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Color to embrace life, color for healing,

Color away the pain from yesterday.

Color away.

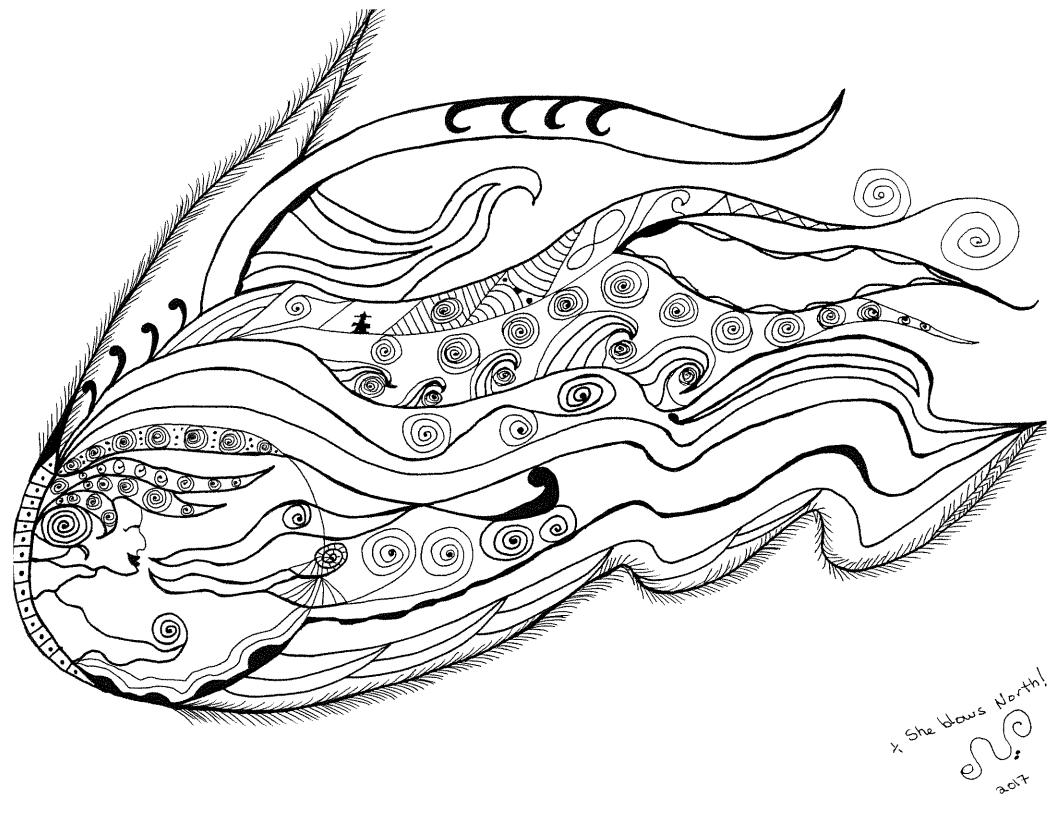
Colour away the troubles of today.

Color away.

Color for our elders who teach us patience and humility, color for our loved ones who have passed on and have taught us strength and perseverance, we dedicate this coloring book to embracing life.

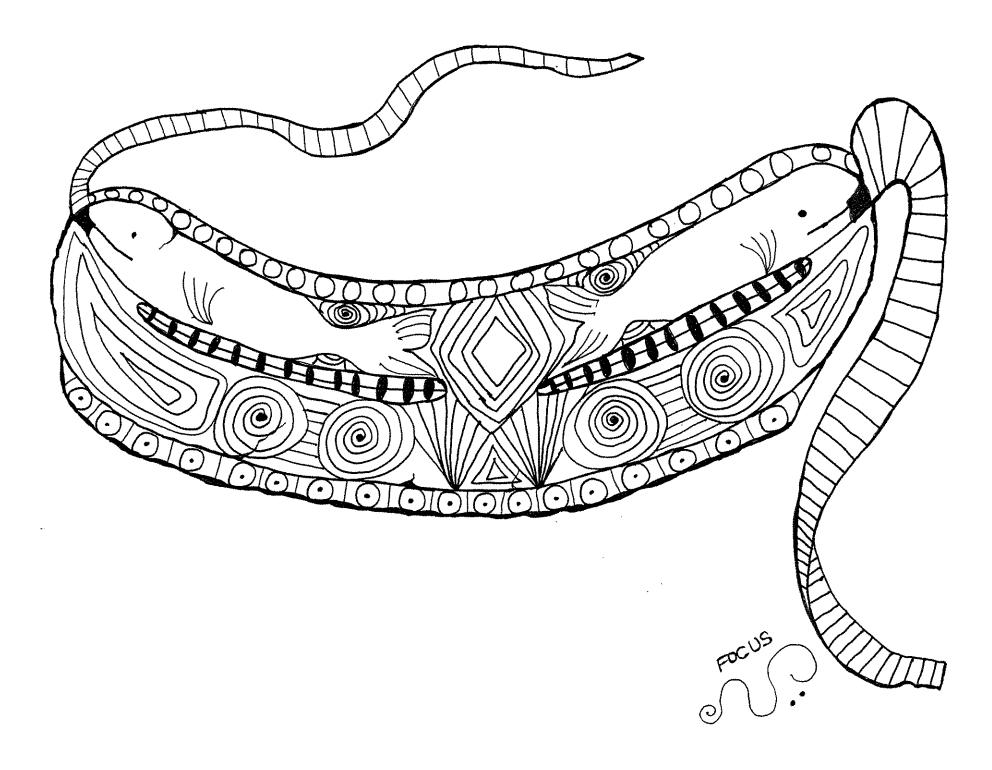
לייףליילבפשי כים אראיגי גרישי בירהי גריזיישרישרי, בירדהיארשישרישרישרישרישראינאיי גרישאין אבישאליש $\mathsf{ACC} \mathcal{A}^{\mathsf{L}} \mathcal{A} \mathcal{A}^{\mathsf{L}} \mathcal{A}^{\mathsf{L}} \mathcal{A}^{\mathsf{L}} \mathcal{A}^{\mathsf{L}} \mathcal{A}$

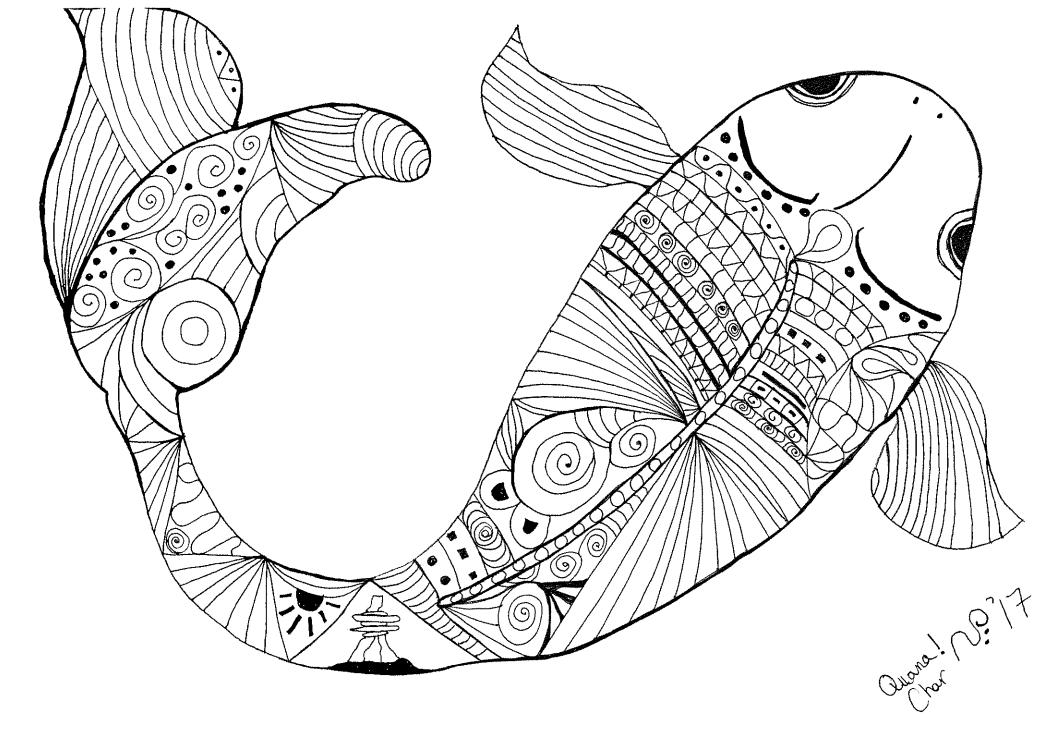
We created this book for you to have for your own healing, to celebrate Nunavummiut artists, our elders, and to remember those we have lost.



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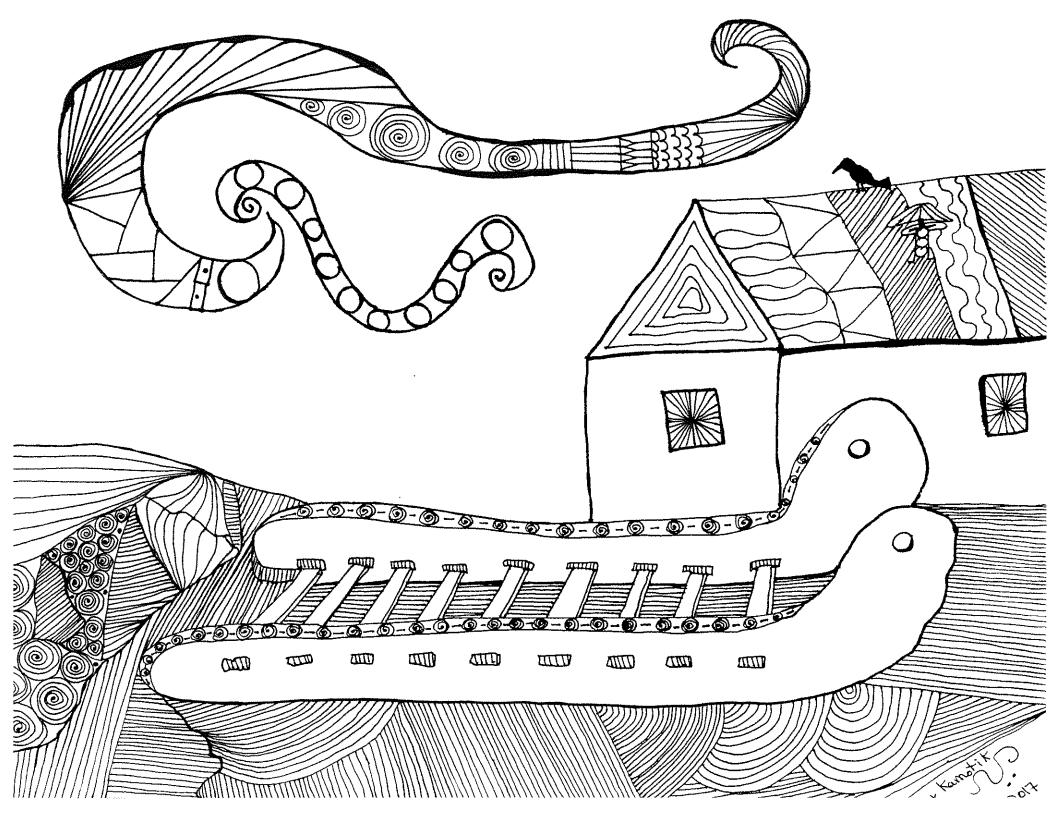
"Talk to each other when you are in crisis, which is like bad weather. When you talk to another about things, it starts to feel like good weather." (Elder from Kangiqsualujjuaq)





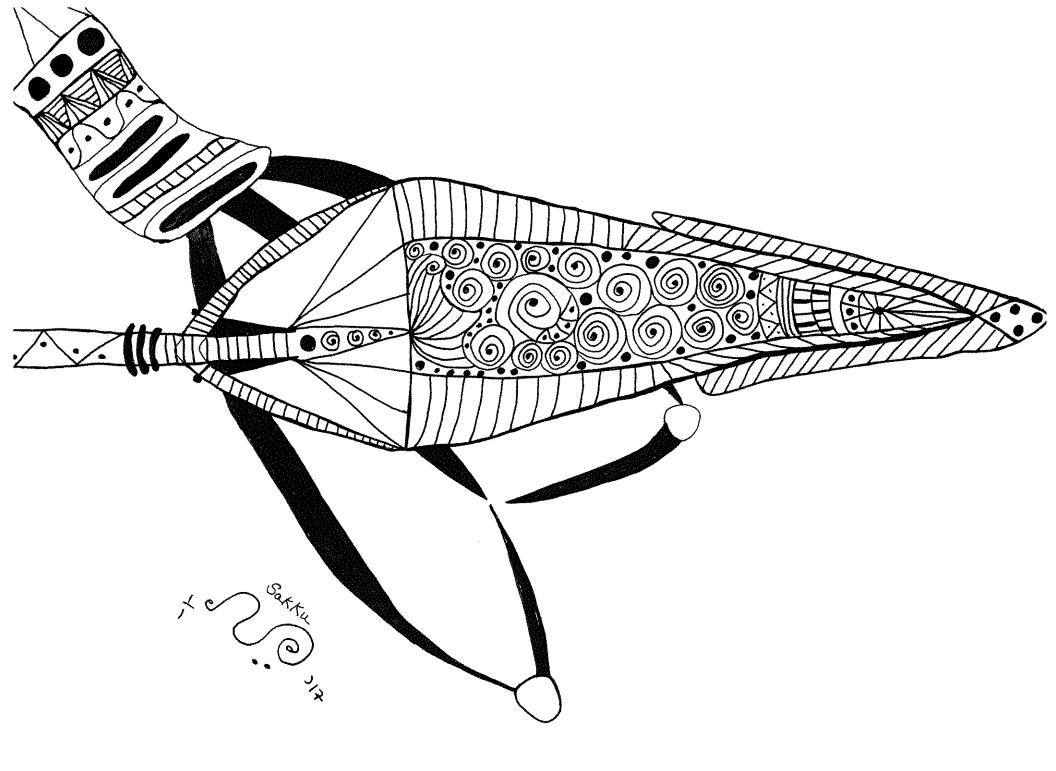
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"Please be nice. Help the elders at every opportunity you get, so your life will be very rewarding." (Naqi Ekho)



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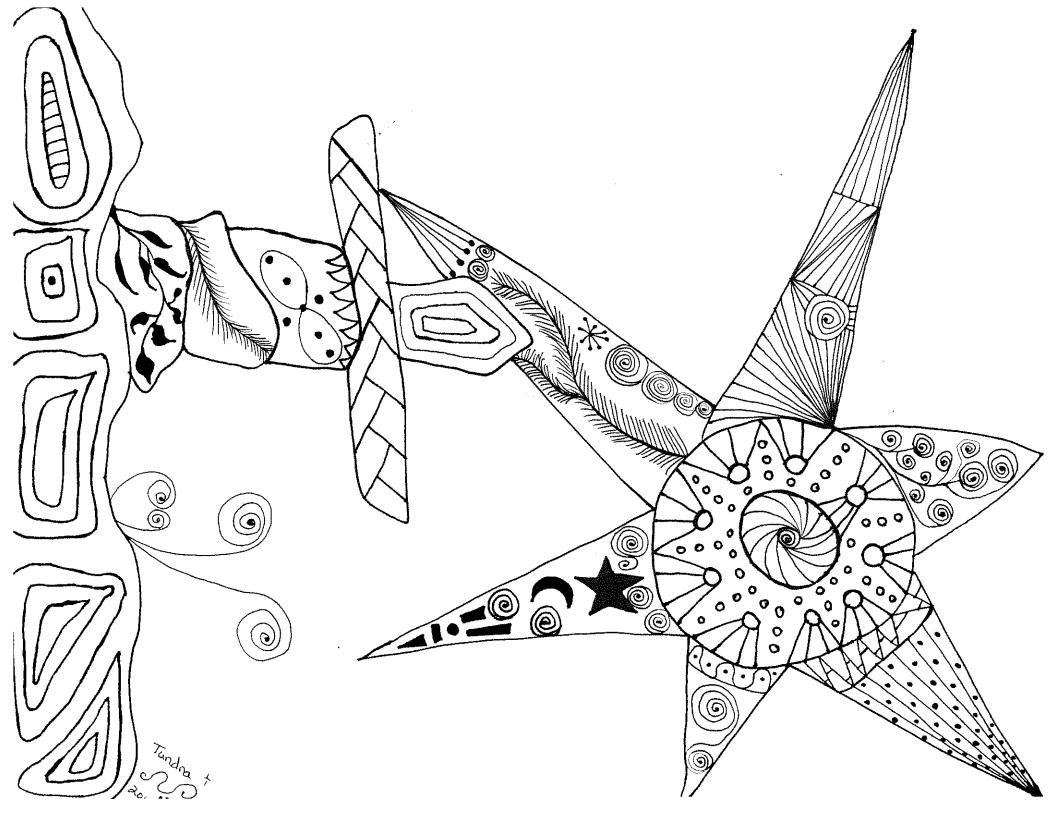
"Try to see things brighter and go forward more." (Elder from Kangiqsualujjuaq)



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"You are going to live through hard times, difficulties.... [We] were told never to give up..." (Elder from Kangiqsualujjuaq)

Thoughts - שלרא ריבי



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"Every day may not be good, but there is something good in every day" -Elizabeth Gordon

Thoughts - שלרא - Thoughts



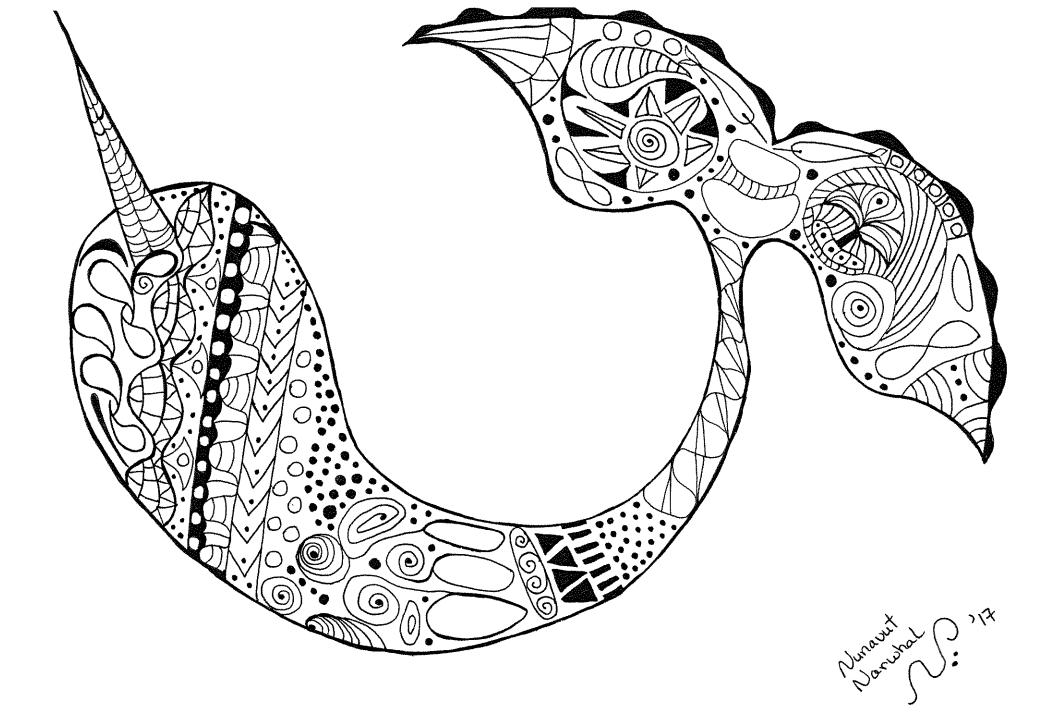
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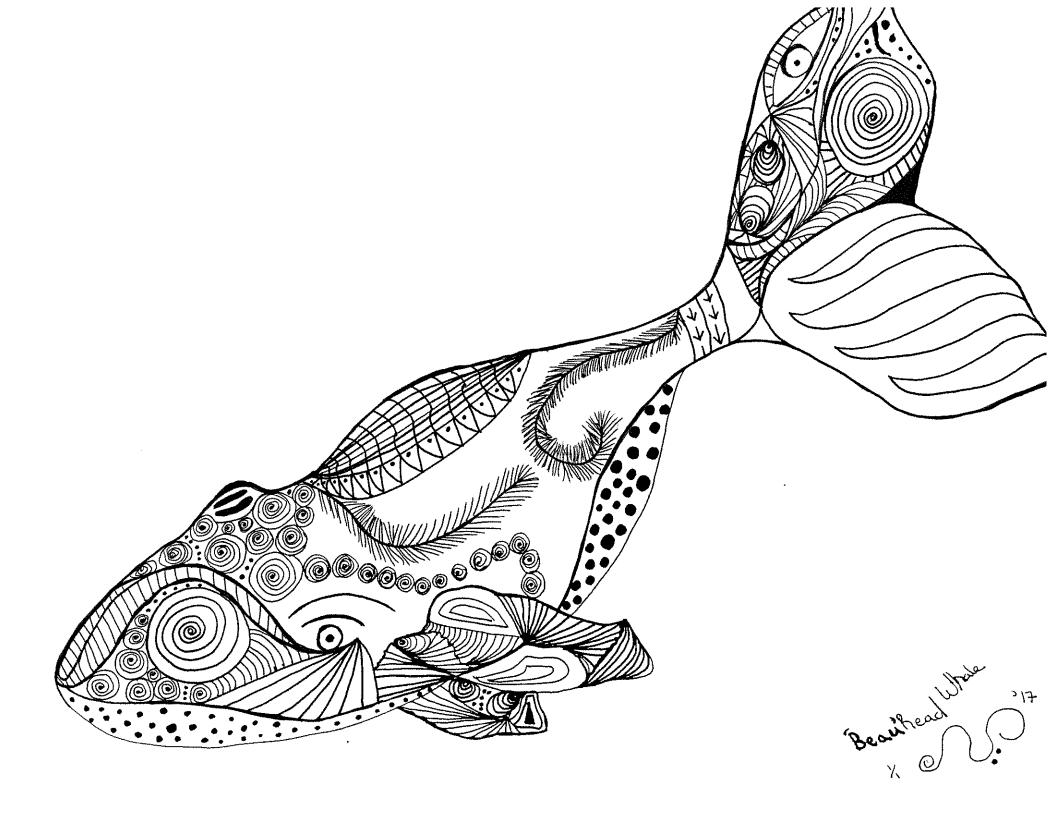
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"Tears and Laughter cleanse the heart" -Louie Kamookak

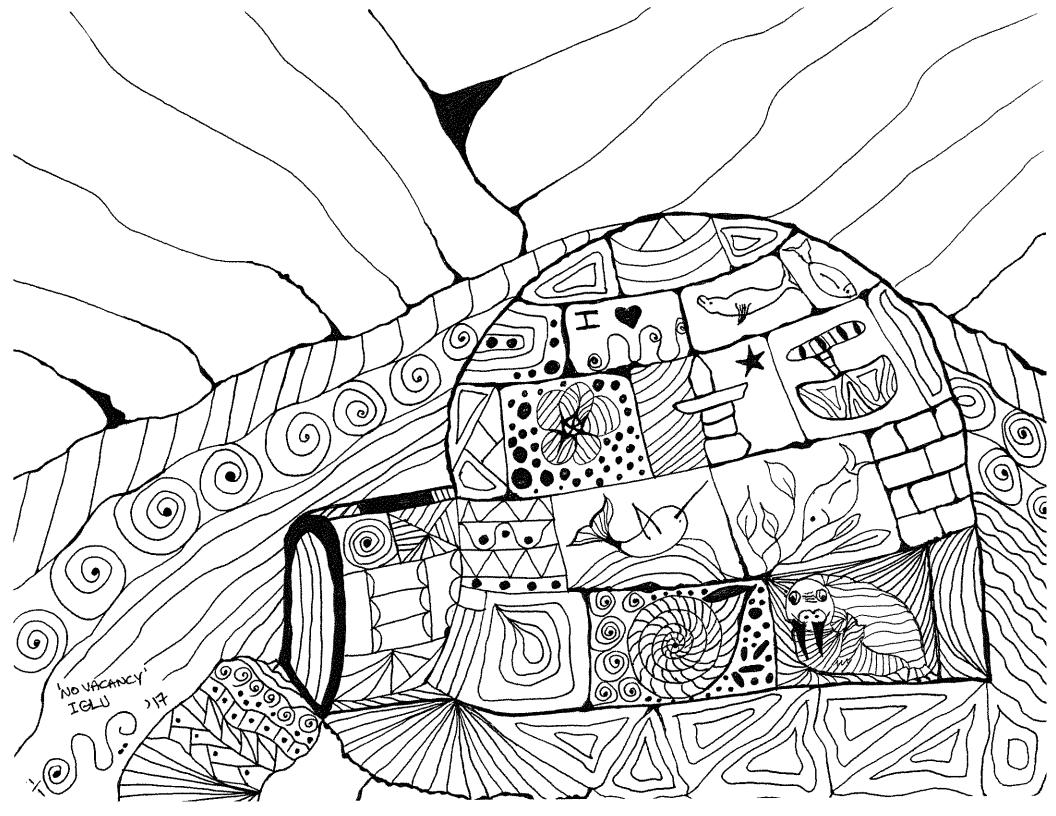
Thoughts - שלרר - Thoughts



"المع عام ۲۰۲۵ د. ۲۰۵۵ ۵۵۲ ۵۲ ۵۲ ۵۲ ۵۲ ۵۲ ۵۲ ۵۲ "It's okay to fall down and get back again"



"ا won't give up becasue I haven't tried all possible ways"



"PaDΔ°aij D°Andio" - 2Dn C d°br "Talk to someone you trust" - Jeremy Kuuk

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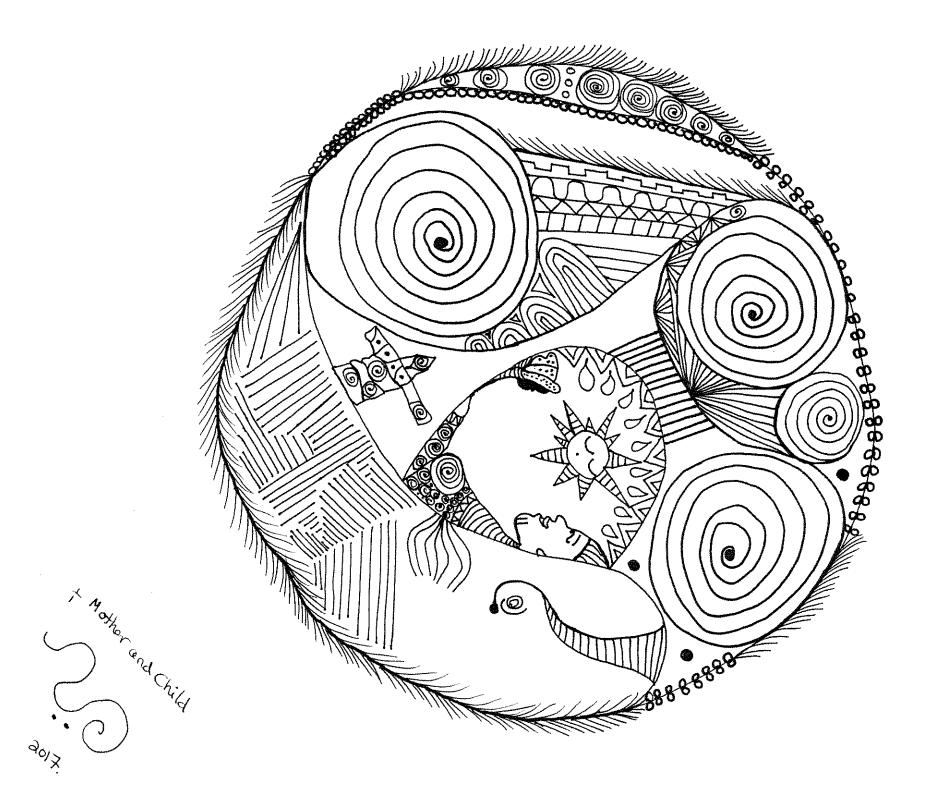
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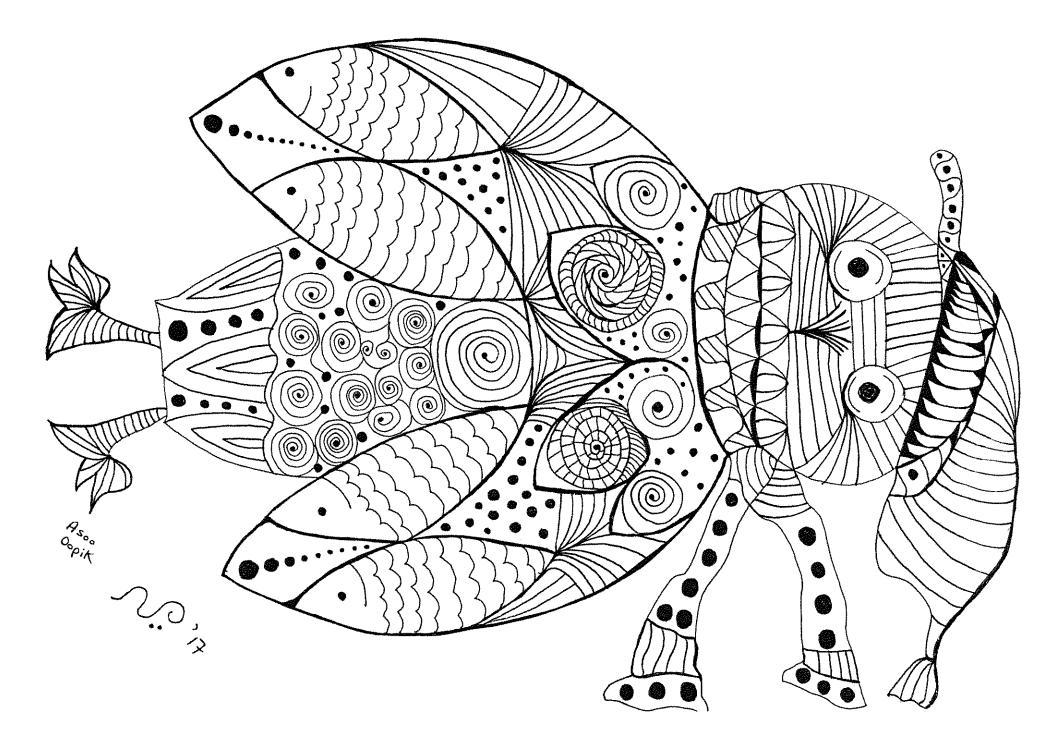
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We are loved and someone out there cares for us" - Jeremy Kuuk
"
We are loved and someone out there cares for us" - Jeremy Kuuk

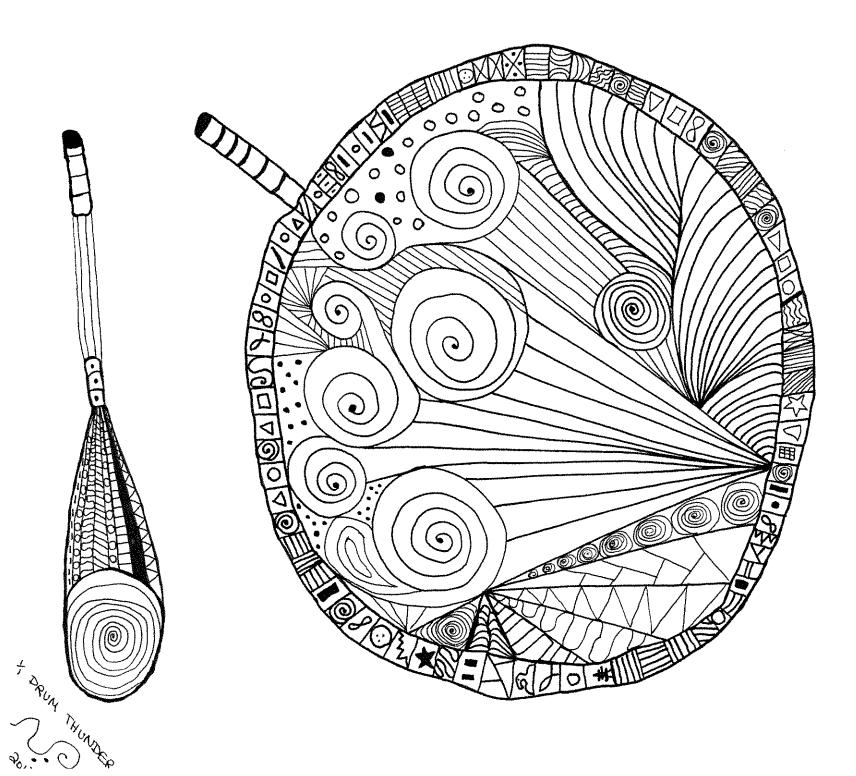
"P~DΔ°Q°NQ° QσJ56°C5°D°" ->D∩Γ d°F° "All things come to pass" -Jeremy Kuuk



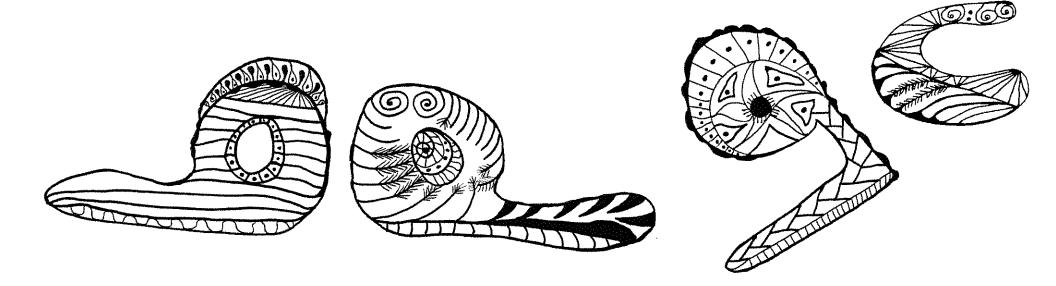


"ムイレインク マックマーンク つうつ しょうかく しょうしょう (シーンコントクレーン) (シーンコント・マン・ク (シーンーン) (シーンコン・シーン) (シーン・シーン) (シーン・シーン・シーン) (シーン・シーン) (シーン) (シーン)

" $^{5}b^{5}<' \leftarrow \dot{b}^{5}D^{6}a^{5}\sigma^{5}b, \sigma^{5}bc^{5}c''$ "Tommorrow is another day, let's have hope"

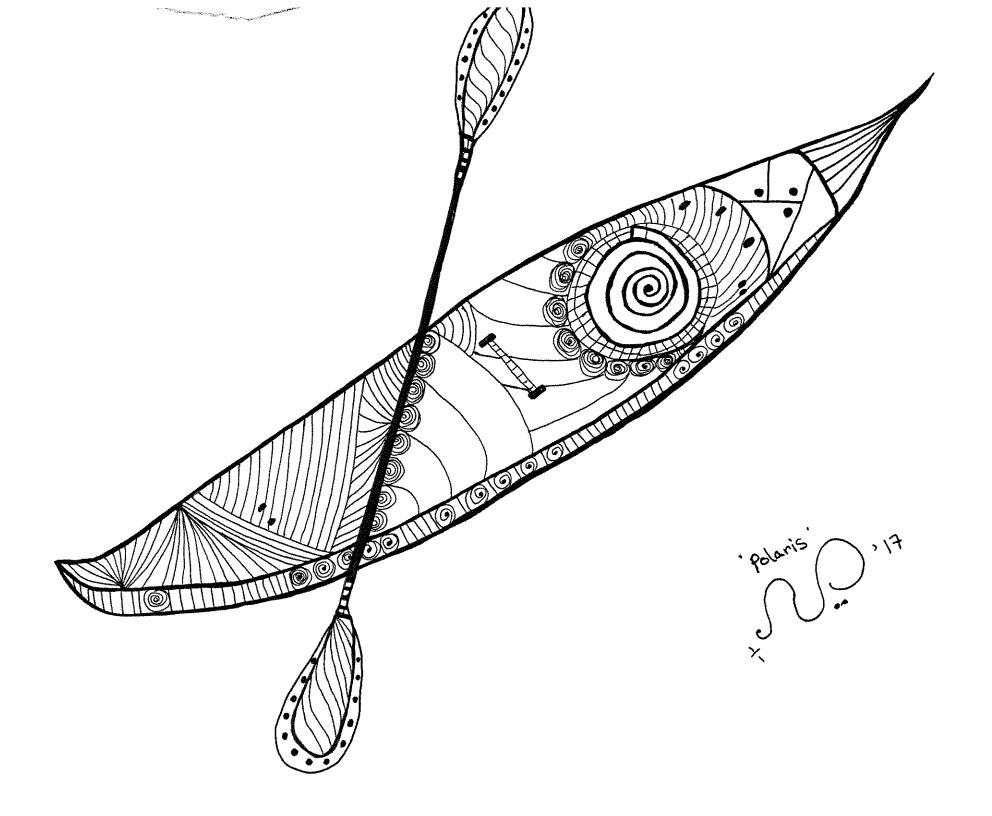


"ΔイLΔ°Qらららってんらっとうい、ヘーヘクららっとう、ってんのってん。」 "We have to try to make up our minds, to find things to do, and be happy!" - (Elder, Tuktoyuktok)

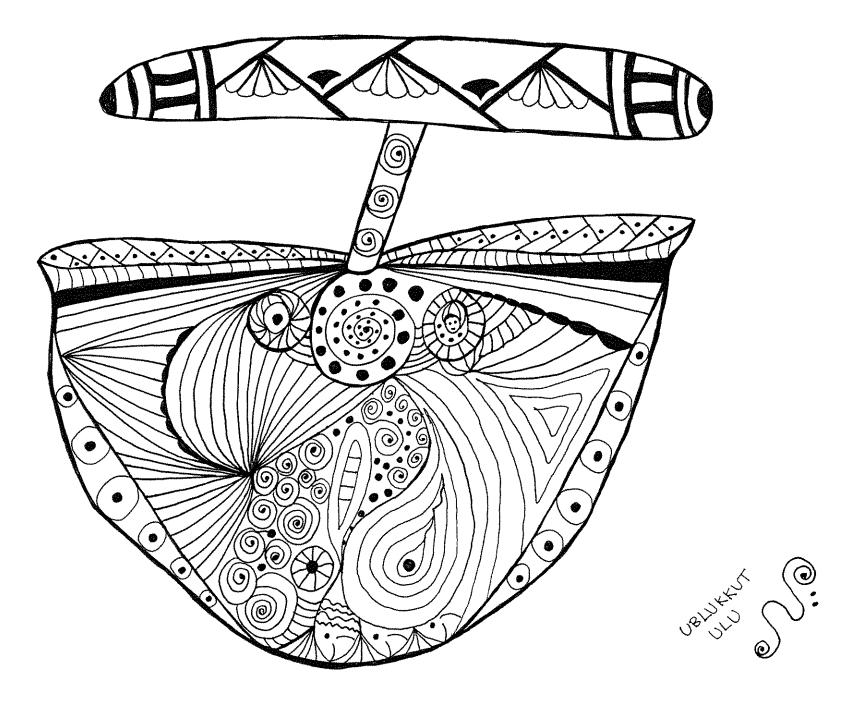




"クレアクーロックビン」、 イントレン (シークレン・)、 イントレン・ (シークレート)、 (シークレーン)、 イントレーン (We have preserved. We did not give up" - John Amagoalik



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What you can do for yourself:

I. Reach out and build relationships with mentors and role models.

- 2. Get involved in helping others and doing things for the community.
- 3. Identify you own strengths and talents and analyze how you can use those strengths to solve a verity of problems.

4. Change the way you think about a situation.

- 5. Actively build a system of supports for yourself; this includes spiritual connections and activities.
- 6.Learn to use humour to challenge your negative emotions and loosen tension between yourself and others.

7. Be stubborn; keep trying.



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Warm thank you to the artists who created and coloured the lovely mandalas in your book.

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Cover page coloring

Natasha Noah-Wisintainer also known as Tash, or Wiz is a young Inuk woman. She 22 years old and was born and raised in Iqaluit, Nunavut, where she still lives today. Natasha is an alumnus of Inuksuk High School class of 2012-2013 (Iqaluit, NU), as well as a graduate of Nunavut Sivuniksavut College (Ottawa, ON). She is a daughter, granddaughter, sister, cousin, and good friend to many people. Natasha grew up with her two younger brothers Brandon and Mark Jr. and her parents Caroline Noah, and late father Mark Wisintainer. Natasha is a creative young woman who loves to stay active. Natasha plays sports like soccer, volleyball and hockey, she is an artist at heart, and she likes to paint, color in her spare time. Natasha also loves kids and spending with her family and friends.

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Nandana (Nan) Prasad has lived in Waterloo and Guelph, Ontario most of her life. Her career in international development started at an early age and, whenever she had spare time, she would 'doodle' while she was overseas. Her father and mother recognized her doodles as therapy when she was trying to cope with being the youngest of nine children in a very fast-paced home environment. Art (sculpting, music and drawing) became her 'down' time and then, in 1993, her art evolved into an income-generating hobby. Her past donations of art to support health priorities include Missionaries of Charity (New Delhi, India), HIV/AIDS Committee of Guelph (Ontario, Canada), St. John Bosco Boys' Home (Mandeville, Jamaica, W.I.) and Voice Found, Ottawa (Ontario, Canada). She has lived over the last five years in Nunavut communities that include Kingait, Pangnirtung, Kimmirut and Iqaluit. Currently, she resides in Cambridge Bay in the Territory of Nunavut. Nan believes in culturally compelling therapy that encourages people to learn about other cultures. Nan continues to learn more about Nunavut on her visits to different communities.

Sources: Inuusivut Anninaqtut Nunavut Suicide Prevention Strategy http://inuusig.com/about/inuusivut-anninagtug/

Elders Quotes - Resilience Overcoming Challenges and Moving on Positively – Inuit Tuttarvingat National Aboriginal Health Organization 2007

http://www.naho.ca/documents/it/2007_Inuit_Resilience_Book.pdf





EMBRACE LIFE COUNCIL CONSEIL SAISIS LA VIE

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"Our mission is to encourage and support Nunavummiut to value life."

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