

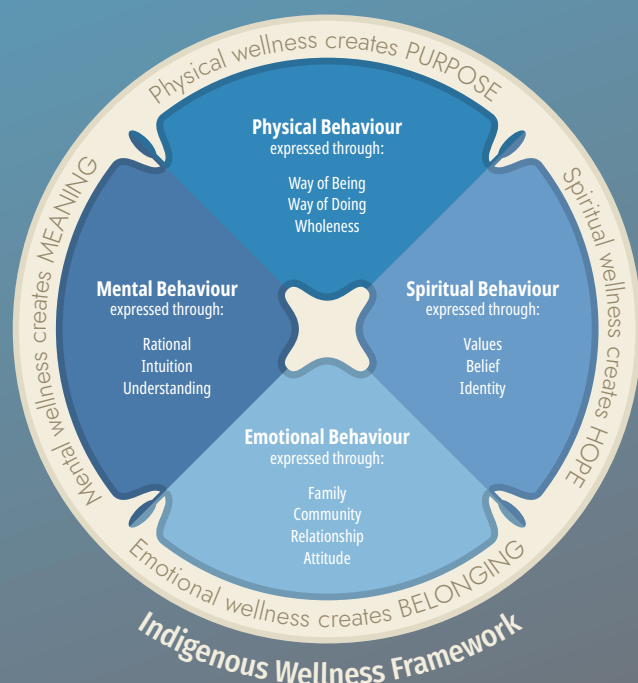
# Soaring Together

## Tools for Life

Soaring Together is a place designed to help First Nation youth make good choices and find useful resources to guide the journey through life. It's rooted in Thunderbird's Indigenous Wellness Framework that comes from Indigenous Knowledge and ways of being. This website is a journey through Hope, Belonging, Meaning, and Purpose. The journey starts here!



[soaringtogether.ca](http://soaringtogether.ca)



*Visit our Digital Toolkit for hands-on ways to navigate your own unique journey.*

**HOPE**  
Who Am I?



A selection of guided self-reflective tools

**Journal**

**BELONGING**  
Where Do I Come From?



Emotional wellness and relationship supports

**Stories**

**MEANING**  
Why Am I Here?



Enhance mental wellness and inherent strengths

**Life Promotion Tools**

**PURPOSE**  
Where Am I Going?



Decision-making tools and resources

**Transition Planner**



**THUNDERBIRD**  
PARTNERSHIP FOUNDATION

[soaringtogether.ca/toolkit](http://soaringtogether.ca/toolkit)

