

Newsletter

February 2019



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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.

We hope everyone enjoyed their holiday season and are ready for an awesome and fun filled 2019. The Healing & Wellness department has a lot of fun and exciting events planned for this year. On the following pages you will find details of the events planned for the month of February. We hope to see all of you at our upcoming events!

Due to the fact that we sometimes have pop-up events, and other department's events are not included in our Healing & Wellness Newsletters, we encourage you to utilize the Event Calendar on our First Nation's website for the most current and up to date details on upcoming events. www.lacdesmillelacsfirstnation.ca



May your coming year be filled with magic, dreams and good madness.
May happy times and warm memories brighten your new year.

Community Drum Nights

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If you are interested in attending, please contact:

Ernie May

Family Well-being Worker

Phone: (807)622-9835 Ext 257

erniemay@tbaytel.net

Mike Ignace

AHWS Coordinator

Phone: (807)622-9835 Ext 231

m.ignace@tbaytel.net

We would like to remind everyone that the Healing & Wellness Department has been holding regular Community Drum Nights. 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 Hyde Park Education Centre located at 2040 Walsh St. E.

Our next scheduled Community Drum Nights are:

| | |
|-----------------------------|--------------|
| Wednesday February 6, 2019 | 6:00-9:00 PM |
| Wednesday February 13, 2019 | 6:00-9:00 PM |
| Wednesday February 20, 2019 | 6:00-9:00 PM |
| Wednesday February 27, 2019 | 6:00-9:00 PM |

VALENTINES DAY

Date: Friday February 15, 2019

Time: 6:00 PM Symposium, 7:00 Dinner

Location: Da Vinci Centre (Thunder Bay)

We are delighted to announce we have purchased tickets to the Da Vinci Centre's Valentine's Day Dinner and Dance in celebration of Valentine's Day. This event is our way of honoring and supporting our couples who are in healthy and long-term relationships. Surprise your sweetheart and treat her to a wonderful Valentine's Dinner and Dance. Seating is limited, so make sure to register early! Please contact **Mike Ignace** at the administration office at your earliest convenience to register for this exciting event! **For the main course you will have the choice of either Chicken Supreme with Sausage Stuffing or Beef Florentina, please advise us which option you would like upon registration.**



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FAMILY DAY



Date: February 18, 2019 (Family Day) Time: 11:00 AM - 5:00 PM

Once again, Lac des Mille Lacs First Nation will be purchasing tickets for the Voyageur Winter Carnival to celebrate Family Day.

A weekend of winter fun awaits the whole family at Fort William Historical Park's Voyageur Winter Carnival this Family Day Weekend. Come out and enjoy our giant snow maze, tubing and sliding hills, skating, winter games and activities, carnival games and contests, live indoor and outdoor entertainment, and more!



If you and your family would like to attend this event, please contact **Ernie May - Family Well-being Worker** at your earliest convenience.

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SPORTS NIGHT

We are currently looking into having weekly sports nights in the Gymnasium at Hyde Park Education Centre. Whether it's a pickup game of basketball or an organized volleyball league, playing sports can make you healthier and happier because of the physical activity involved. Playing sports contributes to muscle development, coordination, cardiovascular health and numerous other benefits associated with disease prevention. To assist with the planning of these "Sports Nights" we are compiling lists of community members who would be interested in coming out and playing the various sports listed below.



~ Volleyball ~

~Floor Hockey~

~Indoor Soccer~

~Dodgeball~

~Basketball~

If you are interested in coming out to these sports nights, please contact **Ernie May - Family Wellbeing Worker** and let him know which of these sports you might be interested in. We are hoping to have enough interest to have both a children's night (0-12) and an adults (13+) only night.

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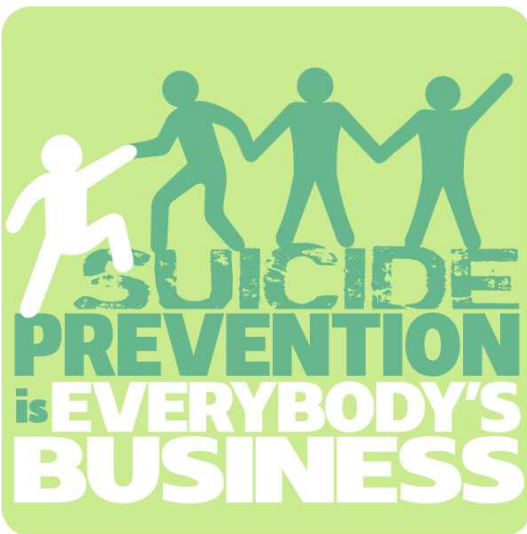
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In last September's edition of the Healing & Wellness Department Newsletter, we asked if anyone would be interested in taking the Applied Suicide Intervention Skills Training (A.S.I.S.T). Unfortunately we did not receive enough interest in order to have a workshop put on specifically for the community. However, for those interested, there is a course coming up in March that is being offered by the Canadian Mental Health Association and we would be happy to cover the costs.

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 do not require any formal training to attend the workshop—anyone 16 or older can learn and use the ASIST model.

The dates for the training are as follows:

| | |
|-----------------------|------------------------------|
| March 26, 2019 | 9:00 A.M. - 4:30 P.M. |
| March 27, 2019 | 9:00 A.M. - 4:30 P.M. |

If you would like to register for this training and can commit to both days, please email **Ernie May - Family Well-being Worker** with the following information:

- | | |
|-------------------|-----------------------|
| ~First Name~ | ~Organization~ |
| ~Last Name~ | ~Job Title~ |
| ~Email Address~ | ~Work Phone Number~ |
| ~Mailing Address~ | ~Mobile Phone Number~ |

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.

February 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|--------------------------------------|---|--------------------------------------|---|-----|
| | | | | | 1 | 2 |
| 3 | 4 Language Class 4:30-7:00 PM | 5 Language Class 4:30-7:00 PM | 6 Community Drum Night 6:00-9:00 PM Language Class 4:30-7:00 PM | 7 Sewing Spirits 6:00-9:00 PM | 8 | 9 |
| 10 | 11 Language Class 4:30-7:00 PM | 12 Language Class 4:30-7:00 PM | 13 Community Drum Night 6:00-9:00 PM Language Class 4:30-7:30 PM | 14 Sewing Spirits 6:00-9:00 PM | 15 Valentines Couples Date Night 6:00 PM | 16 |
| 17 | 18 Voyageur Winter Carnival 11:00AM-5:00PM Language Class 4:30-7:00 PM | 19 Language Class 4:30-7:00 PM | 20 Community Drum Night 6:00-9:00 PM Language Class 4:30-7:00 PM | 21 Sewing Spirits 6:00-9:00 PM | 22 | 23 |
| 24 | 25 Language Class 4:30-7:00 PM | 26 Language Class 4:30-7:00 PM | 27 Community Drum Night 6:00-9:00 PM Language Class 4:30-7:00 PM | 28 Sewing Spirits 6:00-9:00 PM | | |