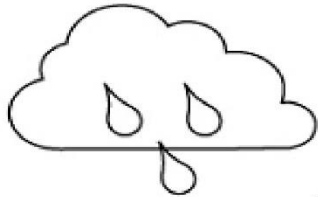
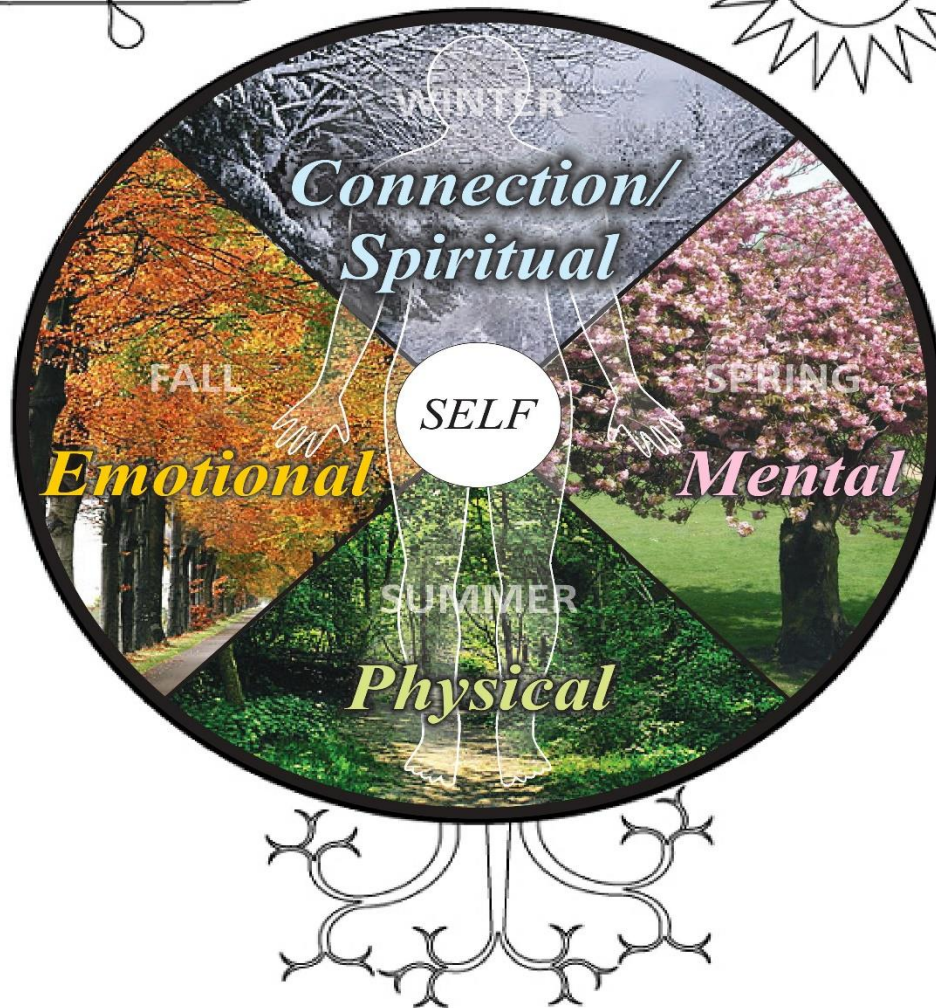
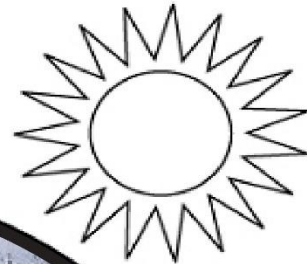


What is nourishing you?



What is bringing joy?



What is grounding you?

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This version of the holistic model diagram was edited and added to by Indigenous peers of the Turning to One Another program to reflect an Indigenous world view.