

# True North Aid

## Changes to 2022 Programming

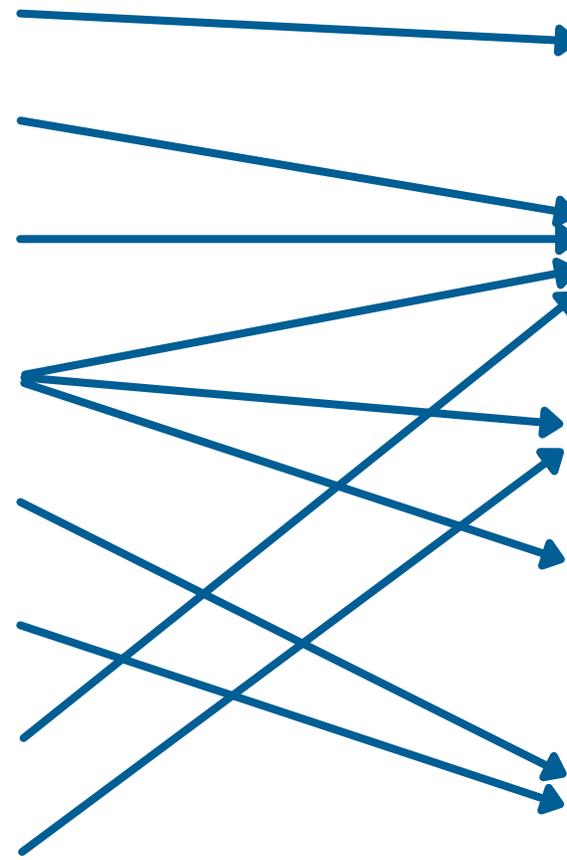
True North Aid is pleased to share with you the improvements to our programs for 2022. True North Aid is dedicated to providing continued humanitarian support to northern and remote Indigenous communities. All of our initiatives are founded on the 8 stones of support that our donors have come to know. As of January 4th, 2022, donors will have the opportunity to redirect their generosity to one of our new programs!

### Former Funds

- Health
- Self-Determination
- Food
- Hope
- Reconciliation
- Education
- Water
- Housing

### New Funds

- LiveWell
- Community Grant Program
- Supplies for Success
- Indigenous Youth Opportunities Program
- Reconcili-Action



# An Overview of True North Aid's Programs

## **Community Grant Program:**

The True North Aid Community Grants program is a multi-tiered funding program that supports Indigenous-led projects in remote and northern communities in Canada that aim to create impactful change. At True North Aid, we believe that self-determination and self-governance are key to addressing inequality. True North Aid will provide funding of up to \$50,000 toward projects that empower communities with holistic and sustainable projects in the following areas;

- The advancement of education and cultural activities
- The relief of poverty through innovative programming
- Projects that address the ongoing impacts of Canada's unique history for Indigenous peoples

Every three months, an Indigenous Advisory Committee will meet to review and select grant winners and assist communities with practical tools to help implement their plan successfully.

## **Supplies for Success**

Many First Nation communities, hamlets, and towns across northern Canada face significant barriers in accessing essential goods and services. Often situated in remote areas that are only accessible by plane, barge, or are a long drive from major city centres, communities are forced to pay exorbitant prices for food and other goods such as backpacks, beds, and warm clothing. At True North Aid, we believe that where you live should not determine the quality of life you are afforded to. Through our Supplies for Success Program, we cover the cost of shipping quality goods to north and remote communities so that families are not forced to choose between spending their money on groceries marked at high prices and warm boots for their children.

## **LiveWell**

Canada's Indigenous peoples, who once possessed a rich and diverse set of healing practices, today face some of the poorest health outcomes in Canada, with higher than national average rates of infant mortality, type-II diabetes, and malnutrition. Health is not only freedom from illness and injury but also a key component in alleviating poverty. For many remote Indigenous communities in Canada, access to quality health care is far below the national standard. True North Aid is committed to serving and supporting health care initiatives that promote a healthy body, mind and spirit. Currently, True North Aid is supporting health initiatives by providing mobility supports, menstrual supplies, critical care items for mothers and infants, and developing programs for accessible dental and orthotic care.

**Reconcili-Action**

Restoring relationships between non-Indigenous and Indigenous peoples in Canada is a crucial part of bridging the divide between diverse communities and improving livelihoods. It is fundamental for all Canadians to understand the devastating consequences of attempted assimilation that left many First Peoples facing enormous socio-economic challenges. As Canadians, we have a collective duty to confront the past and build relationships across cultures and communities. Reconciliation is everyone's responsibility, and True North Aid seeks to be an active partner in projects and initiatives that advance the Truth and Reconciliation Commission's Calls to Action. True North Aid currently supports reconciliation by providing Reconcili-action grants of up to \$25,000 to applicants who can demonstrate a robust plan and method of actively seeking reconciliation in their communities. True North Aid also supports reconciliation through events such as A Taste of Indigenous Canada and the Good Allyship Project.

**Indigenous Youth Opportunities Program**

The Indigenous Youth Opportunities Program supports Indigenous youth leading projects and initiatives in their communities as part of their own health and wellness journeys. By providing grants to candidates, True North Aid empowers youth to express and articulate their wellness journeys through interest-based activities, ranging from the arts, music, sports, to traditional land-based healing strategies. Award recipients are selected through an application process and guided by mentors throughout the duration of the program.