Aboriginal youth are overrepresented in the foster care system.

Youth who have aged out of foster care are more likely to be unemployed, incarcerated, homeless, addicted, and to have mental health problems.

Youth who have aged out often leave school before completing their secondary education and become parents at a young age.

Most profound harms of historical, intergenerational and personal trauma are relational in nature and involve attachments.

A high percentage of youth coming from child welfare services will need welfare support sometime during their adult lives.

The overrepresentation of Aboriginal youth in foster care is a direct and indirect consequence of colonization and the disruption of traditional ways of life.

It is sometimes difficult to understand the foundational role of culture in relation to other survival needs especially for those who have not suffered the effects of cultural discontinuity.

From an Indigenous perspective, culture, family, language and religion are fundamental to the individual's well-being.

Culture has been identified and celebrated as a protective factor against the negative impacts of colonization.

Spirituality is a cornerstone of the cultural