



SNOWBIRD LODGE

Waa Pina Kosiis Miiki Waahp



Winnipeg, Manitoba (204) 944-4100

FALL/WINTER NEWSLETTER—September /October / November/ December 2018

ANCR'S VISION:

Our community is strong and diverse, honours all cultures and is free from systemic barriers. Families are healthy, supported and empowered. Children are valued, respected and safe.

ANCR'S MISSION:

To promote and support the safety and well-being of children and families by providing culturally appropriate, strength based child and family intake services.

Welcome to Waa Pina Kosiis Miiki Waahp or Snowbird Lodge where we strive to help families achieve Mino Pimatiziwin (a good life) by providing culturally appropriate and culturally relevant programs for children and families. Our facility uses the smudge ceremony for all programs and we offer teachings to many of the families who attend the lodge. If you would like to refer a family or if you would like to learn more about programming please contact Snowbird Lodge at (204) 944-4100 or at sbl@gov.mb.ca.

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Hello,

I have an announcement; Snowbird Lodge (SBL) is moving and as of December 1, 2018, SBL and our other resource centre, All Nations Family Resource Centre are moving in together at a newly renovated space at 627 Erin Street. It is located at Erin Street and Portage Avenue. The official name is All Nations Family Resource Centre and Snowbird Lodge Cultural Centre.

ANCR is amalgamating the two resource centres, in order to offer more programs and services.

While moving in together can cause some anxiety, it's also exciting at the same time and I hope that you will join us at our new location. We plan to offer the same programs and develop new ones that will help participants continue to build on their personal improvement plans. SBL will continue to offer and expand cultural programming and services.

On behalf of ANCR, I would like to thank the ongoing support that the resource centre has received from the community and our collaterals.

I would also like to thank the staff at SBL who continue to work hard under the ongoing pressures of moving.


Lastly, we have two staff members who are moving on from SBL to enhance their careers. Please join me in saying farewell to Kayla Campbell, our Administrative Assistant, who often is the glue that holds me/SBL together. Thanks Kayla for all your hard work and dedication to SBL.

We are also saying farewell to Angela Uta, one of our traditional helpers. Angela is part the cultural team at SBL and has added a great deal of time and knowledge to help make the cultural program what it is today. Thanks Angela, all the best on your new endeavour.

Thanks ~~Monica~~

SNOWBIRD LODGE STAFF	
Supervisor	
Monica - 944-4107	
Resource Centre Workers	
Ian: 944-4106	
Norma: 944-4117	
Cultural Advisors	
Linda:944-4297	
Debra:944-4113	
Ishcaabe/Traditional Helper	
Jordan: 944-4112	

Images taken from Google/Images


MON	TUE	WED	THU	FRI
3 CENTRE CLOSED LABOUR DAY	4 Triple P 1-3	5 Traditional Parenting 9-11 Family Harmony 1-3 Positive Discipline 5-7	6 Grief and Loss 9-11 Managing Your Anger 5-7	7 Pipe Ceremony 10-12
10 Circle of Security 10-12 Mino Pimatziwin 1-3	11 Triple P Stepping Stones 10-12 Triple P 1-3	12 Traditional Parenting 9-11 Family Harmony 1-3 Positive Discipline 5-7	13 Grief and Loss 9-11 MYA 5-7	14 Participant Sweat Lodge 11-3
17 Circle of Security 10-12 Mino P 1-3	18 Triple PSS 10-12 Triple P 1-3	19 Traditional Parenting 9-11 Family Harmony 1-3 Positive Discipline 5-7	20 Grief and Loss 9-11 MYA 5-7	21 EIP Meeting Closed AM Fall Feast 10-12
24 Circle of Security 10-12 Mino P 1-3	25 Triple PSS-10-12 Triple P 1-3	26 Traditional Parenting 9-11 Family Harmony 1-3 Positive D 5-7 Full Moon Ceremony 7-8	27 Grief and Loss 9-11 MYA 5-7	28 

October 2018

MON	TUE	WED	THURS	FRI
1 Circle of Security 10-12 Mino P 1-3	2 Triple PSS-10-12 Triple P 1-3	3 Traditional Parenting 9-11 Family Harmony 1-3 Positive D 5-7	4 Grief and Loss 9-11 MYA 5-7	5 Staff Sweat Lodge 11-3
8 CENTRE CLOSED THANKSGIVING DAY	9 Triple PSS -10-12 Triple P GRAD	10 Traditional Parenting GRAD Family Harmony GRAD Positive D 5-7	11 Grief and Loss GRAD MYA 5-7	12 Unit Meeting Centre Closed PM
15 Circle of Security GRAD Mino P GRAD	16 Triple PSS GRAD Triple P 1-3	17 Positive D GRAD Family Harmony 1-3 Positive Discipline 4:30-7	18 MYA GRAD Grief & Loss 9-11 am Managing Your Anger 5-7 pm (MYA)	19
22 Mino Pimatziwin 1-3	23 Triple PSS 10-12 Triple P 1-3 pm Traditional Parenting @ SPS 1:15-3:15	24 Family Harmony 1-3 Positive D 4:30 -7	25 Grief & Loss 9-11 MYA -7	26
29 Mino P 1-3	30 Triple PSS 10-12 Triple P 1-2 Traditional Parenting @ SPS 1:15-3:15	31 Family Harmony 1-3 Positive D 4:30 -7	1 Grief & Loss 9-11 MYA -7	2

MON	TUE	WED	THU	FRI
5 Mino P 1-3	6 Triple PSS 10-12 Triple P 1-3 Traditional Parenting @ Shaunessey Park School 1:15-3:15	7 Family Harmony 1-3 Positive D 4:30 -7	8 Grief & Loss 9-11 MYA 5-7	9
12 CENTRE CLOSED REMEMBERANCE DAY	13 Triple P SS 10-12 Triple P 1-3 Traditional Parenting @ SPS 1:15-3:15	14 Family Harmony 1-3 Positive D 4:30-7	15 Grief & Loss 9-11 MYA 5-7	16
19 Mino P 1-3 Grad	20 Triple PSS 10-12 Grad Triple P 1-3 Grad Traditional Parenting @ SPS	21 Family Harmony 1-3 Grad Positive D 4:30 -7 Grad Full Moon Ceremony 7-8	22 Grief & Loss 9-11 Grad MYA 5-7 Grad	23
26 SBL Closed during move Nov 26-Dec 7	27 Traditional Parenting @ SPS SBL Closed	28 SBL Closed	29 SBL Closed	30 SBL Closed

December 2018

MON	TUE	WED	THU	FRI
3 SBL Closed	4 SBL Closed Traditional Parenting @ SPS GRAD	5 SBL Closed	6 SBL Closed	7 SBL Closed
10 Workshops TBA	11 Workshops TBA	12 Workshops TBA	13 Workshops TBA	14
17 Workshops TBA	18 Workshops TBA	19 Workshops TBA Full Moon ceremony 7-8	20 Workshops TBA	21 EIP Meeting Closed 9-11 Winter Feast 11 - 1
24 Mino P GRAD	25 CENTRE CLOSED CHRISTMAS	26 CENTRE CLOSED BOXING DAY	27	28
31	1 CENTRE CLOSED NEW YEARS DAY			

Closed Programs * certificates upon completion

Family Harmony for Women: will explore the impacts of domestic violence on daily life and new methods to deal with issues of domestic violence. **Facilitators: Norma**
Wednesdays Sept 5– Oct. 10 time: 1-3 pm
Wednesdays Oct 17-Nov 21 time: 1-3 pm

Managing Your Anger: will assist participants in learning new ways to manage their anger through healthy coping strategies.
Facilitators: Ian/Norma
Thursdays Sept 6- Oct 18 time: 5-7 pm
Thursdays Oct 18 -Nov 22 time: 5-7 pm

Triple P Parenting Program: provides opportunities to learn positive parenting skills through observation, discussion, practice and feedback.
Facilitators: Ian/Deb
Tuesdays Sept 4-Oct 9 time: 1-3 pm
Tuesdays Oct 16 –Nov 20 time: 1-3 pm

Positive Discipline Program: focuses on using different parenting strategies using the Positive Discipline model.
Facilitators: Norma/Ian
Wednesday Sept 5-Oct 17 time: 5-7 pm
Wednesday Oct 24-Nov 21 time: 4:40--7 pm

Grief & Loss Program: focuses on understanding Grief and Loss and its' effects by utilizing by using Indigenous ways of healing.
Facilitators: Linda/Debra
Thursdays Sept 6– Oct 11 time: 9-11 am
Thursdays Oct 18-Nov 22 time: 9-11 am

Open Programs * certificates upon completion

Circle of Security: the participant will learn the balance of being nurturing, protective while promoting a child's independence. The participant will; begin to understand what emotional needs a child may be expressing through their negative behavior. **Facilitator: Norma**
Mondays Sept 10-Oct 15 time 10-12

Traditional Parenting: focuses on well established positive parenting methods and ceremonies utilized by Indigenous people for centuries
Facilitators: Linda, Deb
Wednesdays Sept 5-Oct 10 time: 9-11 am
Tuesday Nov 6-Dec 4 time 1:15-3:15 (At Shaughnessy Park School, 1641 Manitoba Ave.)

Mino-Pimatiziw (to live a good life) Program: focuses on sobriety by embracing the 7 sacred teachings recognized by many Indigenous Nations
Facilitators: Linda/Jordan
Monday Sept 10-Oct 15 time: 1-3 pm
Mondays Oct 22-Nov 22 time: 1-3 pm

Triple P Stepping Stones: is a program designed to help participants understand parenting children with special needs.
Facilitator : Ian
Tuesdays Sept 11-Oct 16 time: 10-12
Tuesdays Oct 23 –Nov 20 time: 10-12

Cultural Teaching and Services

Sweat Lodge Ceremonies:
 A cleansing and purification ceremony.
Sept 14 & Oct 5 time: 11-3 (Participant Sweats)

Pipe Ceremonies:
 A time for prayer in connecting to the creator.
Sept 7 & TBA time:10-12

Traditional Feasts:
 A time to celebrate and honour the changing of the seasons.
Fall Feast Sept 21 and Winter Feast Dec 21 time: 11-1

Full Moon Ceremonies:
 Healing Ceremonies for Women.
Sept. 26, Nov. 21, Dec. 19 time: 7-8

Cultural Teaching and Services

Cultural Advisor Consults:
 Snowbird Lodge has two Cultural Advisors on staff and they are available to provide one on one consults for cultural teachings and protocols for families involved with ANCR . They can also provide smudging ceremonies for program participants and can provide medicines when available.

Full Moon Women's Teachings:
 Runs monthly for 13 moons (13 months) and it focuses on female Indigenous teachings, Which includes the coming of age ceremonies and the connection to Grandmother moon and the water. **(Invite Only) Deb /Linda**

Taking a Bus?

Route 29 and 15 stop on the corner of Sargent and Sherbrook

**Visit us on our website
www.ancr.ca**

591 Sherbrook Street
 Winnipeg, Manitoba R3B 2W9
 Phone: (204) 944-4100
 Fax: (204) 944-4138

HOURS
 Monday-Friday
 8:30-4:30
 CLOSED DURING LUNCH
 From 12-12:45

To Register for Programs, please call (204) 944-4100