

MARCH BREAK ACTIVITIES 2020

March is here and that means March Break is coming up quick! From a child's perspective, March Break is about one thing - time off to play! A number of events have been planned by the Healing & Wellness Department for March Break in an effort to help keep the children of the Community active and entertained during their March Break.

CONTENTS

- Page 1 - March Break Activities
- Page 2 - Community Drum Night
- Page 3 - Mini Community Powwow
- Page 4 - Annual Health Fair
- Page 5 - Easter Egg Hunt
- Page 6 - Training Opportunities
- Page 7 - Helplines
- Page 8 - 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.



TUBING

Date: Tuesday March 17, 2020
Time: 1:00 - 4:00 P.M.
Location: Mount Baldy
Contact: Kayla Milani



MOVIE MATINEE

Date: Wednesday March 18, 2020
Time: TBA
Location: Silver City Cineplex
Contact: Marcia Pedri

SWIMMING

Date: Thursday March 19, 2020
Time: 1:00 - 3:00 P.M.
Location: Canada Games Complex
Contact: Kayla Milani



SKATING

Date: Friday March 20, 2020
Time: 1:00-3:00 P.M.
Location: Grandview Arena
Contact: Kayla Milani



Kayla Milani - Family Well-being Worker
Marcia Pedri - Health Director

807-622-9835 Ext 259
807-622-9835 Ext 233

Community Drum Nights

CONTENTS

- Page 1 - March Break Activities
- Page 2 - Community Drum Night
- Page 3 - Mini Community Powwow
- Page 4 - Annual Health Fair
- Page 5 - Easter Egg Hunt
- Page 6 - Training Opportunities
- Page 7 - Helplines
- Page 8 - Calendar of Events

The Healing & Wellness Department has been holding weekly Community Drum Nights. Our Community Drum Nights take place in a safe and secure environment where everyone is welcome to come out and participate! These weekly drum nights are a great way for our people to share, to learn, and to heal. Some people attend to sing, some to dance, some come out just to listen to the healing sounds of Mother Earth's heartbeat. Whether you want to come and practice your dancing, learn some songs, share your voice, or just listen to the drumming & singing, make sure you come out on **Wednesday evenings between 6:00-9:00 PM!** 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.**



If you are interested in attending, please contact:

Kayla Milani

Family Well-being Worker
Phone: (807)622-9835 Ext 259
kmilani@lacadesmillelacs.ca

Mike Ignace

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

Our next scheduled Community Drum Nights are:

Wednesday	March	4,	2020	6:00-9:00	PM
Wednesday	March	11,	2020	6:00-9:00	PM
Wednesday	March	18,	2020	6:00-9:00	PM
Wednesday	March	25,	2020	6:00-9:00	PM

We have also included information on other drumming related programming provided by various organizations around the city, please see below:

Dilico Anishnabek Family Care

Every Tuesday
6:00-8:00 PM
277 Park Avenue

Thunder Bay Indigenous Friendship Centre

First Monday of every month
5:00-8:00 PM
401 North Cumberland Street

If you have questions or require more information, please contact:
Mike Ignace - AHWS Coordinator

Mini Community Powwow

CONTENTS

- Page 1 - March Break Activities
- Page 2 - Community Drum Night
- Page 3 - Mini Community Powwow
- Page 4 - Annual Health Fair
- Page 5 - Easter Egg Hunt
- Page 6 - Training Opportunities
- Page 7 - Helplines
- Page 8 - Calendar of Events

If you are interested in attending, please contact:

Mike Ignace

AHWS Coordinator

Phone: (807)622-9835 Ext 231
mignace@lacsdesmillelacs.ca

Kayla Milani

Family Well-being Worker

Phone: (807)622-9835 Ext 259
kmilani@lacsdesmillelacs.ca

Date: Saturday March 21, 2020

Time: 12:00-5:00 P.M.

Location: Lac des Mille Lacs Education Centre

We are delighted to announce that the Healing & Wellness Department will be hosting a one day Mini Powwow for the Community at the Lac des Mille Lacs Education Centre. This is a great way for Community members to come together and celebrate our Anishinaabe culture. We will have a booth set up with all sorts of resources in regards to Tobacco and Vaping Use Reduction. The Parent Council of the Lac des Mille Lacs Education Centre will also be setting up a canteen where various food snack items will be available for purchase.

Space is very limited so we will be limiting drums to only the invited drums. Small honorariums will be provided to Eagle Staffs, Dancers, and Drums.

The doors will open at 11:00 A.M. with a 12:00 P.M. Grand Entry.



ANNUAL HEALTH FAIR & DIABETES WORKSHOP

CONTENTS

- Page 1 - March Break Activities
- Page 2 - Community Drum Night
- Page 3 - Mini Community Powwow
- Page 4 - Annual Health Fair
- Page 5 - Easter Egg Hunt
- Page 6 - Training Opportunities
- Page 7 - Helplines
- Page 8 - Calendar of Events

Date: Sunday March 29, 2020

Time: 12:00 - 5:00 PM

Location: Airline Hotel

Please join us for our Annual Health Fair & Diabetes Workshop. The afternoon will consist of presentations, health screenings, information booths, and displays from various health organizations. A children's craft table will be set up for the children to enjoy. We will finish off the afternoon by playing Diabetes Bingo and drawing attendance prizes. We hope to see you there.



For more information,
please contact:

Marcia Pedri
Health Director
Phone(807)622-9835 Ext 233
mpedri@lacdesmillelacs.ca



Lac des Mille Lacs First Nation Healing & Wellness Newsletter

March 2020

EASTER EGG HUNT 2020

CONTENTS

- Page 1 - March Break Activities
- Page 2 - Community Drum Night
- Page 3 - Mini Community Powwow
- Page 4 - Annual Health Fair
- Page 5 - Easter Egg Hunt
- Page 6 - Training Opportunities
- Page 7 - Helplines
- Page 8 - Calendar of Events



For more information,
please contact:

Kayla Milani
Family Well-being Worker
Phone(807)622-9835 Ext 259
kmilani@lacsdesmillelacs.ca

We are pleased to present Lac des Mille Lacs First Nation's second Annual Easter Egg Hunt! This event will take place at the **Lac des Mille Lacs Education Centre (2040 Walsh St. E)** on **Sunday April 5, 2020**. The hunting will begin right at **12:00 PM**, so please ensure you arrive early!

We will provide each child with an Easter basket for collecting their eggs. Age groups will be 0-2 years, 3-5 years, 6-8 years, 9-12 years and 55+. Each age group will have a designated time to enter the field and collect as many eggs as they can, which will be filled with goodies.

Following the event, there will be BBQ lunch provided. This event provides the perfect opportunity to sharpen your hunting skills before the Easter weekend gets into high gear. **In order to ensure there is enough baskets, eggs and food for everyone, you must register with Kayla Milani by March 31, 2020.**



Training Opportunities

CONTENTS

- Page 1 - March Break Activities
- Page 2 - Community Drum Night
- Page 3 - Mini Community Powwow
- Page 4 - Annual Health Fair
- Page 5 - Easter Egg Hunt
- Page 6 - Training Opportunities
- Page 7 - Helplines
- Page 8 - Calendar of Events



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



Wilderness Advanced First Aid Course



Wilderness Advanced First Aid is comprehensive medical training designed for remote professionals or wilderness leaders who venture into remote and challenging environments. Wilderness Medicine differs significantly from standard first aid courses and other training that are oriented toward urban environments. This course teaches how to manage medical emergencies when hospitals and rescue services may not be available for an extensive time period. We prepare students for emergency situations that involve prolonged patient care, severe environments, and improvised equipment.

March 14, 2020	9:00 A.M. - 4:00 P.M.
March 15, 2020	9:00 A.M. - 4:00 P.M.
March 16, 2020	9:00 A.M. - 4:00 P.M.
March 17, 2020	9:00 A.M. - 4:00 P.M.

Space is limited, if you would like to register for this training and can commit to all four days, please email **Michael Ignace - AHWS Coordinator**.

NEED A HELPLINE?

CONTENTS

- Page 1 - March Break Activities
- Page 2 - Community Drum Night
- Page 3 - Mini Community Powwow
- Page 4 - Annual Health Fair
- Page 5 - Easter Egg Hunt
- Page 6 - Training Opportunities
- Page 7 - Helplines
- Page 8 - Calendar of Events

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.

March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Community Drum Night 6:00-9:00 PM	5	6	7
8	9	10	11 Community Drum Night 6:00-9:00 PM	12	13	14
15	16 March Break Bowling 11:00 AM -1:00 PM	17 March Break Tubing 1:00-4:00 PM	18 March Break Movie Matinee TBA	19 March Break Swimming 1:00-3:00 PM	20 March Break Skating 1:00-3:00PM	21 Mini Powwow 12:00-5:00 PM
22	23	24	25 Community Drum Night 6:00-9:00 PM	26	27	28
29 Annual Health Fair 12:00-5:00 PM	30	31				