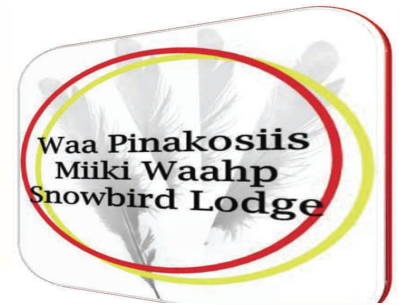




# NEWSLETTER



Love

2010  
4th Quarter

Humility

JANUARY FEBRUARY MARCH

Wisdom

THE VISION OF WAA PINA KOSIIS MIKI WAAHP  
SNOWBIRD LODGE RESOURCE CENTRE

Our Vision

Respect

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

Courage

Commitment Statement

Honesty

The Snowbird Lodge Family Resource Centre provides First Nations families with supports, resources and linkages focused on empowering families to find balance mentally, emotionally, physically and spirituality in their life journey.

Truth

Lunch is available to **program participants** Monday - Friday  
12:00PM - 1:00PM

Program Participants are **provided bus tickets when attending programs**

Respite is provided for program participants **please request before start date of Program**

Staff

Supervisor—Sherry

Admin—Theresa

Elder—Paul

Elder—Linda

Elder Helper—Louis

Elder Helper—Alison

Social Worker—Monica

Social Worker—Audrey

591 Sherbrook Street, Winnipeg MB. Phone: 944-4100

Hours of Operation

Monday to Friday 8:30 AM to 4:30 PM

## January 2010

Mon	Tue	Wed	Thu	Fri
Elder consultations Monday—Friday 9:00—11:00	Lunch Program daily noon For program participants			<b>1</b> Happy New Year
<b>4</b> Sharing Circle 1:30-3:30	<b>5</b> Sharing Circle 1:30-3:30	<b>6</b> Sharing Circle 1:30-3:30	<b>7</b> Sharing Circle 1:30-3:30	<b>8</b> Sharing Circle 1:30-3:30
<b>11</b> Relapse Prevention 9:30-11:30 Parents with CIC 1:30-3:30 Sharing Circle 1:30-3:30	<b>12</b> General Parenting 9:30-11:30 Exercise Program 1:30-3:30 Sharing Circle 1:30-3:30	<b>13</b> Relapse Prevention 9:30-11:30 Arts & Crafts 1:30-3:30 Sharing Circle 1:30-3:30	<b>14</b> Sharing Circle 1:30-3:30 Ojibway Language 9:30-11:30	<b>15</b> Sharing Circle 1:30-3:30 Sweat lodge at Marymount
<b>18</b> Relapse Prevention 9:30-11:30 Parents with CIC 1:30-3:30 Sharing Circle 1:30-3:30	<b>19</b> General Parenting 9:30-11:30 Exercise Program 1:30-3:30 Sharing Circle 1:30-3:30	<b>20</b> Relapse Prevention 9:30-11:30 Arts & Crafts 1:30-3:30 Sharing Circle 1:30-3:30	<b>21</b> Ojibway Language 9:30-11:30 Family Harmony 1:30-3:30 Sharing Circle 1:30-3:30	<b>22</b> Sharing Circle 1:30-3:30 Story Telling 1:30-3:30
<b>25</b> Relapse Prevention 9:30-11:30 Parents with CIC 1:30-3:30 Sharing Circle 1:30-3:30	<b>26</b> General Parenting 9:30-11:30 Exercise Program 1:30-3:30 Sharing Circle 1:30-3:30	<b>27</b> Relapse Prevention 9:30-11:30 Arts & Crafts 1:30-3:30 Sharing Circle 1:30-3:30	<b>28</b> Ojibway Language 9:30-11:30 Family Harmony 1:30-3:30 Sharing Circle 1:30-3:30	<b>29</b> Sharing Circle 1:30-3:30 Story Telling 1:30-3:30

## February 2010

Mon	Tue	Wed	Thu	Fri
<b>1</b> Relapse Prevention 9:30-11:30 Parents with CIC 1:30-3:30 Sharing Circle 1:30-3:30	<b>2</b> General Parenting 9:30-11:30 Exercise Program 1:30-3:30 Sharing Circle 1:30-3:30	<b>3</b> Relapse Prevention 9:30-11:30 Arts & Crafts 1:30-3:30 Sharing Circle 1:30-3:30	<b>4</b> Ojibway Language 9:30-11:30 Family Harmony 1:30-3:30 Sharing Circle 1:30-3:30	<b>5</b> Sharing Circle 1:30-3:30 Story Telling 1:30-3:30
<b>8</b> Relapse Prevention 9:30-11:30 Parents with CIC 1:30-3:30 Sharing Circle 1:30-3:30	<b>9</b> General Parenting 9:30-11:30 Exercise Program 1:30-3:30 Sharing Circle 1:30-3:30	<b>10</b> Relapse Prevention 9:30-11:30 Arts & Crafts 1:30-3:30 Sharing Circle 1:30-3:30	<b>11</b> Ojibway Language 9:30-11:30 Family Harmony 1:30-3:30 Sharing Circle 1:30-3:30	<b>12</b> Sharing Circle 1:30-3:30 Story Telling 1:30-3:30
<b>15</b> Louis Riel Day Centre Closed	<b>16</b> General Parenting 9:30-11:30 Exercise Program 1:30-3:30 Sharing Circle 1:30-3:30	<b>17</b> Arts & Crafts 1:30-3:30 Sharing Circle 1:30-3:30	<b>18</b> Ojibway Language 9:30-11:30 Family Harmony 1:30-3:30 Sharing Circle 1:30-3:30	<b>19</b> Sharing Circle 1:30-3:30 Culture Day/Sweat Lodge at Marymount
<b>22</b> Relapse Prevention 9:30-10:30 Parents w CIC 1:30-3:30 Sharing Circle 1:30-3:30	<b>23</b> General Parenting 9:30-11:30 Exercise Program 1:30-3:30 Sharing Circle 1:30-3:30	<b>24</b> Relapse Prevention 9:30-11:30 Arts & Crafts 1:30-3:30 Sharing Circle 1:30-3:30	<b>25</b> Ojibway Language 9:30-11:30 Family Harmony 1:30-3:30 Sharing Circle 1:30-3:30	<b>26</b> Sharing Circle 1:30-3:30 Story Telling 1:30-3:30

## March 2010

Mon	Tue	Wed	Thu	Fri
<b>1</b> Relapse Prevention 9:30-11:30 Parents with CIC 1:30-3:30 Sharing Circle 1:30-3:30	<b>2</b> General Parenting 9:30-11:30 Exercise Program 1:30-3:30 Sharing Circle 1:30-3:30	<b>3</b> Relapse Prevention 9:30-11:30 Arts & Crafts 1:30-3:30 Sharing Circle 1:30-3:30	<b>4</b> Ojibway Language 9:30-11:30 Family Harmony 1:30-3:30 Sharing Circle 1:30-3:30	<b>5</b> Sharing Circle 1:30-3:30 Story Telling 1:30-3:30
<b>8</b> Relapse Prevention 9:30-11:30 Sharing Circle 1:30-3:30	<b>9</b> General Parenting 9:30-11:30 Exercise Program 1:30-3:30 Sharing Circle 1:30-3:30	<b>10</b> Relapse Prevention 9:30-11:30 Arts & Crafts 1:30-3:30 Sharing Circle 1:30-3:30	<b>11</b> Family Harmony 1:30-3:30 Sharing Circle 1:30-3:30	<b>12</b> Sharing Circle 1:30-3:30 Spring Feast at Centre
<b>15</b> Relapse Prevention 9:30-11:30 Sharing Circle 1:30-3:30	<b>16</b> Sharing Circle 1:30-3:30	<b>17</b> Relapse Prevention 9:30-11:30 Arts & Crafts 1:30-3:30 Sharing Circle 1:30-3:30	<b>18</b> Sharing Circle 1:30-3:30	<b>19</b> Sharing Circle 1:30-3:30 Story Telling 1:30—3:30
<b>22</b> Relapse Prevention 9:30-11:30 Sharing Circle 1:30-3:30	<b>23</b> Sharing Circle 1:30-3:30	<b>24</b> Relapse Prevention 9:30-11:30 Arts & Crafts 1:30-3:30 Sharing Circle 1:30-3:30	<b>25</b> Sharing Circle 1:30-3:30 Sweat Lodge at Marymound	<b>26</b> Sharing Circle 1:30-3:30 Story telling 1:30—3:30
<b>29</b> Relapse Prevention 9:30-11:30 Sharing Circle 1:30-3:30	<b>30</b> Sharing Circle 1:30-3:30	<b>31</b> Relapse Prevention 9:30-11:30 Arts & Crafts 1:30-3:30 Sharing Circle 1:30-3:30		

Anin, Tansi, Boozho, and Seasons Greetings to All!

“Our Native Language embodies a value system about how we ought to live and relate to each other. It gives a name to relations amongst kin, roles and responsibilities among family members, to ties with the broader clan group. There are no English words for these relationships because your social and family life is different than ours. Now if you destroy our language, you not only break down these relationships, but you also destroy other aspects of our Indian Way of Life, and culture, especially those that describe man’s connection with Nature, The Great Spirit, and The Order of Things. Without our language, we will cease to exist as a separate people. Eli Taylor, Sioux Valley First Nation

Without the language there is no Culture, no Ceremonies, No Sweat Lodges and Sundance's. Language defines who we are as a people and a Nation. It is estimated that at the time of contact there were 300 distinct languages in North America. Today that there only a few languages given a chance to survive into the future and they are Dakota, Ojibway, Navaho, and Cree. The Government of Canada and United States knew the importance of language and tried to eradicate our culture by creating residential schools. Children faced harsh punishment when they spoke their traditional languages in residential and boarding schools. We need to reclaim our heritage and rights as the first people of this land. Our small part in this effort is to offer an Ojibway language course beginning January 14, 2010. We will be offering an Introductory course in Ojibway, with the hope that it encourages our families to learn their language. There is nothing more beautiful or natural than hearing children conversing in their own languages.

Meegwetch Elder Paul Daniels

## Program Schedule

### **Mondays and Wednesdays**

**Relapse Prevention Program 9:30—11:30 a.m.**

Is an intense 6 week program that will run twice a week. It is based on the AA 12 Step program that is culturally infused with teachings from the Elders and support. The program will be held in 2 segments beginning Jan 11—Feb 15, 2010 and Feb 22—March 29, 2010. Registration is limited.

### **Mondays**

**Parents with Child(ren) in Care Program 1:30-3:30.**

An 8 week program designed to help parents cope and manage with mandated case plans. The program will be offered starting Jan 11– March 1, 2010 Register now.

### **Tuesdays**

**General Parenting Program 9:30-11:30 a.m.**

Is an 8 week Program that explores a wide range of topics in areas of parenting. This program is open to all parents. Start date: Jan 12, - March 9, 2010.

**Exercise Program 1:30-3:30**

This Exercise Program will run for 8 weeks starting on Jan 12 - March 9, 2010. Registration is limited. Please contact Alison

**Pow-wow Teaching/Drum TBA**

### **Wednesdays**

**Arts & Crafts 1:30 to 3:30 p.m.**

This is an ongoing open program facilitated by the Elders' Helper on Wednesday afternoons. Participants are guided through a variety of traditional craft projects which they are then able to take home with them. Some art instruction is included in the craft work as well as direction to complete small art projects.

### **Thursdays**

**Family Harmony 1:30-3:30 p.m.**

An 8 week program to deal with issues of domestic violence and its impact on your daily life. Registration is limited. Starting on Jan 21, - March 11, 2010

**Parent Teen Conflict TBA**

It is an 8 Week program designed to assist parents and teens to deal with conflict in their relationship. The program will look at child development and other related topics.

**NEW! -Ojibway Language 9:30-11:30 p.m.**

This is a fun and interactive introductory course in the Ojibway Language. The course will begin in Jan 14—March 4, 2010. Registration is limited.

### **Friday**

**NEW! - Storytelling 1:30-3:30 p.m.**

Traditionally legends and stories were shared amongst families during the winter months. Storytelling will be incorporated into the Sharing Circle on Fridays. Elder Paul Daniels along with Elders Helpers will be conducting the Storytelling sessions. Jan 22 -March 26, 2010

### **Sharing Circles offered daily**

Monday, Tuesday, Wednesday, Thursday, Friday 1:30-3:30 p.m.

**Elders Consultations (Monday—Friday 9:00 –11:00 am)**

Please contact Elder Paul Daniels 944-4105 or Elder Linda Chisholm 944-4106 to book a confidential consultation.