

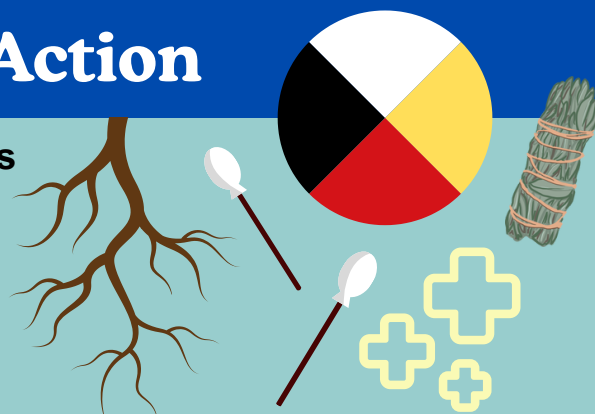
Discussion

The need to change the narrative, to change the context: Urban Indigenous women surviving-or-thriving responses to stressors

Infographic made by: Rose Zaranyika

Recommendations for Action

- Focus on colonial, systemic root causes
- Shift from blaming women to holding institutions accountable
- Strengthen supports that are culturally grounded and holistic



Study Limitations

- No Inuit voices
- Urban-focused lens
- Results may vary in different life stages or regions
- One-time snapshot



Future Direction

- Include Inuit, Métis, and First Nations' voices
- Study change over time and across places
- Explore success-sharing and strength-based approaches



Final Thoughts

- Real change comes from transforming the systems, not just women
- Culture, connection, and community pave the path from surviving to truly thriving
- Real support must be Indigenous-led or culturally safe



Full Text: <https://doi.org/10.1016/j.wss.2025.100249>

Full-infographic: https://6c90f156-1fa5-48b7-a296-8cc3ff138ed9.filesusr.com/ugd/4851b4_184a798764104cdeb2c753ff501033a5.pdf



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