

**NewJourneys**.ca

# Ambassador Handbook

# Introduction to New Journeys

New Journeys is an online space that delivers vital resources and information needed for Indigenous people to embark on any journey. It's the Friendship Centre Movement in digital form, and a place to share stories of everyday life, growths and successes, of struggles and hardships and changes.

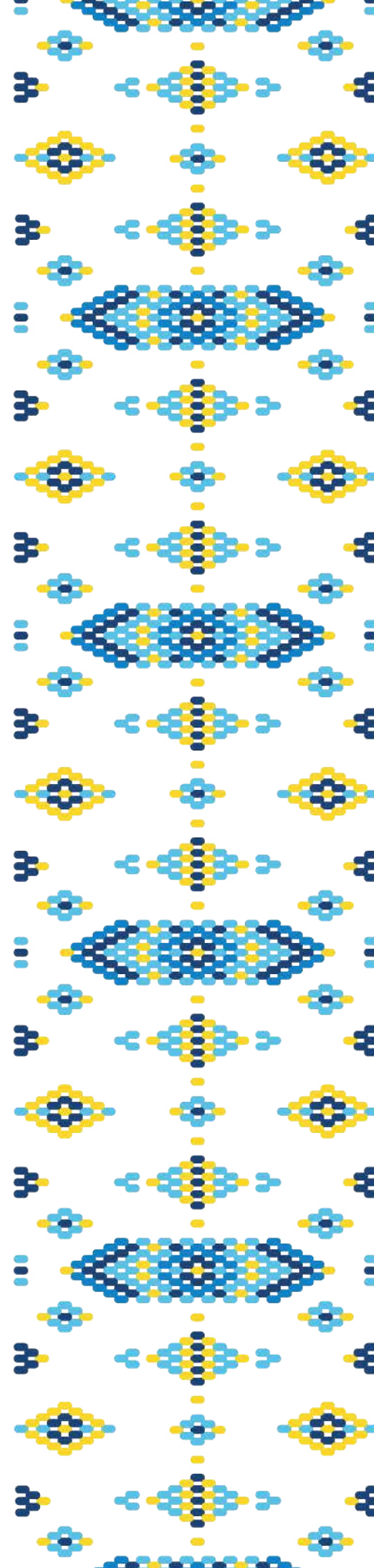
New Journeys is the story of Indigenous youth, women, men, families and communities in Canada today. Whether you are moving, looking for programs and services or looking to connect with your community virtually, New Journeys has resources for you, by you.

The website features a searchable database, vital information and resources and engaging content written by and for Indigenous youth. The National Association of Friendship Centres needs youth from across the country to spread the word about New Journeys.

This manual has been designed to help you, as a youth ambassador, to inform and engage others with the New Journeys website. It's easy to read and follow along, and will help you share information about the site to others who are making their own journeys.

This manual has been designed to guide you through the website, through seven categories:

- News
- Wellness
- Culture
- Resources
- Services
- Our Stories
- Ending Violence Against Indigenous Women and Girls



# Who should be a youth leader?

Are you active in your community? Are you active on social media? Do you want to connect with youth across the country and share, inform and educate others on a number of Indigenous issues? If you said yes to any or all of those questions, you fit the bill to be a New Journeys ambassador.

All over the country, Indigenous youth are reclaiming their voices and spaces and histories. New Journeys is a platform for your voice, and is a space to discuss and inform the broader Indigenous community and Canadian society on issues important to all of us.

Regardless of your place and stage in life — whether you're in high school, studying at a postsecondary institution, working, looking for work, a stay at home parent or a working parent — New Journeys needs your input, help, energy and passion.

## What's needed from ambassadors

New Journeys youth leaders will be expected to do a number of things to promote, support, excite and engage others with the website.

Expectations include:

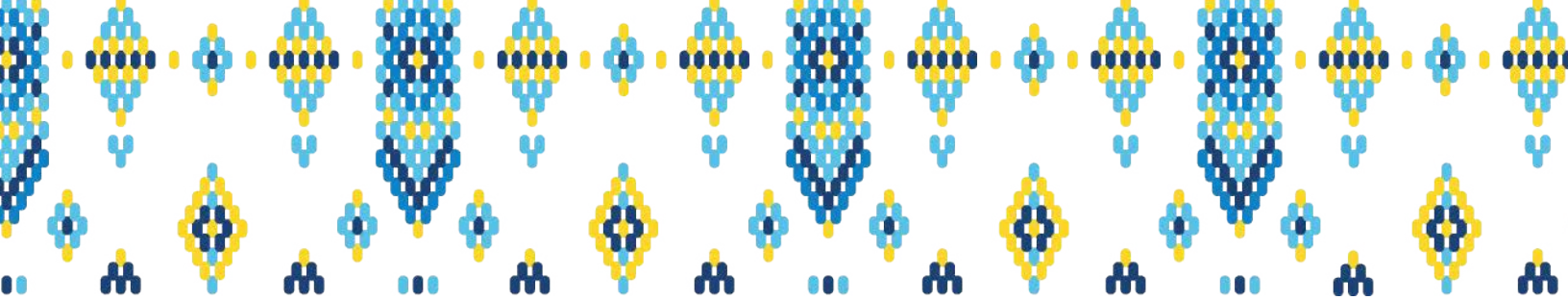
- Promote and share New Journeys content within their own social networks, as well as in their schools and home communities.
- Contribute content to the website regularly .
- Organize activities to encourage involvement with the website and its goals, and to encourage greater dialogue and learning among Indigenous youth.

## Why you should be a New Journeys ambassador

Interconnectedness has always been a value in Indigenous communities. Today, technology allows us to remain connected to others and to interesting and important information. New Journeys is about building communities and bringing Indigenous people together through one information sharing forum. As a youth leader you'll be able to inspire your community to become involved in the New Journeys online community.

In this role, you'll be able to connect with Indigenous youth across Canada and share your voice and your stories. The website needs your contributions in order to grow and ensure information and resources reach the people who need them.

As a youth leader you will also be able to build your leadership skills by engaging others, by creating content for the website and by organizing events in your own community.



## New Journeys beading circle

We hope the New Journeys beaded flower becomes a highly recognized symbol across the country. We also hope that a beading circle to replicate the beautiful flower becomes a common way for communities to come together and share stories, learn from each other and have important discussions.

As a New Journeys ambassador, one of your important tasks is to lead these beading circles in your own communities.

### Beading circles and discussion

The following content topics, or areas, are key parts of the New Journeys website and community.

You can use discussion questions to guide conversation in your communities during these beading circles to help spread the New Journeys word, help get other youth excited about the community and help them (and yourself, of course) become strong Indigenous leaders.

### Steps to leading a workshop:

- Contact your local Friendship Centre and tell them you want to host a New Journeys beading workshop.
- Confirm a date and time with the Friendship Centre.
- Put up a New Journeys poster in the Friendship Centre (the NAFC can give you a template) and tell Indigenous youth in your area via word of mouth and social media.
- Hold your beading workshop and tell the participants about the New Journeys website (you could invite a community member to co-facilitate with you).
- Use the workshop as an opportunity to discuss healthy relationships as participants bead, this could be informal conversation, or you could invite an Elder or Knowledge Keeper to provide a teaching on relationships, etc.

# Online Experience

## News

This section of the website provides a wide range of articles of common interest. Some stories are original content, and others are summaries of mainstream and Indigenous news articles.

Examples of stories include:

- Languages to help you learn your traditional language
- Profiles of youth in leadership roles

“Any legislation meant to preserve Indigenous languages is a good thing. It can have big, lasting and positive effects for Aboriginal people because it aims directly at damage caused by government to dismantle Aboriginal cultures.”

— Trudeau announces Indigenous languages act

“A First Nations woman from Alberta made history this weekend, winning the Mrs. Universe pageant and becoming the first Canadian to do so.”

— Mrs. Universe pageant

“I am going to stick to hope and the fact that we have a few aboriginal members in Parliament. I feel that we will be heard and positive change will happen in our communities.”

— Voting for the first time

## Well-Being

This area of New Journeys is dedicated to content on health and well-being.

Examples of stories include:

- Mental health and wellness
- Addictions
- Overcoming trauma
- Family and relationships

“Through her work with SpiritFusion Jade Harper is bringing yoga and traditional Anishinaabe and Cree practices together, and to others on their own journeys of healing.”

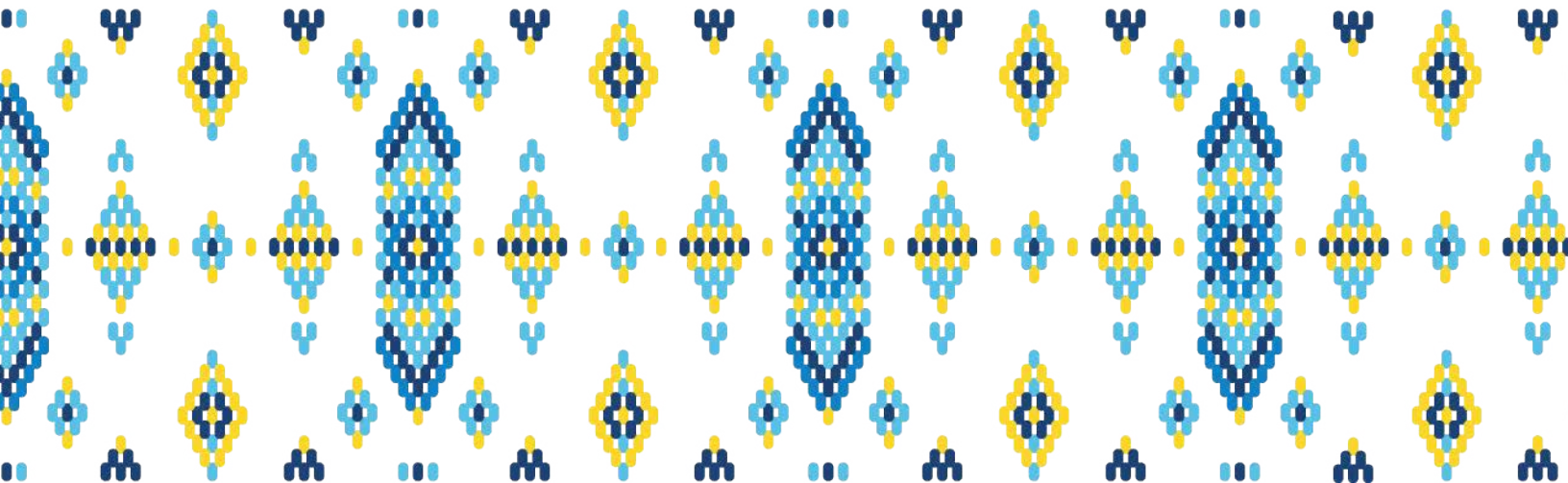
— Heat and healing

“It doesn’t really matter what someone’s age is, or their background or stage in life. When mental illness hits, it hits. And everyone deserves a chance to get help, and an opportunity to talk about what’s weighing them down.”

— #BellLetsTalk

“If you see a counsellor a couple of times but don’t feel connected to them, it’s okay to seek out someone else. This may be hard if you live in a small town, but there may be other options for you, like over the phone services. You just have to ask. Remember, it’s your life, your feelings, your journey and YOU get to be in control of how and with whom you begin healing.”

— Seeing a counsellor



## Culture

After generations of colonization, our languages, ceremonies and worldviews have endured. The breadth of content on New Journeys about reclaiming cultures and languages is one example of how Indigenous people are just as strong as ever, and getting stronger.

The quantity of resources available and listed on the site is an example of this as well, including:

- Friendship Centre Programs
- Social gatherings
- Language classes
- Arts
- Music
- Fashion
- Indigenous celebrities

“Our ancestors have told oral stories for thousands of years, passing down culture and wisdom from generation to generation. Native hip hop is the new form of that tradition.”

— Native hip hop brings culture to life

“A resource tool for high school students in Manitoba is hoping to change the way people see Louis Riel, and give a better understanding about what the Métis leader did for Manitoba.”

— Learning about Louis

“Mic Jordan is an emcee from the Turtle Mountain Reservation. Through his music, he tries to inspire youth, tackling tough issues like suicide and alcoholism.”

— #DearNativeYouth is a message of hope

## Services

This section provides a link to the database that provides information on over 6,600 programs and services across Canada. The website allows visitors to add and update services and is configured to display services based on the articles visitors are reading and their geographic location. The database includes broad categories of programs and services, which are useful for:

- Postsecondary students
- Parents
- Youth
- Individuals experiencing violence
- Individuals moving to new communities and others

## Resources

This section provides a number of different resources, including:

- Transition Guides
  - Moving to a new city can be a struggle, especially if you have never lived in an urban setting before. Finding safe and affordable housing, learning new roads and transit routes can all be very difficult tasks. New Journeys is an important place to find information about relocating in the form of transition guides. And there’s hope in knowing that as Indigenous populations in cities are growing, so too are businesses and organizations that provide services to them.
- A searchable database of programs and services across the country
- Engaging content with links to important resources for Indigenous youth and women

## Our Stories

Although this section isn’t one specific area of the site, it’s one of the most exciting parts of New Journeys. Contributors regularly write about their personal experiences and many of these contributors have been Indigenous women sharing stories of escaping violence and abuse and of finding resilience within themselves. Anyone with a story to tell has an opportunity to share it by contacting New Journeys at [newjourneys@nafca.ca](mailto:newjourneys@nafca.ca).

“On that day in February, a valuable and brilliant voice was stolen from the Indigenous community, and an irreplaceable part of my family.”

— Just cause by Delilah Saunders

“My story is not one of tragedy, and should not be interpreted as such. Despite the many obstacles that I had to overcome to get where I am, or perhaps because of them, my story is a triumphant one! Today, I celebrate life to the fullest, and appreciate each day as a blessing.”

— My survival by Lani Elliott



# Ending Violence Against Indigenous Women and Girls

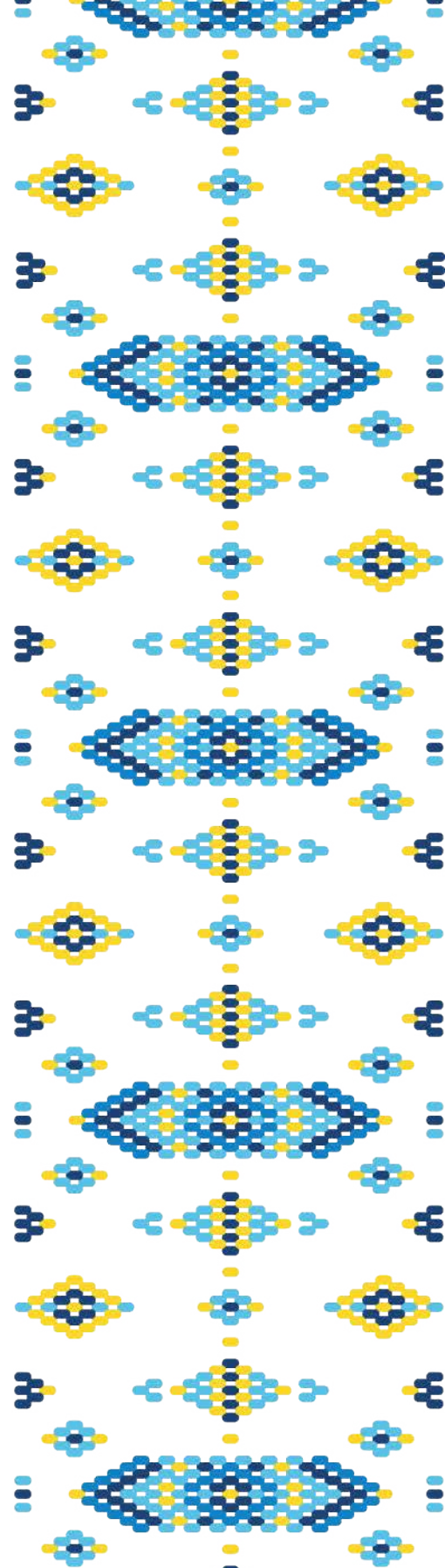
A key goal of New Journeys is to provide resources and support to Indigenous women and girls to live free of violence.

It doesn't matter where Indigenous people live — whether it's in rural, urban or isolated communities — they're pursuing social justice, safety and overall well-being for themselves, their families and their First Nations, Inuit and Métis brothers and sisters.

It takes everyone to create healthy communities, and there are many opportunities to get involved in community initiatives that are helping Indigenous people live full and healthy lives. And if you're in need of help, there are many resources available.

This part of the website will provide information on:

- Initiatives to end violence against Indigenous women and girls
- Shelters
- Updates on the national inquiry into missing and murdered Indigenous women and girls
- Community development agencies
- Reconciliation and healing
- Recovery programs
- Information on initiatives such as the Moose Hide Campaign, I am A Kind Man and others.



**Thank you for joining the New Journeys team!**  
**We look forward to working with you and if you have questions or feedback, email [newjourneys@nafc.ca](mailto:newjourneys@nafc.ca).**