

Lac des Mille Lacs First Nation Healing & Wellness

Newsletter

September 2019

Summer is coming to a close and that means its back to school season! We have had a fun-filled and exciting summer with various events and activities to help promote healthy active family lifestyles and bring our community together! Watching the children interact with each other and grow strong bonds is reassuring of the future our community will have. Our children are the leaders of tomorrow and by nurturing these relationships at an early age, our children are able to grow up with each other and will develop a great sense of community. Below you will find pictures from some of our summer activities.

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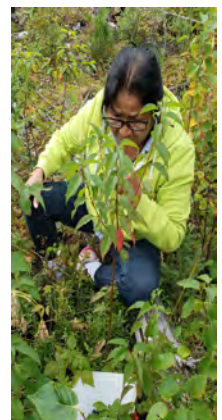
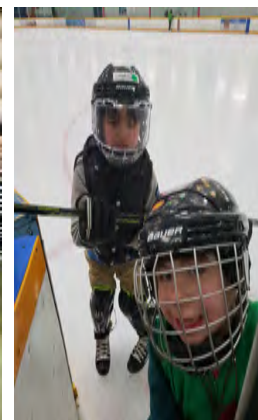
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Three symbols make up the Aboriginal Healing and Wellness Strategy logo. The turtle represents Turtle Island. This is Mother Earth. The people are holding hands. This means they will help each other with their problems.

They are standing in a circle. This is the circle of life. The people are our friends, families and strangers — people who need our help or who are helping us.



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If you are interested in attending any of these events, please contact:

Mike Ignace

AHWS Coordinator
Phone: (807)622-9835 Ext 231
mignace@lacadesmillelacs.ca

Ernie May

Family Well-being Worker
Phone: (807)622-9835 Ext 257
emay@lacadesmillelacs.ca

Family Well-being Retreat



We are excited to announce that we will be having a Family Well-being Retreat from **Friday September 13 to Sunday September 15 at Savanne River Resort**. Come out and join us for a weekend of fun-filled activities for the whole family. Activities will include fishing on beautiful Lac des Mille Lacs, various arts and crafts, campfire activities and much more! All meals, accommodations and supplies will be provided. Enjoy a weekend spending time connecting with your family and our community.

Please contact **Mike Ignace - AHWS Coordinator**, to register for this event. **Spots are limited, so register early to avoid disappointments.**

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Community Drum Nights



We are excited to announce that the Healing & Wellness Department will be starting our Community Drum Nights again. These sessions are open to everyone and include teachings surrounding the drum, learning and sharing songs, and a whole lot of practice. Light snacks and beverages are provided. These sessions are being run out of the **Lac des Mille Lacs Education Centre** located at 2040 Walsh St. E.

Our next scheduled Community Drum Nights are:

Wednesday September 18, 2019
Wednesday September 25, 2019

6:00-9:00 PM
6:00-9:00 PM

If you are interested in attending any of these events, please contact:

Mike Ignace
AHWS Coordinator
Phone: (807)622-9835 Ext 231
mignace@lacdesmillelacs.ca

Ernie May
Family Well-being Worker
Phone: (807)622-9835 Ext 257
emay@lacdesmillelacs.ca

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To register for this event
please contact:

Ernie May
Family Well-being Worker
Phone(807)622-9836 Ext 257
emay@lacdesmillelacs.ca

PAINTBALL

Date: Thursday, September 19, 2019

Time: 6:00-9:00 PM

Ages: 10 & Up

Location: Paintball Mountain (688 Mountain Road)

Using air powered paintball markers, each team competes in a designated game scenario (there are many). Paintball games have become recognized as one of the worlds safest and most exciting outdoor sports. Paintballs are gelatin-coated, non-toxic, completely biodegradable, and are water soluble.

Above all, Paintball is very exciting! It gives each of us an opportunity to set aside our daily routine and enjoy a fun-filled day participating in many game scenarios, meeting new friends, and having lots of stories to tell others!

Please contact **Ernie May - Family Wellbeing Worker** to register for this event!

P.A. Day Community Bowling



Date: Friday September 27

Time: 2:00-4:00

Location: Marios Bowl

Pizza and beverages will be served while you enjoy 2 hours of all you can bowl.

Contact Ernie May - Family Well-being Worker to register!

NEED A HELPLINE?

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Links/Resources

www.talk4healing.com
www.cmha.ca
www.beendigen.com
www.thunderbaypolice.ca
www.crimestoppers.ca
www.kidshelpphone.ca
www.tbsasa.org
www.fayepeterson.org
www.alphacourt.ca
www.tbrhsc.net

Support & Information Lines

Kids Help Phone - [1-888-668-6868](tel:1-888-668-6868)

Operation Come Home - [1-800-668-4663](tel:1-800-668-4663)

Missing Kids - [1-800-KID-TIPS](tel:1-800-KID-TIPS)

Assaulted Women's Helpline - [1-866-863-7868](tel:1-866-863-7868)

Senior Safety Line - [1-866-299-1011](tel:1-866-299-1011)

LGBT Youth Line - [1-800-268-9688](tel:1-800-268-9688)

Talk 4 Healing - [1-855-554-HEAL](tel:1-855-554-HEAL)

CMHA Crisis Line - [1-888-269-3100](tel:1-888-269-3100)

Beendigen Native Women's Crisis Home - [\(807\) 346-HELP](tel:807-346-HELP)

Child and Youth Crisis Support Line - [1-888-269-3100](tel:1-888-269-3100)

Telehealth Ontario - [1-866-797-0000](tel:1-866-797-0000)

Ontario Problem Gambling Helpline - [1-888-230-3505](tel:1-888-230-3505)

Drug & Alcohol Information Line - [1-800-565-8603](tel:1-800-565-8603)

If you are unsure of where to call, you can always give our Healing & Wellness Department a call and we will assist you in finding the help or information you are looking for.

September 2019

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