

Lac des Mille Lacs First Nation Healing & Wellness

Newsletter

March 2019

MARCH BREAK ACTIVITES 2019

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 busy and entertained during their March Break.

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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.

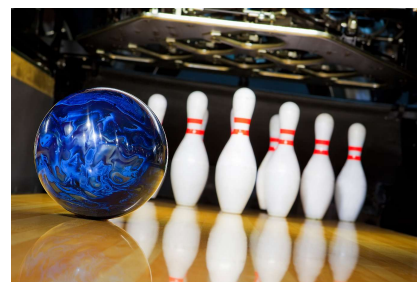
BOWLING

Date: Monday March 11, 2019

Time: 12:00-2:00 P.M.

Location: Mario's Bowl

Contact: Ernie May



SKATING

Date: Tuesday March 12, 2019

Time: 1:00-4:00 P.M.

Location: Grandview Arena

Contact: Ernie May

MOVIE MATINEE

Date: Wednesday March 13, 2019

Time: TBA

Location: Silvercity Cineplex

Contact: Marcia Pedri



MAPLETOPS

Date: Thursday March 14, 2019

Time: 1:00-4:00 P.M.

Location: Mapletops Activity Centre

Contact: Ernie May

Ernie May - Family Well-being Worker 807-622-9835 Ext 257

Marcia Pedri - Health Director

807-622-9835 Ext 233

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. Last week we had an incident where the fire alarm was pulled by a child and we had to evacuate the building, please discuss the importance of these emergency signaling devices with your children. The Thunder Bay Fire Department welcomes children to visit their station learn about fire safety.

Our next scheduled Community Drum Nights are:

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

Mini Community Powwow

Date: Saturday March 16, 2019

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

Location: Hyde Park Education Centre

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AHWS Coordinator

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m.ignace@tbaytel.net

Ernie May

Family Well-being Worker

Phone: (807)622-9835 Ext 257

erniemay@tbaytel.net

We are delighted to announce that the Healing & Wellness Department in partnership with the Education Department will be hosting a one day Mini Powwow for the Community at the Hyde Park Education Centre. This is a great way for Community members to come together and celebrate our Anishinaabe culture. Space is very limited so we will be limiting drums to only the invited drums. Honorariums will be provided to eagle staffs, dancers, and drums.

This event will kick off with a 12:00 P.M. Grand Entry followed by an afternoon of intertribal dances. We will also have a couple of classrooms set up for arts and crafts for the children. We hope to see you there!



March 2019

ANNUAL HEALTH FAIR & DIABETES WORKSHOP

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Date: Saturday March 23, 2019

Time: 12:00 - 5:00 PM

Location: Airplane Hotel - Madrid Room

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)622-9836 Ext 233

marciapedri@tbaytel.net



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

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.

March 2019

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