We are the first Australians, a strong, proud people of many nations, languages, cultures and traditions - connected to our families, land and ancestors.

Colonisation means to send settlers to a place and establish control over it, where families were torn away from our cultural laws, practices and traditions into the new colonising nation's empire.

We lived and thrived as a culture and society for thousands of years.
A nation we can close the gap by supporting Aboriginal and Torres Strait Islanders to build stronger communities, heal the trauma, and preserve and celebrate our culture and our people.

The physical and mental trauma is unimaginable. It is felt and passed on to their children today. The legacy of sorrow and pain from these actions is known as intergenerational trauma. This is the beginning of the gap for Aboriginal and Torres Strait Islanders.

This gap is across these generations. It is physical and emotional and different for every person and community in this story.

Many children across many generations were removed from their families because of government policies. These children are the Stolen Generations.

We all play a part in this story. Together we are stronger.

To build the strength of mind, start from the inside out.

Sorry