

# Lac des Mille Lacs First Nation Healing & Wellness Newsletter

September 2018

Summer is coming to an end and that means its back to school season! We have had a fun-filled and exciting summer with a tremendous amount of events and activities to help promote healthy active family lifestyles. In August we held our Land Based Activity Week where families were invited to come out to the Savanne River Resort for a week of fun filled activities. Some of the activities were: fishing, blueberry picking, a trip to the beach, face painting, a dance party, toad hunting, treasure hunts, and so much more! With 51 children and adults in attendance, the event was a huge success! Watching the children play together 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 the Land Based Activity Week. Look at those smiles!

## CONTENTS

- Page 1 - Introduction
- Page 2 - Upcoming Events
- Page 3 - Upcoming Events
- Page 4 - Workshops
- Page 5 - Back to School Safety
- Page 6 - Smoking Cessation
- Page 7 - Bipolar Disorder
- Page 8 - Helplines
- Page 9 - September Calendar of Events



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.





## UPCOMING EVENTS

### CONTENTS

- Page 1 - Introduction**
- Page 2 - Upcoming Events**
- Page 3 - Upcoming Events**
- Page 4 - Workshops**
- Page 5 - Back to School Safety**
- Page 6 - Smoking Cessation**
- Page 7 - Bipolar Disorder**
- Page 8 - Helplines**
- Page 9 - September Calendar of Events**

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

**Mike Ignace**

AHWS Coordinator

Phone: (807)622-9835 Ext 231

m.ignace@tbaytel.net

**Ernie May**

Family Well-being Worker

Phone: (807)622-9835 Ext 257

erniemay@tbaytel.net



Come on down to the Administration Office and join us for a BBQ lunch! As the temperatures are dropping and the children are back in school, this will be the final Community BBQ for 2018. These BBQ lunches provide a great opportunity to meet the staff and learn more about the various programming being offered. The BBQ is scheduled for **September 14, 2018** from **12:00 - 2:00 PM**. Please contact **Ernie May - Family Well-being Worker**, and let him know you will be coming! This will assist in our meal planning. Miigwetch

### Mario's Bowl

Date: September 16, 2018

Time: 12:00-2:00 PM

Come on out and enjoy an afternoon of fun-filled bowling with your Community families! Its a great way to start off the school year! Pizza and beverages will be served, while you enjoy two hours of all you can bowl.



To ensure we order enough food, it is requested that you contact **Ernie May - Family Well-being Worker** at the Administration Office to register for this event. Looking forward to seeing you all there!

### Community Drum Night

Due to unforeseen circumstances, our monthly Community Drum Night has been canceled for the month of September. We will have 2 Community Drum Nights during the month of November.

## UPCOMING EVENTS

### CONTENTS

- Page 1 - Introduction**
- Page 2 - Upcoming Events**
- Page 3 - Upcoming Events**
- Page 4 - Workshops**
- Page 5 - Back to School Safety**
- Page 6 - Smoking Cessation**
- Page 7 - Bipolar Disorder**
- Page 8 - Helplines**
- Page 9 - September Calendar of Events**

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

**Mike Ignace**

AHWS Coordinator

Phone: (807)622-9835 Ext 231

m.ignace@tbaytel.net

**Ernie May**

Family Well-being Worker

Phone: (807)622-9835 Ext 257

erniemay@tbaytel.net



**Date: Sunday, September 23, 2018**

**Time: 1:00-4:00 PM**

**Ages: 10 & Up**

**Location: Paintball Mountain (688 Mountain Road)**

Paintball is a sport played by people from all professions and lifestyles. It is a sport where women and men, boys and girls all compete equally, and where age is not dominated by youth. Qualities such as intelligence and determination are more important than physical size and strength. Paintball is very much a character-building sport. Players learn the importance of teamwork and gain self confidence while developing leadership abilities.

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 biodegradeable, 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!

## WORKSHOPS

### CONTENTS

- Page 1 - Introduction**
- Page 2 - Upcoming Events**
- Page 3 - Upcoming Events**
- Page 4 - Workshops**
- Page 5 - Back to School Safety**
- Page 6 - Smoking Cessation**
- Page 7 - Bipolar Disorder**
- Page 8 - Helplines**
- Page 9 - September Calendar of Events**

**To register for this workshop  
please contact:**

**Ernie May**

Family Well-being Worker

Phone(807)622-9836 Ext 257

erniemay@tbaytel.net



We are currently compiling a list of Community members who are interested in taking the Applied Suicide Intervention Skills Training(ASIST). It is our hopes that we will be able to put together a workshop during the month of November for those interested.

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 16 or older can learn and use the ASIST model.



If you are interested in taking this training, please contact **Ernie May - Family Well-being Worker**, at your earliest convenience.





## Back To School Safety



### CONTENTS

- Page 1 - Introduction**
- Page 2 - Upcoming Events**
- Page 3 - Upcoming Events**
- Page 4 - Workshops**
- Page 5 - Back to School Safety**
- Page 6 - Smoking Cessation**
- Page 7 - Bipolar Disorder**
- Page 8 - Helplines**
- Page 9 - September Calendar of Events**

### Links/Resources

[www.childrenscentre.ca](http://www.childrenscentre.ca)  
[www.ourkidscount.ca](http://www.ourkidscount.ca)  
[www.tbdhu.com](http://www.tbdhu.com)  
[www.thunderbay.ca](http://www.thunderbay.ca)  
[www.beendigen.com](http://www.beendigen.com)  
[www.themothersprogram.ca](http://www.themothersprogram.ca)  
[www.northernbabylinks.ca](http://www.northernbabylinks.ca)  
[www.yourbeststart.ca](http://www.yourbeststart.ca)  
[www.onwa.ca](http://www.onwa.ca)

As summer draws to a close and children start heading back to school, family life can get pretty hectic. It is important to remember - and share with your children - some key tips that will help keep them safe throughout the school year.

**Here are some safety tips to share with children to ensure safe travel.**

#### **Getting to and on the school bus**

Arrive at the bus stop at least five minutes before the scheduled pick up time. Children should never run after the school bus to try to catch it. If you miss the bus, go back home or if you are at school, report to a teacher. Stay on the sidewalk, well away from the roadway and stay back until the bus has come to a full stop and the door opens. If your child needs to cross the street, teach them to look to the left, then to the right, and to the left once more before crossing the street. Use the handrail when boarding or exiting the bus.

#### **Riding on the school bus:**

Take a seat as quickly as possible, put belongings under the seat and stay seated. Never stick anything out of the window, including arms or heads. Save food for snack time at school or until you get home. There is a danger of choking and the driver may not be able to immediately help you in an emergency. Wait until the school bus comes to a complete stop before getting off.

#### **When getting off the bus:**

Take two large steps away from bus. If you must walk in front of the bus, walk ahead at least three metres (10 giant steps). The driver must be able to see you and will give a signal when it is safe to cross. Cross in a single file. If a child drops something near or under the school bus, they should never attempt to retrieve it without the driver's permission.

## SMOKING CESSATION

### CONTENTS

- Page 1 - Introduction**
- Page 2 - Upcoming Events**
- Page 3 - Upcoming Events**
- Page 4 - Workshops**
- Page 5 - Back to School Safety**
- Page 6 - Smoking Cessation**
- Page 7 - Bipolar Disorder**
- Page 8 - Helplines**
- Page 9 - September Calendar of Events**

**If you are ready to quit, contact:**

**Mike Ignace**

AHWS Coordinator

(807)622-9835 Ext 231

m.ignace@tbaytel.net

### Links/Resources

[www.nwquit.ca](http://www.nwquit.ca)  
[www.tobacowise.com](http://www.tobacowise.com)  
[www.smokershelpline.ca](http://www.smokershelpline.ca)  
[www.tbdhu.com](http://www.tbdhu.com)  
[www.cancer.ca](http://www.cancer.ca)  
[www.smoke-free.ca](http://www.smoke-free.ca)  
[www.leavethepackbehind.org](http://www.leavethepackbehind.org)  
[www.fnha.ca](http://www.fnha.ca)  
[www.quitnow.ca](http://www.quitnow.ca)

### CREATE A QUIT PLAN

**Create a Quit Plan in 5 easy steps!**

#### YOUR REASONS FOR QUITTING

There are so many reasons to quit smoking: personal health, being a role model, saving money and more. Register for a quit plan at [www.quitnow.ca](http://www.quitnow.ca) and they will help you identify reasons for quitting.

#### YOUR TRIGGERS

Knowing your triggers helps you stay in control and avoid tricky situations. Register your quit plan and Quit Now will help you plan to avoid triggers and develop coping strategies to deal with them.

#### YOUR SUPPORT SERVICES

Quit Now's support services have proven to increase your chances of quitting for good. Once you register your Quit Plan, you will be able to connect with one of their Quit Coaches by phone or chat.

#### YOUR QUIT METHODS & MEDICATIONS

When combined with counselling, quit smoking aids are proven to double your chances of quitting. Quit Now will help you explore your options.

#### SUPPORT METHOD

Friends, Family and an online community can help you stay on track by reminding you of why you are quitting. Be sure to identify your sources as part of your Quit Plan.

## BIPOLAR DISORDER

### CONTENTS

- Page 1 - Introduction**
- Page 2 - Upcoming Events**
- Page 3 - Upcoming Events**
- Page 4 - Workshops**
- Page 5 - Back to School Safety**
- Page 6 - Smoking Cessation**
- Page 7 - Bipolar Disorder**
- Page 8 - Helplines**
- Page 9 - September Calendar of Events**

### Links/Resources

[www.suicideinfo.ca](http://www.suicideinfo.ca)  
[www.thunderbaypolice.ca](http://www.thunderbaypolice.ca)  
[www.northwesthealthline.ca](http://www.northwesthealthline.ca)  
[www.togethertolive.ca](http://www.togethertolive.ca)  
[www.suicideprevention.ca](http://www.suicideprevention.ca)  
[www.children.gov.on.ca](http://www.children.gov.on.ca)  
[www.cmha.ca](http://www.cmha.ca)  
[www.ahf.ca](http://www.ahf.ca)  
[www.fnhc.ca](http://www.fnhc.ca)

Bipolar disorder is another mental illness that affects mood. With bipolar disorder, people experience episodes of depression and episodes of mania. An episode of depression in bipolar disorder is the same as other types of depression. Mania is an unusually high mood for the person. People may feel like their thoughts are racing and may feel hyperactive. They may feel unrealistically confident, happy, or very powerful. Many people report that they don't sleep much when they experience mania. They may act without thinking and carry out risky behaviours/actions they wouldn't normally do.



People usually experience periods of wellness between episodes of depression or mania. Episodes of depression or mania generally last for a period of time, though a small number of people may experience episodes that change quickly. The frequency and type of episode can also vary greatly. For example, some people experience many episodes of depression with only a few episodes of depression or mania. Others experience long periods of wellness with only a few episodes during their lifetime.

SPREAD **AWARENESS.**

YOU COULD SAVE A **LIFE.**



## NEED A HELPLINE?

### CONTENTS

- Page 1 - Introduction
- Page 2 - Upcoming Events
- Page 3 - Upcoming Events
- Page 4 - Workshops
- Page 5 - Back to School Safety
- Page 6 - Smoking Cessation
- Page 7 - Bipolar Disorder
- Page 8 - Helplines
- Page 9 - September Calendar of Events

### Links/Resources

[www.talk4healing.com](http://www.talk4healing.com)  
[www.cmha.ca](http://www.cmha.ca)  
[www.beendigen.com](http://www.beendigen.com)  
[www.thunderbaypolice.ca](http://www.thunderbaypolice.ca)  
[www.crimestoppers.ca](http://www.crimestoppers.ca)  
[www.kidshelpphone.ca](http://www.kidshelpphone.ca)  
[www.tbsasa.org](http://www.tbsasa.org)  
[www.fayepeterson.org](http://www.fayepeterson.org)  
[www.alphacourt.ca](http://www.alphacourt.ca)  
[www.tbrhsc.net](http://www.tbrhsc.net)

### Support & Information Lines

- Kids Help Phone - 1-888-668-6868
- Operation Come Home - 1-800-668-4663
- Missing Kids - 1-800-KID-TIPS
- Assaulted Women's Helpline - 1-866-863-7868
- Senior Safety Line - 1-866-299-1011
- LGBT Youth Line - 1-800-268-9688
- Talk 4 Healing - 1-855-554-HEAL
- CMHA Crisis Line - 1-888-269-3100
- Beendigen Native Women's Crisis Home - (807) 346-HELP
- Child and Youth Crisis Support Line - 1-888-269-3100
- Telehealth Ontario - 1-866-797-0000
- Ontario Problem Gambling Helpline - 1-888-230-3505
- Drug & Alcohol Information Line - 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 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 LABOUR DAY	4	5	6	7	8
9	10	11	12	13 Sewing Spirits 6:00-9:00 PM	14 Community BBQ 12:00-2:00 PM	15
16 Marios Bowl 12:00-2:00 PM	17	18	19	20 Sewing Spirits 6:00-9:00 PM	21	22
23 Paintball Mountain (Ages 10 & Up) 1:00-4:00 PM	24	25	26 Community Drum Night 6:00-9:00 PM (Cancelled)	27 Sewing Spirits 6:00-9:00 PM	28	29
30						