

The Institute For The Advancement Of  
Aboriginal Women Presents

# BUILDING OUR BUNDLE

**A six-week online program for Indigenous  
female youth (ages 14-29 years old)**

- Cultural and Elder teachings
- Building social connections
- Self-reflection activities
- Mental health tools for improved well-being

Every Thursday, beginning on  
September 16th, 2021 until  
October 21st, 2021,  
On Zoom 5:00-7:00 PM (MST)

Please register using link in captions  
or scan the **QR code**

Deadline to register is September 15th, 2021

Any questions or inquiries, please contact Erica Gladue at  
egladue@iaaw.ca

