

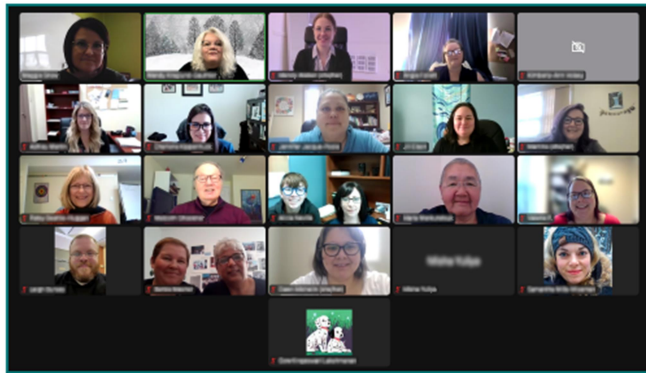


# Community Viewpoints

Regional Online Workshop - Labrador - March 7, 2023

25

participants from  
across Labrador  
were able to  
collaborate using  
Zoom and JamBoard



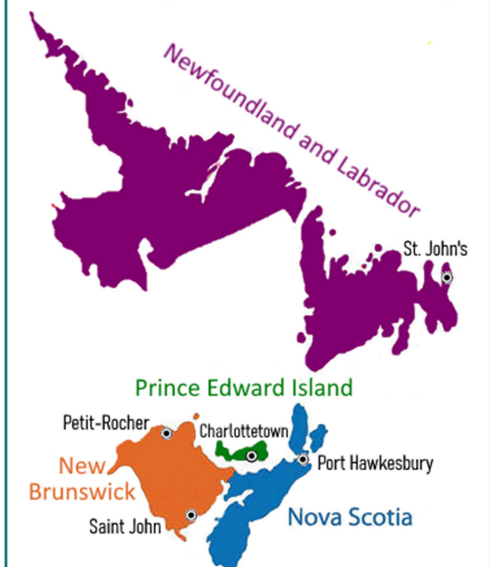
*The workshop included a wide range of participants from northern and Inuit communities across Labrador. It is geographically large, with distinct issues and needs, and attendees were thankful to have their voices heard.*

The Atlantic Summer Institute on Healthy and Safe Communities (ASI) is a bilingual, not-for-profit organization with a mission to serve as a catalyst for social change, ultimately resulting in more inclusive and equitable Atlantic Canadian communities.

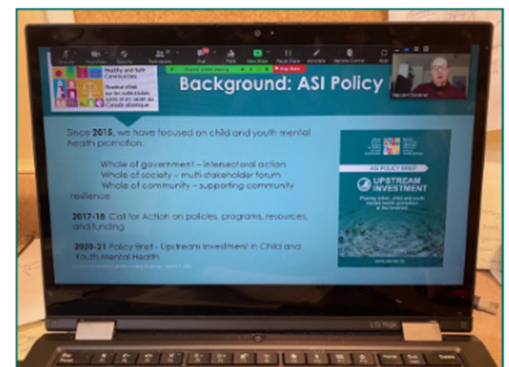
The workshops introduced participants to the ASI policy brief, 'Upstream Investment – Placing child and youth mental health promotion at the forefront' and gave an opportunity to explore initiatives happening in their community and innovative models from other regions.

## LOCATION

### Community In-Person Workshops



### Regional Online Workshops



# What participants had to say...

## Labrador

### Quotes:

“Whatever they’re doing isn’t working. Work in a way that works for the communities and for the youth.”

“Children learn by imitation. Without having healthy role models in their family that would facilitate the transfer of a variety of habits and behaviours that would support mental health of children, they are left in a situation that is not equitable.”

“We cannot isolate mental health of children from the health of their families. How do we collectively reverse the effects of colonisation on the local communities so that the youth will thrive? How do we support families as whole?”

### Common Themes:

Importance of having accessible and supportive spaces for organized, facilitated, intergenerational and intercultural events promoting sharing between community members and organizations.

### ...and Barriers:

People from outside the community lack understanding of the culture.

Lack of access to support and resources: (space, culturally specificity, transportation, technology, etc.)

Lack of: communication and coordination, effective community leadership, and long-term sustainable funding.

Organizations consumed with busy work, working in silos.

### Considerations Going Forward:

Transformative change will require leaders at all levels to undertake fundamental changes in the way we connect, share, do work together, and care for one another.

Policy change at federal and provincial levels must extend beyond short-term projects and elected officials' terms in government.



### Commitments to Action:

Stay connected with relationships made today.  
Continue to be part of the conversation, “working in our business, not on our business.”