

# 2010 April, May, June

## Vision:

The vision of the Waa Pina Kosiis Miiki Waahp is that family will have the opportunity to be healthier, stronger and well balanced.

## Commitment

to provide First Nation Families with supports, resources and linkages focused on empowering families to find balance, emotionally, physically and spiritually in their life journey.

## Our location:

591 Sherbrook Street  
Winnipeg , Man  
R3B 2W9

Phone:  
(204) 944-4100  
Fax:  
(204) 944-4138

Hour of Operation  
Monday—Friday  
8:30 - 4:30

Staff:  
Supervisor - Sherry  
Admin—Julie  
Elder - Paul  
Elder - Linda  
Elder Helper -Alison  
Elder Helper – Louis  
Elder Helper—Rhonda  
Social Worker– Monica  
Social Worker - Audrey

## Seven Sacred Teachings and Code of Honor at Snowbird Lodge

**LOVE** - Loving yourself is important; only then can you truly love others. Children are to be loved, for children are gifts from the Great Spirit.

**COURAGE** - To have courage is to have the mental and moral strength to listen to the heart. It takes courage to do what is morally right.

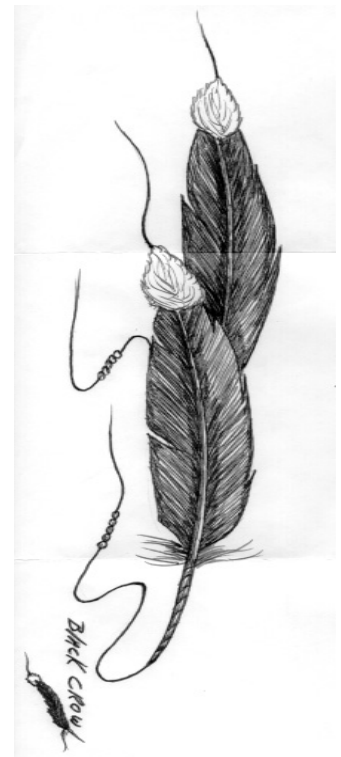
**WISDOM** - Showing wisdom is using your gifts to build a peaceful and healthy family and community.

**TRUTH** - Always seek the truth. The truth lies in spirit. Living the truth is living the Seven Sacred Teachings, living from the heart.

**RESPECT** - To show real respect is to share and give of yourself for the benefit of all life. Respect the Elders from all races of people who uphold the sacred teachings.

**HONESTY** - To be honest with yourself is to live in the spirit of how you were created. Never lie or gossip about each other. The more honest you are the bigger you become as a person.

**HUMILITY** - To know humility is to understand that you are not more or less important than anyone else. One must consider family, fellow human beings and your community in all acts one carries out in each day.



## Services offered

### **For Registered Participants only**

- *Snack will be provided for participants*
- Bus tickets available for participants in programs.
- Respite available while in programs

### **Community Connections:**

Participants have free access to the Internet. The intent of the program is to provide participants with an opportunity to search for housing, employment and other resources in the community.

Thank you to the Government of Manitoba/MERLIN for making this possible.

**Elders Consultation: Monday - Friday 9:00 - 11:00 am**

**Sharing Circles: Monday - Friday 1:30 - 3:30 pm**

## **Programs offered for this quarter April, May, June 2010**

**Relapse Prevention:** is a 10 week program based on AA's 12 Step Program, combined with Aboriginal Teachings. Mondays Apr 19 - June 21, 2010 (10:00 am - noon)

**Basic Life Skills:** is a 10 week program offered to both men and women who will learn skills to manage their life in a healthy manner. Tuesdays April 20 - June 22, 2010 (10:00—noon)

**General Parenting Program:** is a 10 week program that explores a wide range of topics in areas of parenting. The program is open to all parents. Wednesdays April 28—June 30, 2010 (10-noon)

**Arts & Crafts:** is an ongoing program facilitated by the Elders Helper. Participants are guided through a variety of contemporary and traditional craft projects which they are then able to take home with them. Wednesdays 1:30—3:30

**Parents with Children in Care:** is a 10 week program designed to help parents cope and manage with mandated case plans. Thursdays Apr 22—June 24, 2010 (10:00—noon)

**Anger Management:** is a 10 week program offered to assist participants to manage their anger and learn healthy ways of coping. Thursdays Apr 22—June 24, 2010 (1:30-3:30)

**Elders Consultation:** offered daily Monday - Friday 9:00—11:00 am please contact Elder Paul Daniels and Elder Linda Chisholm for a confidential consultation.

**Sharing Circles:** Offered daily Monday - Friday 1:30—3:30 pm; they are conducted by Elders of Snowbird Lodge along with the Elders Helpers



### ***Elders Message***

Aniin,Tansi,Boozhoo—Elder Linda Chisholm

The Creator teaches us that all plants, insects, animals, and human beings are sacred and gives purpose to each of these beings. As we journey through life, we are taught a set of values and beliefs that assists us in learning how to live in balance with all creation. Our value system has been broken by poverty, violence, and loss of identity but by returning to the teachings of the Creator we can learn to live in balance and continue our journey to wellness.

#### **Culture-Based Gender Analysis**

(by the late Sandra Kakawaay, Community Wellness Worker, Thunder Bay Indian Friendship Society)

##### **Pre-Contact (What we had)**

Strong healthy families; Children, Elders, men and women all had respected roles; Women had a respected role as she was the backbone to the family, community and nation; Spiritual foundation was core to Native beliefs; Women recognized as life givers; Main teachers in preparing youth for future survival of the people.

##### **Contact (Colonization)**

Family breakdown; Spiritual foundation broken; European values focus on male dominated society through their religion and governments; Legislation and government policies enforced male-determined values and breakdown of Native family structures; Residential schools destroyed traditional structures (spiritual, family structures, survival off the land, etc.)

##### **Post-Contact (Impact of Colonization)**

Denied traditional lifestyle; Denied traditional roles (women); Loss of respect for women; Disruption of spiritual foundation; Denied language and culture; Resulting in: Family violence; High suicide rates; Low self esteem; Sexual abuse.

##### **Future (Our Vision)**

Strong and healthy families; Children's, Elders, men and women, all with respected roles; Balanced roles of men and women; Respected role of woman as life givers, main teachers in preparing our youth for future survival of the people; Elimination of family violence and sexual abuse.

## Ki na na sko mitin (Cree) Acknowledgements

We would like to thank the following for their Contributions

-De Ja Vu Fashions for their donation of clothing and shoes!!

-To all the presenters that have come to share their knowledge with the staff and participants



June 21 is Aboriginal Day we want to acknowledge our Elders, and teachers for the many ceremonies that will take place on this special day. Aboriginal Day was a dream that our nations would be recognized because of who they are as Aboriginal People.

**FAREWELL** We would like to say farewell to Theresa Pierre and wish her well in her future endeavors!!

We want to Welcome Julie Eley as our Administrative Assistant at the Snowbird Lodge Resource Centre. If you have any questions about program please call her at 944-4100 and she will happy to assist you.

# APRIL 2010

Mon	Tue	Wed	Thu	Fri
			1 Elders Consultation 9-11 Sharing Circle 1:30 - 3:30	2 <b>Good Friday Centre Closed</b>
5 <b>Easter Monday Centre Closed</b>	6 Elders Consultation 9-11 Sharing Circle 1:30 - 3:30	7 Elders Consultation 9-11 Sharing Circle 1:30 - 3:30 Arts & Crafts 1:30 - 3:30	8 Elders Consultation 9 - 11 Sharing Circle 1:30 - 3:30	9 Elders Consultation 9 - 11 Sharing Circle 1:30-3:30
12 Elders Consultation 9-11 Sharing Circle 1:30 - 3:30	13 Elders Consultation 9-11 Sharing Circle 1:30 - 3:30	14 Elders Consultation 9- 11 Sharing Circle 1:30 - 3:30 Arts & Crafts 1:30 - 3:30	15 Elders Consultation 9- 11 Sharing Circle 1:30 - 3:30	16 Elders Consultation 9- 11 Sharing Circle 1:30 -3:30
19 Elders Consultation 9 - 11 Sharing Circle 1:30 - 3:30 Relapse Prevention 10- noon	20 Elders Consultation 9- 11 Basic Life Skills 10 - noon Sharing Circle 1:30 - 3:30	21 Elders Consultation 9- 11 Sharing Circle 1:30 - 3:30 Arts & Crafts 1:30 - 3:30	22 Elders Consultation 9 - 11 Parents w CIC 10 - noon Sharing Circle 1:30 - 3:30 Anger Management 1:30 - 3:30	23 Elders Consultation 9- 11 <b>Sweat Lodge Ceremony Please register</b>
26 Elders Consultation 9- 11 Sharing Circle 1:30 - 3:30 Relapse Prevention 10 - noon	27 Elders Consultation 9- 11 Basic Life Skills 10 - noon Sharing Circle 1:30 -3:30	28 Elders Consultation 9- 11 General Parenting 10-noon Sharing Circle 1:30 - 3:30 Arts & Crafts 1:30 -3:30	29 Elders Consultation 9- 11 Parents w CIC 10 - noon Sharing Circle 1:30 - 3:30 Anger Management 1:30 - 3:30	30 Elders Consultation 9-11 Sharing Circle 1:30 - 3:30

# MAY 2010

MON	TUE	WED	THU	FRI
<p>3 Elders Consultation 9– 11 Relapse Prevention 10-noon Sharing Circle 1:30—3:30</p> <p>10 Elders Consultation 9– 11 Relapse Prevention 10-noon Sharing Circle 1:30—3:30</p> <p>17 Elders Consultation 9– 11 Relapse Prevention 10-noon Sharing Circle 1:30-3:30</p>	<p>4 Elders Consultation 9– 11 Basic Life Skills 10 - noon Sharing Circle 1:30—3:30</p> <p>11 Elders Consultation 9– 11 Basic Life Skills 10 - noon Sharing Circle 1:30—3:30</p> <p>18 Elders Consultation 9– 11 Basic Life Skills 10 - noon Sharing Circle 1:30 - 3:30</p>	<p>5 Elders Consultation 9– 11 General Parenting 10 - noon Sharing Circle 1:30—3:30 Arts &amp; Crafts 1:30 - 3:30</p> <p>12 Elders Consultation 9– 11 General Parenting 10-noon Sharing Circle 1:30-3:30 Arts &amp; Crafts 1:30-3:30</p> <p>19 Elders Consultation 9– 11 General Parenting 10-noon Sharing Circle 1:30—3:30 Arts &amp; Crafts 1:30-3:30</p>	<p>6 Elders Consultation 9– 11 Parents W CIC 10-noon Sharing Circle 1:30-3:30 Anger Management 1:30-3:30</p> <p>13 Elders Consultation 9– 11 Parents w CIC 10-noon Sharing Circle 1:30-3:30 Anger Management 1:30-3:30</p> <p>20 Elders Consultation 9– 11 Parents w CIC 10-noon Sharing Circle 1:30-3:30 Anger Management 1:30-3:30</p>	<p>7 Elders Consultation 9– 11 Sharing Circle 1:30—3:30</p> <p>14 Elders Consultation 9– 11 Sharing Circle 1:30—3:30</p> <p>21 Elders Consultation 9– 11  <b>Cultural Day—Family Roles</b></p>
<p>24 <b>Centre Closed</b></p>	<p>25 Elders Consultation 9– 11 Basic Life Skills 10-noon Sharing Circle 1:30—3:30</p>	<p>26 Elders Consultation 9– 11 General Parenting 10-noon Sharing Circle 1:30 -3:30 Arts &amp; Crafts 1:30 - 3:30</p>	<p>27 Elders Consultation 9– 11 Parents w CIC 10 –noon Sharing Circle 1:30—3:30 Anger Management 1:30-3:30</p>	<p>28 Elders Consultation 9– 11 Sharing Circle 1:30—3:30</p>
<p>31 Elders Consultation 9– 11 Relapse Prevention 10-noon Sharing Circle 1:30—3:30</p>				

# JUNE 2010

MON	TUE	WED	THU	FRI
<p>7 Elders Consultation 9– 11 Relapse Prevention 10 – noon Sharing Circle 1:30—3:30</p> <p>14 Elders Consultation 9– 11 Relapse Prevention 10-noon Sharing Circle 1:30—3:30</p> <p>21 Elders Consultation 9– 11 Relapse Prevention 10-noon Sharing Circle 1:30—3:30 <b>Aboriginal Day</b></p> <p>28 Elders Consultation 9– 11 Sharing Circle 1:30—3:30</p>	<p>1 Elders Consultation 9– 11 Basic Life Skills 10 –noon Sharing Circle 1:30 -3:30</p> <p>8 Elders Consultation 9– 11 Basic Life Skills 10 - noon Sharing Circle 1:30—3:30</p> <p>15 Elders Consultation 9– 11 Basic Life Skills 10-noon Sharing Circle 1:30—3:30</p> <p>22 Elders Consultation 9– 11 Basic Life Skills 10-noon Sharing Circle 1:30-3:30</p> <p>29 Elders Consultation 9– 11 Sharing Circle 1:30—3:30</p>	<p>2 Elders Consultation 9– 11 General Parenting 10 –noon Sharing Circle 1:30 -3:30 Arts &amp; Crafts 1:30 –3:30</p> <p>9 Elders Consultation 9– 11 General Parenting 10 – noon Sharing Circle 1:30—3:30 Arts &amp; Crafts 1:30-3:30</p> <p>16 Elders Consultation 9– 11 General Parenting 10-noon Sharing Circle 1:30—3:30 Arts &amp; Crafts 1:30 –3:30</p> <p>23 Elders Consultation 9– 11 General Parenting 10-noon Sharing Circle 1:30—3:30 Arts &amp; Crafts 1:30-3:30</p> <p>30 Elders Consultation 9– 11 General Parenting 10-noon Sharing Circle 1:30—3:30</p>	<p>3 Elders Consultation 9– 11 Parents w CIC 10 –noon Sharing Circle 1:30 -3:30 Anger Management 1:30 –3:30</p> <p>10 Elders Consultation 9– 11 Parents w CIC 10-noon Sharing Circle 1:30-3:30 Anger Management 1:30-3:30</p> <p>17 Elders Consultation 9– 11 Parents w CIC 10-noon Sharing Circle 1:30—3:30 Anger Management 1:30-3:30</p> <p>24 Elders Consultation 9– 11 Parents w CIC 10-noon Sharing Circle 1:30—3:30 Anger Management 1:30-3:30</p> <p><i>Summer Activities for July &amp; August; please contact us for more information</i></p>	<p>4 Elders Consultation 9– 11 Sharing Circle 1:30 3:30</p> <p>11 Elders Consultation 9– 11 Sharing Circle 1:30—3:30</p> <p>18 Elders Consultation 9– 11  <b>Cultural Teachings Summer Feast</b></p> <p>25 Elders Consultation 9– 11 Sharing Circle 1:30 -3:30</p> <p><i>-Pow wows -Medicine Picking -Male &amp; Female Teachings</i></p>