



Snowbird Lodge

Waa Pina Kosiis Miiki Waahp

Fall Newsletter

October, November, December 2011



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 Workers

Ian Fontaine

944-4297

Liz Skiba

944-4112

Our Vision

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

Our 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.

Thinking about Social Work

The practice of Social Work has grown and changed over the years as it has come across new ideas and other ways of thinking. One influence comes from science and the study of biology. It is known as an *ecological perspective*.

This approach looks at how all living things adapt to their environments and how children and families do the same. To understand a plant or animal, you must also study its "interdependencies"- things like its food, other life forms, and its general environment. In Social Work we think about family systems – the extended family, the family history, the community and the society where the family exists. The things that surround a child and family have the power to shape their strengths and needs. An individual is "constantly creating, restructuring, and adapting to the environment as the environment is affecting them." (Ungar, 2002)

Unlike earlier theories, ecological theories focus on inter-relationships between systems, and stress that all of the parts within an ecosystem play an equal role in maintaining the balance of the whole.

As social workers, using an ecological approach means looking at persons, families, cultures, communities, and policies, and working with the strengths and needs that develop from the interactions between these systems. You might also call this "holistic thinking." It is a way to understand how interconnected a person is with their whole environment.

Think about how one family member's personality can affect another family member, and how their relationship can in turn affect the way they relate to other members of the family. Think about how

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*Snowbird Lodge ensures holistic and wrap around services through culturally appropriate and supportive programs.
The families that attend are referred by ANCR, external CFS Agencies and self-referral.*

For registered participants only.

Snack will be provided for participants.

Respite and bus tickets available upon request, while in programs.

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Outside relationships and forces (jobs, friends, etc.) can affect the whole family positively and negatively. Now consider that families live in a complex world of political, cultural, economic and social influences. Even a very simple change, like making a family budget, is affected by and affects the way all those parts interact together. A social worker with an ecological perspective works with a person or a family to think through how change happens in their “ecosystem” and how to meet their needs and build upon their strengths in a holistic way.

At Snowbird Lodge we explore with families how culture and a sense of identity and belonging can affect the interrelationships in a family. Our many programs and services are designed with the ecology of a family in mind. Every family has strengths and weaknesses. Every family is a unique set of relationships within relationships. Our social work practice is to see the whole, build on strength and to share knowledge together.

Programs offered during October, November and December 2011

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

Social Worker Consultations: 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. Circles are conducted by the Elders of Snowbird Lodge along with the Elders Helpers.

Please take note that the General Parenting Program that was originally offered in the summer schedule has been replaced with the Triple P Parenting Program.

Relapse Prevention - Quakadiziwin: An 8 week program which provides recovery tools, social work perspectives and Aboriginal teachings for participants who want to “turn their lives around”. **Thursdays, September 15 to November 10, 2011. (5:00—7:00 pm)**

Triple P Parenting Program: An 8 week program which provides opportunities to learn positive parenting skills through observation and discussion, practice and feedback. **Wednesdays, September 7 to November 2, 2011. (9:30-11:30 am)**

Anger Management: An 8 week program offered to assist participants to manage their anger and learn healthy ways of coping. **Thursdays, September 15 to November 10, 2011. (1:30-3:30 pm)**

Arts & Crafts: A 9 week program structured with a series in mind. The fall session will include drawing and painting. This series will act on the creativity of the participants journey and will work towards an exhibition on the theme of “family”. **Wednesdays, September 14 to November 9, 2011. (1:30 - 3:30 pm)**

Family Harmony: An 8 week program to deal with issues of domestic violence and its impact on your daily life. **Mondays, September 12-November 14, 2011. (1:30—3:30 pm)**

Parents with Children in Care: An 8 week program designed to help parents cope with and manage mandated case plans. **Tuesdays, September 13 to November 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 use holistic healing concepts to address health, wellness and other concerns in weekly sessions.

Women—Mondays November 28—December 19, 2011 (1:30-3:30 pm)

Men—Wednesdays November 23-December 14, 2011 (1:30-3:30 pm)

The Family Big Drum: An 8 week program to introduce traditional drum songs to families based on the 7 teachings. **Wednesdays October 5-November 23, 2011 (5:00 -7:00 pm)**

OCTOBER

MON	TUE	WED	THU	FRI
Social Worker and Elder Consultations—Monday to Friday 9:00am to 11:00am				
3 Family Harmony 1:30 - 3:30	4 Parents with CIC 1:30 - 3:30 Sharing Circle 1:30-3:30	5 Triple P 9:30 - 11:30 Arts & Crafts 1:30 - 3:30 Sharing Circle 1:30-3:30 Family Big Drum 5:00-7:00	6 Anger Mgmt. 1:30-3:30 Relapse Prevention 5:30 -7:30 Sharing Circle 1:30-3:30	7 Women's Sweat 11:30-4:00
10 STAT HOLIDAY LODGE CLOSED	11 Parents with CIC 1:30 - 3:30 Sharing Circle 1:30-3:30	12 Triple P 9:30 - 11:30 Arts & Crafts 1:30 - 3:30 Sharing Circle 1:30-3:30 Family Big Drum 5:00-7:00	13 Anger Mgmt. 1:30-3:30 Relapse Prevention 5:30 -7:30 Sharing Circle 1:30-3:30	14
17 Family Harmony 1:30 - 3:30	18 Parents with CIC 1:30 - 3:30 Sharing Circle 1:30-3:30	19 Triple P 9:30 - 11:30 Arts & Crafts 1:30 - 3:30 Sharing Circle 1:30-3:30 Family Big Drum 5:00-7:00	20 Anger Mgmt. 1:30-3:30 Relapse Prevention 5:30 -7:30 Sharing Circle 1:30-3:30	21 Men's Sweat 11:30-4:00
24 Family Harmony 1:30 - 3:30 ----- 31 Family Harmony 1:30 - 3:30	25 Parents with CIC 1:30 - 3:30 Sharing Circle 1:30-3:30	26 Triple P 9:30 - 11:30 Arts & Crafts 1:30 - 3:30 Sharing Circle 1:30-3:30 Family Big Drum 5:00-7:00	27 Anger Mgmt. 1:30-3:30 Relapse Prevention 5:30 -7:30 Sharing Circle 1:30-3:30	28

NOVEMBER

MON	TUE	WED	THU	FRI
Social Worker and Elder Consultations—Monday to Friday 9:00am to 11:00am				
	1 Parents with CIC 1:30 - 3:30 Sharing Circle 1:30-3:30	2 Triple P 9:30 - 11:30 Arts & Crafts 1:30 - 3:30 Sharing Circle 1:30-3:30 Family Big Drum 5:00-7:00	3 Anger Mgmt. 1:30-3:30 Relapse Prevention 5:30 -7:30 Sharing Circle 1:30-3:30	4
7 Family Harmony 1:30 - 3:30	8 Parents with CIC 1:30 - 3:30 Sharing Circle 1:30-3:30	9 Arts & Crafts 1:30 - 3:30 Sharing Circle 1:30-3:30 Family Big Drum 5:00-7:00	10 Anger Mgmt. 1:30-3:30 Relapse Prevention 5:30 -7:30 Sharing Circle 1:30-3:30	11 STAT HOLIDAY LODGE CLOSED
14 Family Harmony 1:30 - 3:30	15 Parents with CIC 1:30 - 3:30 Sharing Circle 1:30-3:30	16 Sharing Circle 1:30-3:30 Family Big Drum 5:00-7:00	17 Sharing Circle 1:30-3:30	18 Sweat Lodge (everyone) 11:30-4:00
21	22 Sharing Circle 1:30-3:30	23 Sharing Circle 1:30-3:30 Men's Wellness 1:30-3:30 Family Big Drum 5:00-7:00	24 Sharing Circle 1:30-3:30	25 Cultural Teaching 1:30-3:30
28 Women's Wellness 1:30-3:30	29 Sharing Circle 1:30-3:30 Arts & Crafts 9:30-11:30	30 Sharing Circle 1:30-3:30 Men's Wellness 1:30-3:30		

DECEMBER

MON	TUE	WED	THU	FRI
Social Worker and Elder Consultations—Monday to Friday 9:00am to 11:00am				
			1 Arts & Crafts 9:30-11:30	2
5 Women's Wellness 1:30-3:30	6 Arts & Crafts 9:30-11:30 Sharing Circle 1:30-3:30	7 Sharing Circle 1:30-3:30 Men's Wellness 1:30-3:30	8 Arts & Crafts 9:30-11:30 Sharing Circle 1:30-3:30	9
12 Women's Wellness 1:30-3:30	13 Arts & Crafts 9:30-11:30 Sharing Circle 1:30-3:30	14 Sharing Circle 1:30-3:30 Men's Wellness 1:30-3:30	15 Arts & Crafts 9:30-11:30 Sharing Circle 1:30-3:30	16 Cultural Teaching 1:30-3:30
19 Women's Wellness 1:30-3:30	20 Sharing Circle 1:30-3:30	21 Sharing Circle 1:30-3:30 Winter Solstice Feast	22 Sharing Circle 1:30-3:30	23
26 STAT HOLIDAY LODGE CLOSED	27 STAT HOLIDAY LODGE CLOSED	28 Sharing Circle 1:30-3:30	29 Sharing Circle 1:30-3:30	30

Elder's Message

Anin, Tansi, Boozho, Hello

My last write up was about the East and Southern Directions of the Medicine Wheel. The medicine wheel is a tool or guide to help human beings on their life journey, from birth to the spirit world. It is the season of fall, the teachings of the western direction, the stage of adulthood.

The western direction is the mental realm. The element of water and the bear sit in this direction. This quadrant is black. As adults we have responsibilities to the children and have the wisdom of our life experience to share with others. It is the time to let go of the past and past emotions. The western doorway leads to our ancestors that help to guide us in this life. In ceremony, I have a granny who comes to my mind to support me as I walk in this way of life. She gives me courage to keep positive and hopeful. The bear represents courage. Children and adults begin to learn about themselves and have the courage to start something new.

Moving to the northern direction, this is where the wolf sits and the element of fire. The season is winter and the colour is white like the snow, the blanket given to Mother Earth. In this quadrant is the elder stage of life. This is the time of knowing your capability and having the wisdom to see other people's life journey. It's the time in our life to go back to infancy, preparing for the journey back to the spirit world.

The childhood stories are shared with others.

I have written about the medicine wheel from my perspective. Sources are Mary Lee and Francis Whiskeyjack.

Megwetch

Linda Chisholm, Elder

