

Dear Sponsor Michel & Doreen Bursary,

My name is Olivia Netowayasin. I am a single mother of four children, two have come of age and do not reside with me. I am from Yellow Quill First Nation where I lived for the early years of my life. While I lived on my reserve, my siblings and I were taken to Indian Day School on Yellow Quill and later I attended Indian Residential School in Muskowekwan Education Centre until I was in grade 3. After that my family and I relocated to Regina where I spent the majority of my life. During my life I had experienced many traumas, including intergenerational and alcoholism and addictions, physical and sexual abuse, and great family loss which led to some negative experiences and life choices. These choices then led up to change of perspective of wanting for myself, children, and grandchildren, which is why I made the decision to finish my grade 12 diploma in 2019. After I had accomplished completing my grade 12, I realized that I wanted to further my education, which in turn led me to applying for the Mental Health & Wellness program offered at Saskatchewan Indian Institute of Technologies (S.I.I.T). My first year of post-secondary was intense. It included looking back and identifying past traumas from my life that I repressed, while also trying to focus on my studies and get assignments, readings and exams done which was not easy. There were many times where I had questioned myself and if I even belonged in this program and nearing the end of the first semester our college had made the decision to move to online learning which created a barrier for me and my education. I managed to persevere through a full semester of online learning while also being a single parent trying to get my children to do theirs as well. My first year in post-secondary education showed me that I am stronger and smarter than I give myself credit for, and receiving this

bursary helps to confirm that as well. My future aspirations are to work with others that have experienced traumas that affected their lives. I do understand that we cannot save everybody but sharing experiences with others that have went through those types of similarities makes them see that we care, and we understand and can come to their level. I would like to counsel and offer support to women and young adults, and I have a passion for helping Indigenous peoples who are also suffering from intergenerational effects, as I can relate to them. As of right now I am quite enjoying being in post-secondary and learning how to better understand myself so that I can be of service to others. I am working on my own personal healing as I gain knowledge from my education. Receiving this bursary has really helped me catch up on my bills, get some extra groceries and clothing, and over all things I may need in my household. I am very grateful to receive this bursary as times are tough during the pandemic , while also completing my second year of Mental Health & Wellness. I feel a great sense of relief to receive a bursary that offers financial support.

Thank you for your generous support,

Sincerely, Olivia Netowayasin