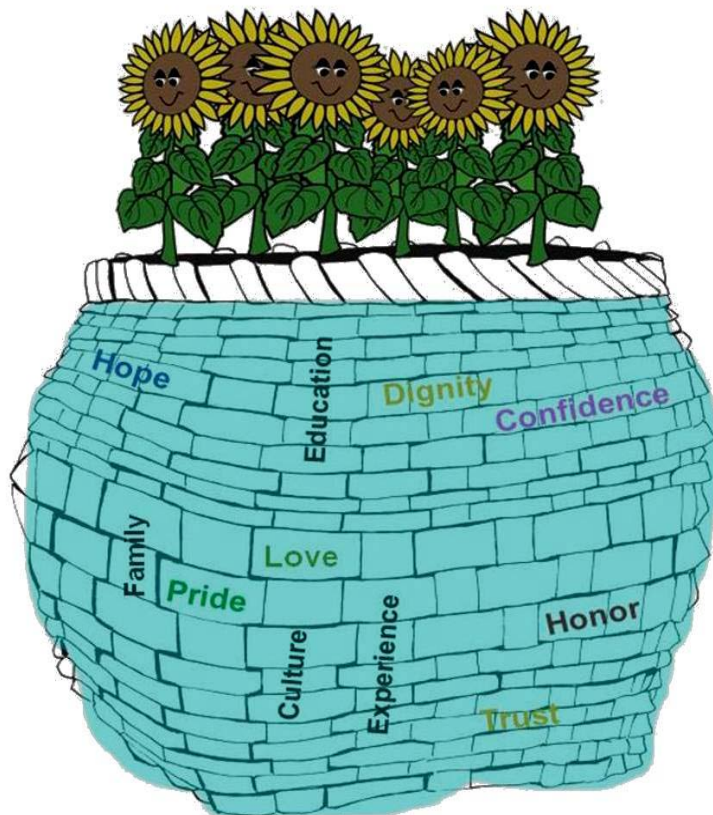


THE BASKET OF HOPE AND SELF

- 2005-2006
- youth outreach – health research

Andrew Sark, our Youth Outreach Worker, developed an explanation, based in visuals, which he called “The Basket of Hope and Self”. He wanted to help children picture how, by striving to

keep their minds and lives filled with hope and positive influences, they would be much better prepared to counter negative influences.



Andrew shared his visual explanation with numerous elementary school children in Mi'kmaw communities in Cape Breton, NS.

He also spoke about it and his other youth outreach activities at the “Healing Our Spirits Worldwide” conference in Edmonton, AB, in 2006. Andrew’s presentation can be viewed in the “articles and presentations” section of our website. Look for it among listings for the year 2006, where it is entered alphabetically as: Sark, A.

Andrew's work was enabled by a CIHR - Institute of Aboriginal Peoples’ Health research award to Cheryl Bartlett for a project entitled “Integrative Health and Healing: co-learning our way to expanding wholeness through restoration of relationships with the land”. It was also supported by an IWK Health Centre Foundation research award to Cheryl Bartlett that enabled hiring a youth outreach worker.