\epsilon\dot{\gamma}}n^c$

Anirsaarit

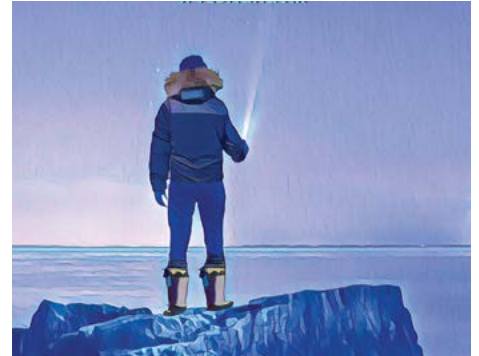
Breathe



ᐃᐅᓴᓂᓪ

Anirsaarit

Breathe



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ᐃᐅᓴᓂᓪᐅᓴᓂᓪ. ᓴᓴᓂᓪ
ᓴᐅᓴᓂᓪᐅᓴᓂᓪ ᐃᐅᓴᓂᓪ
ᐃᐅᓴᓂᓪᐅᓴᓂᓪ ᐃᐅᓴᓂᓪ

Sanngiinunngilaq
ikajuqtaujumaluni. Suurluli
qaummaktajuurmik atuqtuti
asiusimallutit taaqtumi

It isn't weak to ask for help.
It's like using a flashlight
when you're lost in the dark.



$\Delta\sigma^{\dot{\gamma}}\rho^c$

Anirsaarit

Breathe



**Iqqaitittumagikkit
nunarjuaq piuniqsaujuq
tamaaniqatautilluti.**

Just wanted to remind you
that the world is a better
place with you in it.

$\Delta\sigma^{\text{inh}}_c$

Anirsaarit

Breathe



$\Delta\sigma^{\epsilon}h\kappa^c$

Anirsaarit

Breathe

[illegible]

Ujjirusuktunga
qanuinnggittiarnira
uukturaksaunnggimmat.
Imminik
iqqaqtujjaannggittunga,
kisianili, uvannik
upiginiaqpunga qautamaat
nangminiq mamisarninnut.

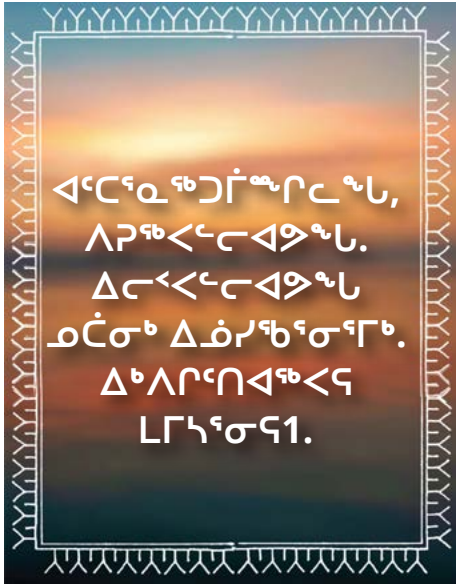
I am aware that my wellness cannot be measured. I will not judge myself; instead, I will congratulate myself for every day of my personal healing.



ᐃᐅᓴᓂᓪ

Anirsaarit

Breathe



Attarnaqtumiinnggilanga,
piruqpalliavunga.
Ilippalliavunga nutaanik
inuusiqarnirmik.
Ikpigittiaqpara mamisarnira.

I am safe. I am growing.
I am learning a new way
of life. I am gentle with my
healing.

Lined area for writing, featuring faint illustrations of a person's head and shoulders on the right side.

$\Delta\sigma^{\dot{\gamma}n_c}$

Anirsaarit

Breathe



$\Delta\sigma^{\text{in}}_c$

Anirsaarit

Breathe

[illegible]

◁▷Δ^αΩ▷σ^ς Δβ↯Γ^ςς>^ς ∫ρ↯▷Lσ^ςΓ^ς ካዚፖL^ςς

◀▷ር'በሚሰሩ, የሥራ ሥራ ለገንዘብ>ጋር ምንም ልዩነት

Λ⁹ C Δ σ⁹ L σ⁹.

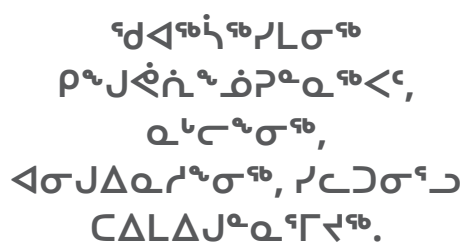
Aannggajaarnaqtuqtuqattarunniirniq mikillitiriniunngilaq.

Atuinnauq ikajuutiqaqpuq tukisiumanirmik sanasimajuq
aulattiningani, kisiani suli pijaksaqaqpugut qanuq inuusivut
pivallianingani.

Becoming substance-free is being willing to be humble. Humility helps us to understand that the Creator is in charge, but we still have our part to play in how our life unfolds.

-Emily Jane Henry





If trauma can be inherited from one generation to the next, then so can love, resilience, and wisdom.



$\Delta\sigma^{\text{inh}}_c$

Anirsaarit

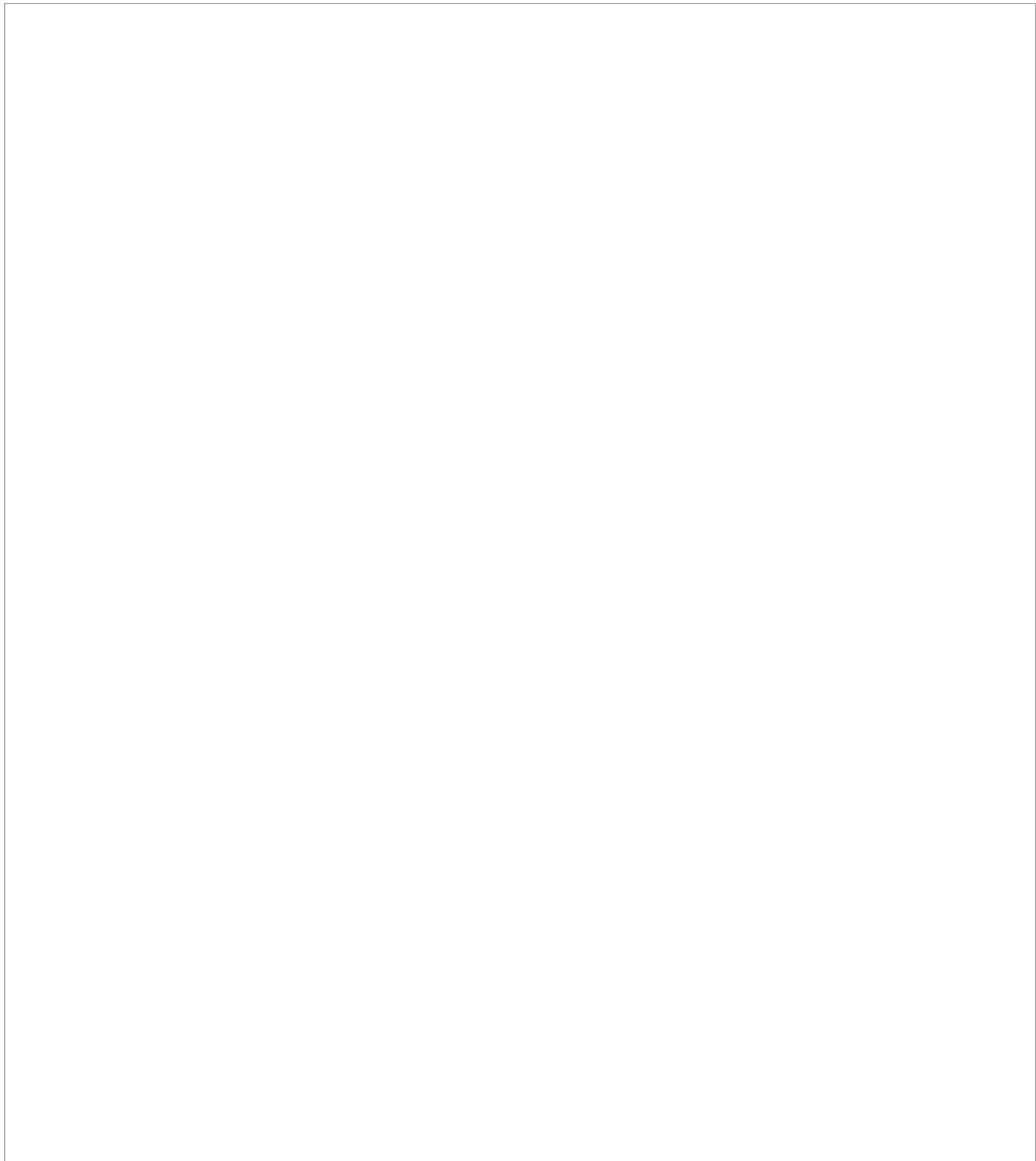
Breathe



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Anirsaarit

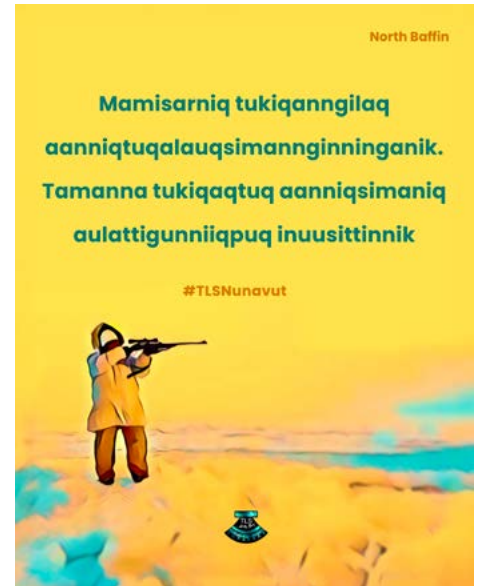
Breathe



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Anirsaarit

Breathe



Healing doesn't mean the damage never existed. It means the damage no longer controls our lives.



North Baffin

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#TLENUAVUT



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Anirsaarit

Breathe

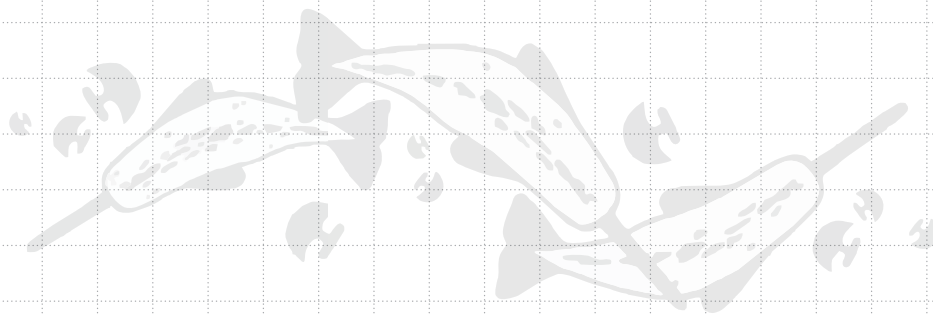


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Anirsaarit

Breathe

Quaqsaqsimaniq
kinguvaariinut
kinguvaarijaujunnaqtuq,
taimaaktauq naglingniq,
sapiliqsarainngginniq,
silatunirlu



$\Delta\sigma^{\epsilon}h\kappa^{\epsilon}$

Anirsaarit

Breathe

$\Delta\sigma^{\epsilon}h^{\epsilon}$

Anirsaarit

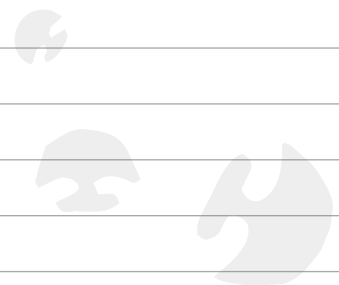
Breathe



$\Delta\sigma^{\text{in}}_{\text{c}}$

Anirsaarit

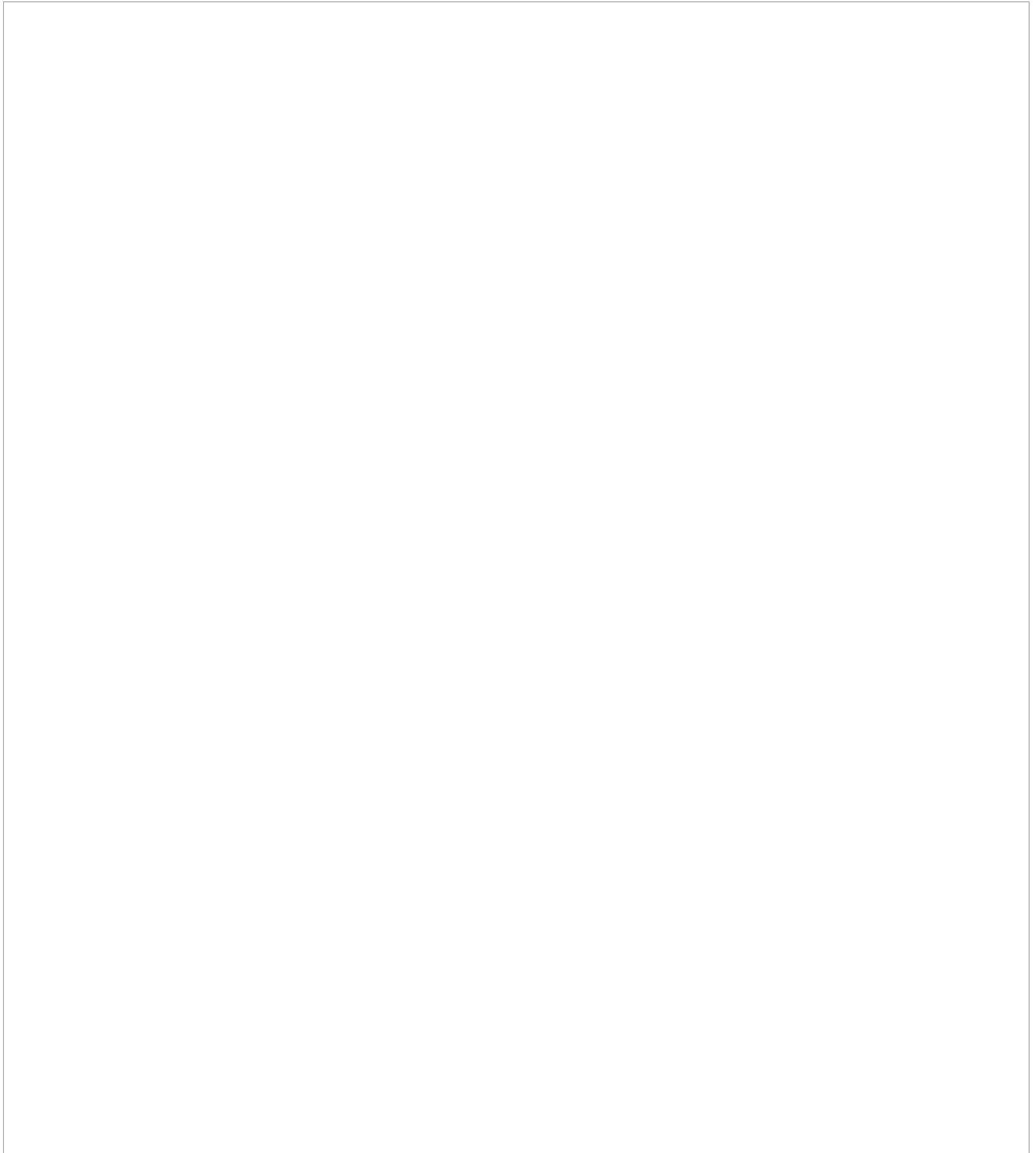
Breathe



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Anirsaarit

Breathe



$\Delta\sigma^{\text{in}}_{\text{c}}$

Anirsaarit

Breathe



**Ilannggaraangatta
nagligijattinnik,
ilittijariaqannggittugu
inuunasuarnirmik
pitaqannggitillugit, kisiani
naglingniqarlutik qimaktanginnik**

 TLSNunavut

$\Delta\sigma^{\dot{\gamma}}n^c$

Anirsaarit

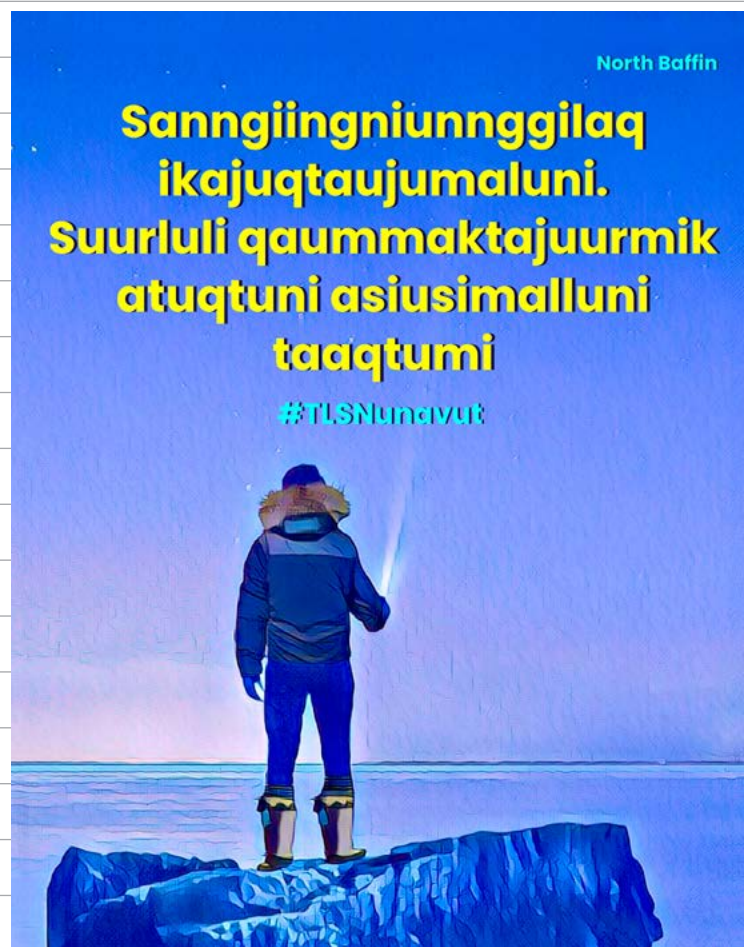
Breathe



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Anirsaarit

Breathe



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Anirsaarit

Breathe

North Baffin

Tallimat ullumi iqqaumajarialiit

- Pimmariuvutit
- Nipiqarunnaqputit
 - Takujauvutit
- Ajunnggittiaqputit
- Naammakputit



ᐱᐅᓂᓴᓂᓪ

Anirsaarit

Breathe

A photograph of a person with dark hair tied back, wearing a dark jacket and pants, sitting on a wooden ledge or bench. They are looking towards a large wall covered in various affirmations in English and Inuktitut. The background is a soft, pinkish-purple sky over a body of water. The affirmations are written in different colors and fonts, creating a vibrant and uplifting scene. The person is sitting with their back to the camera, looking towards the wall of affirmations.

LOVE Trust PEACE Hope Identity GRATITUDE FAITH
I AM HEALING I am loved AJUNNGIPPUTIT
ᐱᓂᓴᓂᓪ ᐱᓂᓂᓴᓂᓪ ᐱᓂᓴᓂᓪ
This will pass and I will feel happy again
Pimmariuvutit YOU ARE NOT YOUR MISTAKES
ᐱᓂᓴᓂᓪ ᐱᓂᓴᓂᓪ ᐱᓂᓴᓂᓪ
IT'S OKAY TO ASK FOR HELP
ᐱᓂᓴᓂᓪ ᐱᓂᓴᓂᓪ ᐱᓂᓴᓂᓪ
The world is a better place with me in it
ᐱᓂᓴᓂᓪ ᐱᓂᓴᓂᓪ ᐱᓂᓴᓂᓪ
I AM BRAVE KINDNESS ᐱᓂᓴᓂᓪ ᐱᓂᓴᓂᓪ
ᐱᓂᓴᓂᓪ ᐱᓂᓴᓂᓪ ᐱᓂᓴᓂᓪ
INSPIRED I deserve to be happy
ᐱᓂᓴᓂᓪ ᐱᓂᓴᓂᓪ ᐱᓂᓴᓂᓪ
It is okay to start again
#TSLNUNAVUT North Baffin

ᓂᓴᓂᓪ ᐱᓂᓴᓂᓪ ᐱᓂᓴᓂᓪ ᐱᓂᓴᓂᓪ ᐱᓂᓴᓂᓪ ᐱᓂᓴᓂᓪ

$\Delta\sigma^{\dot{\gamma}}\tau^c$

Anirsaarit

Breathe



SIVUURANIRMUT 'UIMANAQTUT'

Qaujisarlugit taakkua
sukangajjutaugajuktut:

Agliruit qasutillugu
aniqsaarlutillu

Qaniit
aqqillitigiarlugu

Tuikkik
kataktillugit

Ujjirilugu
qasujjuumitillugik
quktutaakkut

Niurjuarlutit naarnut
qasujjuumitillugulu
naaqpit nukingit

NOANIKHOK



North Baffin

$\Delta\sigma^{\text{inh}}_c$

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$\Delta\sigma^{\epsilon\dot{\gamma}}n^c$

Anirsaarit

Breathe



ᐃᐅᓴᓂᓪ

Anirsaarit

Breathe

ᐅᑭᐃᓴᓂᓪ North Baffin
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Anirsaarit

Breathe

Ikpingnianiit Kinatuinnarmuujunnaqtut

Angutiit Timimigut Tauttungit
Naammannggiliurutiqarunnaqtut

Angutiit
Pittiaqtaunnggigunnaqtut

Angutiit
Quaqsaaqsimajunnaqtut

Angutiit
Nagligijaujarialiit
Kamagijauttiarlutillu

Angutiit Qiajunnaqtut

Angutiit
Ikpigijaqarunnaqtut

Angutiit
Mamisarunnaqtut

Qanuinnngittuq
Angutiit
Ikajuqtaujumagutik

Angutiit
Ikajuqsuqtaujarialiit

Angutiit
Naluqqutilirunnaqtut



TLS Nunavut
Breathe@tlsnunavut.org



North Baffin

$\Delta\sigma^{\dot{\gamma}}\tau^c$

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$\Delta\sigma^{\dot{\gamma}}\tau^c$

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Breathe

[illegible]

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[illegible]
$$\dot{Q}^L L^b > n^c$$


$\Delta\sigma^{\text{inh}}_c$

Anirsaarit

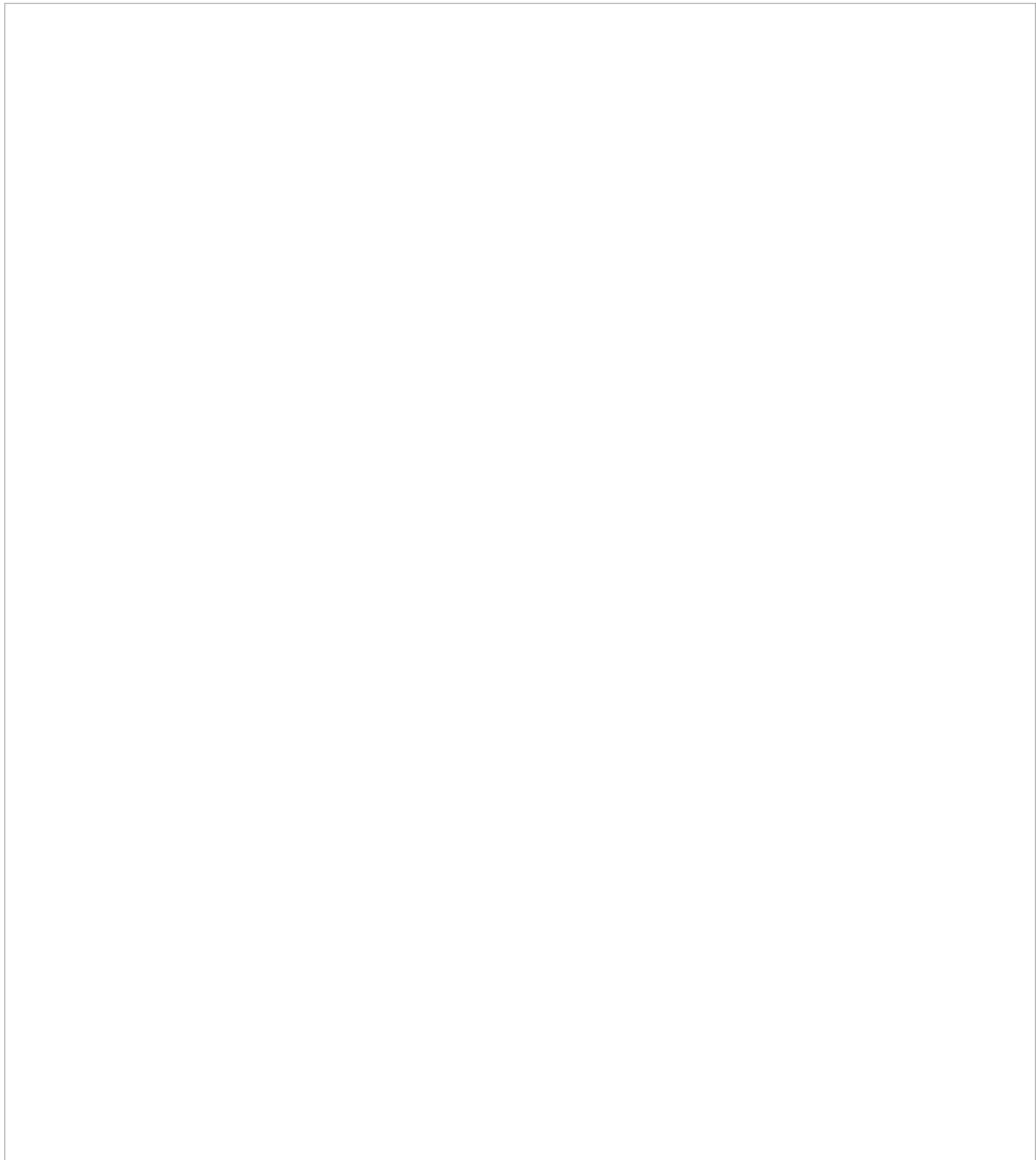
Breathe



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Anirsaarit

Breathe





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Breathe

[illegible]

**Kisutuinnait
kajusiniqanngilat
parnaksimajanut**



**Ulluit ilangit
aksurnakainnasuut**



**Quviattakpattutit
inutuuniarnirnut**



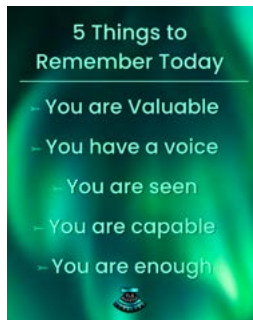
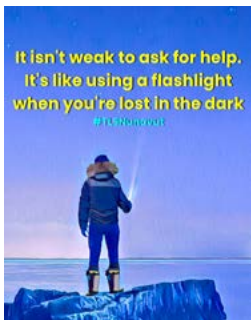
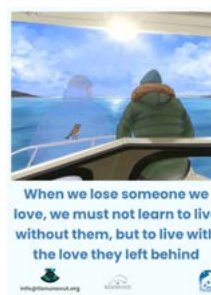
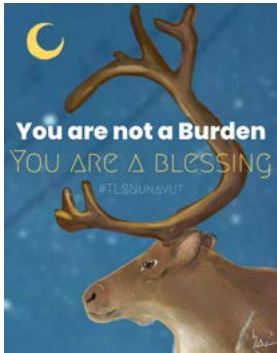
$\Delta\sigma^{\text{inh}}_c$

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Breathe



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You HEAL the people around you, your family, your children, their children & their children's children



You HEAL generations & generations This is called GENERATIONAL HEALING

In case no one has told you lately...



Pick The Affirmation You Need



