



Keewatinohk Inniniw Minoayawin Inc.

Yathe Hotśj Dene ʔ Edenąkanełnj | Northern Peoples' Wellness

Evacuation & Displacement

Being displaced isn't just about leaving home — it's about losing safety, routine, and community. That's why we must care for one another with patience, dignity, and love in these times.



Dr. Barry Lavallee
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Being forced to leave your home, especially on short notice, can cause deep emotional, physical, and spiritual stress. For many, it means separation from family, culture, and the land. While each person's experience is different, no one should go through it alone. These steps can help support well-being during displacement:

- Evacuation is more than physical; take time to care for your emotional and spiritual health.
- Stay connected with family, friends, and community members wherever possible.
- Talk to support workers, health staff, or First Nations leaders if you need help; they are there for you.
- Keep routines for children and Elders to bring stability and comfort.
- Practice patience with yourself and others; everyone is trying their best.