

Lac des Mille Lacs First Nation Healing & Wellness Newsletter

April 2019

Spring is finally here! The days will start to get longer and warmer, the birds will start to sing, the trees will start to bud, the flowers will start to bloom, and the animals will give birth to their young. Spring is an exciting time of year as the season represents renewal, rebirth and regrowth. We have received word that the Easter Bunny is busy preparing for the Easter Weekend. We have an exciting event planned for Easter this year, please see details on the following pages.

COMMUNITY MINI POWWOW A SUCCESS!

The Community Mini Powwow was held on Saturday March 16, 2019 at the Lac des Mille Lacs Education Centre. This event was a huge success with 50 registered dancers and well over 100 attendees. The afternoon was filled with fun and laughter, we had spot dances, played musical chairs, had a 49er, and had many inter-tribal dances. A family from our community donated a variety of children's regalia which were handed down to children who did not have one. It is awesome to see our community come together and support each other.

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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.



"It is beautiful and heart-warming to see so many of our young ones singing, drumming, dancing, embracing our culture!" said Mike Ignace, Powwow Coordinator

Community Events

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If you are interested in attending, please contact:

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

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

COMMUNITY COMIC BOWL



Date: Saturday April 27, 2019

Time: 6:00-8:00 PM

Location: Marios Bowl

Pizza and beverages will be served. Contact Ernie May to register for this event

COMMUNITY DRUM NIGHTS



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 April 10, 2019 | 6:00-9:00 PM |
| Wednesday April 17, 2019 | 6:00-9:00 PM |
| Wednesday April 24, 2019 | 6:00-9:00 PM |

EASTER EGG HUNT

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Mike Ignace

AHWS Coordinator

Phone: (807)622-9835 Ext 231

mignace@lacsdesmillelacs.ca

Ernie May

Family Well-being Worker

Phone: (807)622-9835 Ext 257

emay@lacsdesmillelacs.ca

We are pleased to present Lac des Mille Lacs First Nation's first ever Community Easter Egg Hunt. This event will take place at the Lac des Mille Lacs Education Centre (2040 Walsh St. E) on Saturday April 20, 2019. The hunting will begin 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. 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 **Ernie May** at your earliest convenience.



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.

APRIL 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Community Drum Night 6:00-9:00 PM	4 Sewing Spirits 6:00-9:00 PM	5	6
7	8	9	10 Community Drum Night 6:00-9:00 PM	11 Sewing Spirits 6:00-9:00 PM	12	13
14	15	16	17 Community Drum Night 6:00-9:00 PM	18 Sewing Spirits 6:00-9:00 PM	19 GOOD FRIDAY	20 Community Easter Egg Hunt 12:00-3:00 PM
21 EASTER SUNDAY	22 EASTER MONDAY	23	24 Community Drum Night 6:00-9:00 PM	25 Sewing Spirits 6:00-9:00 PM	26	27 Community Cosmic Bowl 6:00-8:00 PM
28	29	30				