



April, May, June 2011



Our Vision:

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

Our Commitment Statement

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, Manitoba
R3B 2W9

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

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

Snowbird Lodge Staff

Supervisor

Margaret Marin
944-4107

Admin Assistant

Julie Eley
944-4100

Elders

Paul Daniels
944-4105
Linda Chisholm
944-4106

Elder Helpers

Alison Joy
944-4109
Louis Ogemah
944-4117

Social Worker

Ian Fontaine
944-4297



*Ziizabakwad
by Louis Ogemah*

The Elders Helper

Hurting people hurt people, and helped people help people. This is one of the axioms I use in the Relapse Prevention program which, from time to time, I've been given the honour to facilitate. The position of Elders' Helper reflects changes in the CFS system, which began with the Aboriginal Justice Inquiry and continues with a new approach called "Differential Response". It embodies this philosophy for the community of families that CFS strives to help.

I work at one of ANCR's Resource Centers called Snowbird Lodge. In our quarterly sessions, I assist both the Elders and the Social Workers in developing, researching and facilitating programs. I also run the art program, having recently restructured it to run in tandem with the formal programs. In the summer, we run programs for CFS families and harvest sacred medicines such as sage, sweetgrass, and cedar. The cultural component, as I understand it, is integral to what differential response means.

It serves to incorporate culturally appropriate programming, such as sharing circles, sweat lodge ceremonies and feasts for the many Aboriginal families ANCR serves.

At the end of the day, we all share the responsibilities of a healthy community; we all share the freedoms of our country; we all share the same planet; we all share the same love for our children; and, it's by embracing this basic principle of love that we find the compassion, strength and courage to protect our children.

Miigwej,
Louis Ogemah BFA, Elders Helper

For Registered Participants only

Snack will be provided for participants

Respite available while in programs

Bus tickets available for participants in programs

Please speak with a Social Worker to register for spring programming

Snowbird Lodge Family Resource Centre ensures holistic and wrap-around services are delivered through culturally appropriate and supportive programs and services.

The families that attend the Snowbird Lodge are referred by the ANCR Family Enhancement Program, external CFS agencies and self-referrals.

Programs offered in April, May and June 2011

Quakadziwin (Relapse Prevention): 8 week program that provides recovery tools, social work perspectives and Aboriginal teachings for participants who want to 'turn their lives around'. Wednesdays, April 20—June 15 (9:30—11:30 am)

General Parenting: 8 week program that explores a wide range of topics in areas of parenting. This program is open to all parents. Thursdays, April 21—June 16 (1:30-3:30 pm)

Anger Management: 8 week program offered to assist participants to manage their anger and learn healthy ways of coping. Wednesdays, April 20—June 15 (1:30-3:30 pm)

Pow-wow Teachings-Anishinabe Neem-i-di-win (People Dance): 8 week open session facilitated by the Elders' Helper and the Elder. It is family interactive. Sessions focus on drumming, singing, cultural teachings and outings/activities/ceremonies. Thursdays, April 21-June 16 (5:30-7:30 pm)

Parent/Teen Conflict: 8 week program designed to assist parents and teens in coming to terms with the dynamics of conflict in their relationships. The program will provide alternatives to the interactions between parent and teens and to offer supports to both that will encourage the use of newly acquired skills and tools. Tuesdays, April 19—June 14 (5:30-7:30 pm)

Arts & Crafts: 8 week program facilitated by the Elders' Helper. This program is structured with a series in mind; Drawing/ Painting and Traditional Crafts. Each will act on the creativity of the participants journey and will work towards an exhibition on the theme of 'family'. Wednesdays, April 20 - June 15, 2011. (1:30 - 3:30 pm)

Men's and Women's Wellness Open Series: This open series utilizes a combination of contemporary and Aboriginal healing approaches and ceremonies. The program will be delivered utilizing the holistic healing concept to address health, wellness and other concerns in weekly sessions.

Series 1 Men—Monday April 11—May 9 (9:00-11:00 am) Women—Tuesday April 19—May 3 (9:00-11:00 am)

Series 2 Men—Monday May 30-June 20 (9:00-11:00 am) Women—Tuesday May 17-June 7 (9:00-11:00 am)

Elders Consultation: Drop-in offered daily Monday - Friday 9:00—11:00 am. Please contact Elder Paul Daniels or Elder Linda Chisholm for a confidential consultation.

Social Worker Consultations: Drop in offered daily Monday—Friday 9:00—11:00 am. Please contact Julie to book an appointment with a Social Worker.

Sharing Circles: Offered Tuesday—Thursday 1:30—3:30 pm; they are conducted by the Elders of Snowbird Lodge along with the Elders' Helpers.

ELDERS MESSAGE

This teaching reflects the Eastern and Southern doorways and comes from the Medicine Wheel. Here is one Elder's view. Aboriginal people use the Medicine Wheel as a tool to learn about their journey of life. It has been around for thousands of years. Geologists have found the Medicine Wheel on the land. There are many in Alberta and south of this country. The number 4 is significant to the Medicine Wheel teachings. The 4 directions of the universe: East, South, West, North; The four winds; Four seasons: Spring, Summer, Fall, Winter; Four elements: Air, Earth, Water, Fire; Four types of creation: the ones that breathe, ones that fly, ones that crawl and ones that swim. There is a Medicine Wheel that has 4 colours representing 4 nations such as Yellow, Red, Black and White.

The Medicine Wheel demonstrates the life cycle from birth, to crossing to the spirit world, the stages of life such as baby, youth, adult and elder, and the responsibility with these stages. Looking at the eastern direction, that is where Spring is acknowledged by having a feast. At a feast there can be drumming, singing or dancing, prayer, tobacco and food is offered to Creator and the helpers. Feasting is part of our tradition to honour life and gratitude to mother earth for the seeds that will be planted in her. The eastern direction is the physical realm; the beginning of life. The element of air and the eagle sit in this direction. We look at grandfather sun - this quadrant is yellow.

As we move to the southern direction, this is the element earth and where the buffalo sits. The season is summer and the colour is red like Mother Earth. In this quadrant the stage of life is about youth. This is the time of planting and ceremony. A time of learning and giving such as the food and medicines that Mother Earth gives us.

The Medicine Wheels teaches about balance, harmony and choice as well as direction and focus for our life journey, and understanding of the self, community and the universe. I will continue the medicine teachings for the Western/Northern doorways in the Fall/ Winter newsletter.

Megwetch
Linda Chisholm, Elder

~~~~~ News! ~~~~~

Welcome to Snowbird's first newsletter for the 2011-2012 year!

Snowbird Lodge has undergone a few changes over the past year and would like to acknowledge the following: To Claire Ross and Matthew Ironman, we wish you well in your new endeavors within the social work field and thank you for your passion and commitment to the resource centre.


Welcome to Ian Fontaine who has returned to ANCR. Prior to leaving Ian worked with the FE service team and now has come full circle and returned to Snowbird Lodge. Welcome also to Margaret Marin who has taken on the role of Supervisor and is excited to be part of developing and providing programs for our families.

During the past few months and amidst all the changes Supervisor Jennifer Rafuse from Métis/GA Resource Centre and Elders, Paul and Linda, Elders' Helpers Alison and Louis and Julie our Admin, have worked hard and shown their dedication to ensure the programs were running and participants were attending Snowbird Lodge for programming. Thank you again for all you have accomplished and for your dedication.


To all the parents, grandparents and their children who have joined us in our programs, ceremonies and cultural teachings: Thank you from all of us!

To the many community presenters and guests who have shared your gifts, experiences and expertise and given your continued support to our programs and staff: We acknowledge your time, commitment and support and we acknowledge how important our partnerships are. Meegwetch!

APRIL 2011

MON	TUE	WED	THU	FRI
Social Worker and Elder Consultations—Monday to Friday 9:00am to 11:00am				
				1 SPRING FEAST 11:00-4:00
4	5 Sharing Circle 1:30-3:30	6 Sharing Circle 1:30-3:30	7 Sharing Circle 1:30-3:30	8
11 Men's Wellness 1:30-3:30	12 Sharing Circle 1:30-3:30 Women's Wellness 1:30-3:30	13 Sharing Circle 1:30-3:30	14 Sharing Circle 1:30-3:30	15 U OF W POW WOW CULTURAL OUTING 9:00—4:00
18 Men's Wellness 1:30-3:30	19 Sharing Circle 1:30-3:30 Women's Wellness 1:30-3:30 Parent/Teen Conflict 5:30-7:30	20 Quakadiziwin 9:30-11:30 Arts and Crafts 1:30-3:30 Sharing Circle 1:30-3:30 Anger Management 1:30-3:30	21 Sharing Circle 1:30-3:30 General Parenting 1:30-3:30 Pow Wow Teaching 5:30-7:30 SWEAT LODGE @ MARYMOUND 11:00-4:00	22 GOOD FRIDAY LODGE CLOSED
25 EASTER MONDAY LODGE CLOSED	26 Sharing Circle 1:30-3:30 Women's Wellness 1:30-3:30 Parent/Teen Conflict 5:30-7:30	27 Arts and Crafts 1:30-3:30 Sharing Circle 1:30-3:30 Anger Management 1:30-3:30	28 Sharing Circle 1:30-3:30 General Parenting 1:30-3:30 Pow Wow Teaching 5:30-7:30	29

MAY 2011

MON	TUE	WED	THU	FRI
Social Worker and Elder Consultations—Monday to Friday 9:00am to 11:00am				
2 Men's Wellness 1:30-3:30	3 Sharing Circle 1:30-3:30 Women's Wellness 1:30-3:30 Parent/Teen Conflict 5:30-7:30	4 Arts and Crafts 1:30-3:30 Sharing Circle 1:30-3:30 Anger Management 1:30-3:30	5 Sharing Circle 1:30-3:30 General Parenting 1:30-3:30 Pow Wow Teaching 5:30-7:30	6
9 Men's Wellness 1:30-3:30	10 Sharing Circle 1:30-3:30 Parent/Teen Conflict 5:30-7:30	11 Arts and Crafts 1:30-3:30 Sharing Circle 1:30-3:30 Anger Management 1:30-3:30	12 Sharing Circle 1:30-3:30 General Parenting 1:30-3:30 Pow Wow Teaching 5:30-7:30	13
16	17 Sharing Circle 1:30-3:30 Women's Wellness 1:30-3:30 Parent/Teen Conflict 5:30-7:30	18 Arts and Crafts 1:30-3:30 Sharing Circle 1:30-3:30 Anger Management 1:30-3:30	19 Sharing Circle 1:30-3:30 General Parenting 1:30-3:30 Pow Wow Teaching 5:30-7:30	20
23 Victoria Day Lodge Closed	24 Sharing Circle 1:30-3:30 Women's Wellness 1:30-3:30 Parent/Teen Conflict 5:30-7:30	25 Arts and Crafts 1:30-3:30 Sharing Circle 1:30-3:30 Anger Management 1:30-3:30	26 Sharing Circle 1:30-3:30 General Parenting 1:30-3:30 Pow Wow Teaching 5:30-7:30	27
30 Men's Wellness 1:30-3:30 CULTURAL TEACHINGS— HORTICULTURE 11:00—4:00	31 Sharing Circle 1:30-3:30 Women's Wellness 1:30-3:30 Parent/Teen Conflict 5:30-7:30			

JUNE 2011

MON	TUE	WED	THU	FRI
Social Worker and Elder Consultations—Monday to Friday 9:00am to 11:00am				
		1 Arts and Crafts 1:30-3:30 Sharing Circle 1:30-3:30 Anger Management 1:30-3:30	2 Sharing Circle 1:30-3:30 General Parenting 1:30-3:30 Pow Wow Teaching 5:30-7:30	3
6 Men's Wellness 1:30-3:30	7 Sharing Circle 1:30-3:30 Women's Wellness 1:30-3:30 Parent/Teen Conflict 5:30-7:30	8 Arts and Crafts 1:30-3:30 Sharing Circle 1:30-3:30 Anger Management 1:30-3:30	9 Sharing Circle 1:30-3:30 General Parenting 1:30-3:30 Pow Wow Teaching 5:30-7:30	10
13 Men's Wellness 1:30-3:30	14 Sharing Circle 1:30-3:30 Parent/Teen Conflict Graduation 5:30-7:30	15 Arts and Crafts Exhibition 1:30-3:30 Sharing Circle 1:30-3:30 Anger Management Graduation 1:30-3:30	16 Sharing Circle 1:30-3:30 General Parenting Graduation 1:30-3:30 Pow Wow Teaching Graduation 5:30-7:30	17
20 Men's Wellness 1:30-3:30	21 Sharing Circle 1:30-3:30 SUMMER FEAST 11:00-4:00	22 Sharing Circle 1:30-3:30	23 Sharing Circle 1:30-3:30	24
27	28 Sharing Circle 1:30-3:30	29 Sharing Circle 1:30-3:30	30 Sharing Circle 1:30-3:30	