



Snowbird Lodge Cultural Centre



Fall and Winter Newsletter — September, October, November, December, 2019

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.

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Resource Centre Staff

Supervisor	Omar Vacant	204-944-4512 204-944-4107
Admins	Harold Colette	204-944-4100 204-944-4100
Facilitators	Norma Ian Michelle Sarah Harmony Sharan	204-944-4117 204-944-4106 204-944-6760 204-944-4272 204-944-6735 204-944-4465
Cultural Team	Linda Jordan Amy	204-944-4297 204-944-4112 204-944-4109
Family Wellness Worker	Louis	204-944-4113

WELCOME TO ANCR'S ALL NATIONS FAMILY RESOURCE CENTRE AND SNOWBIRD LODGE CULTURAL CENTRE

Resource Centre Family Wellness Worker

My name is Louis Ogemah, an Anishinaabe man and new Family Wellness Worker at ANCR's Family Resource Centre. I have an Honours Degree in Fine Arts and 30 years experience working in addictions, trauma and mental health.

My role at the Resource Centre is to offer participants one-to-one consultations in relapse prevention, short-term trauma counselling and referrals to other agencies where needed.

My life experiences have contributed to my work as a Family Wellness Worker. I remember and articulate the parenting and teachings of both my parents, including my Kokum and Mishoomis, who lived Mino-Bimaadiziwin-The Good Life Teachings. It was perhaps not a coincidence that my past is also darkened by the time I spent in Residential School in the late 60's and 70's. Nor do I feel that the way I was raised later in my teen years in Winnipeg, when alcoholism ravaged my family, was accidental. Conversely, the day I turned away from that unhealthy lifestyle 30 years ago, in order to live the good life teachings, was by no means a chance happening.

I now have a daughter I cherish and spend as much time teaching her about art, sports and life principles.

Through those years, I worked as an artist expressing myself in a contemporary style and embraced my Anishinaabe culture with enthusiasm. My passion in life now is to help others who are struggling with life problems and guide them in their journey to the Good Life Teachings.

As a Family Wellness Worker, I believe the only way to convert the emotional strife of traumas and mental health into good spiritual health is through action, insight and experience. ~Louis Ogemah~

Bus Routes:

Downtown Take #11 to Portage & Wall Stop #10556

North End Selkirk & Main, Main & Magnus Take #15 to Downtown, transfer to #11

St. Mary's take #14 to Portage Downtown, transfer to #11

St. Anne's take #55 downtown & transfer to #11

Contact 311 for accurate bus schedule & times

**627 Erin Street Phone: 204-944-4100
Fax: 204-944-2057 Email: anfrc@gov.mb.ca**

MON	TUE	WED	THU	FRI
2 Labor Day-Center Closed	3 MYA 5-7pm Nanaandawi Odizowin (Addictions) 5-7pm	4 Positive Discipline 1-3pm Mino P (to live a good life) 1-3pm Restoring the Balance (DV) 6-8pm	5 Grief and Loss 1-3pm Circle of Security 5-7pm Triple P 5-7pm	6 Pipe Ceremony 10-12pm
9 Red Road to Healing 5-7pm Restoring the Balance @ Native Clan 1-3pm	10 MYA 5-7pm Nanaandawi Odizowin 5-7pm	11 Positive Discipline 1-3pm Mino P 1-3pm Restoring the Balance 6-8pm	12 Grief and Loss 1-3pm Circle of Security 5-7pm Triple P 5-7pm Full Moon Ceremony 6-8pm	13 Co-ed Sweat Lodge @ Native Clan 11 am-3pm
16 Red Road to Healing 5-7pm Restoring the Balance @ Native Clan 1-3pm	17 MYA 5-7pm Traditional Parenting @ David Livingston School 1:15-3:15pm Nanaandawi Odizowin 5-7pm	18 Positive Discipline 1-3pm Mino P 1-3pm Restoring the Balance 6-8pm	19 Grief and Loss 1-3pm Circle of Security 5-7pm Triple P 5-7pm	20 Traditional Fall Feast 11-3pm
23 Red Road to Healing 5-7pm Restoring the Balance @ Native Clan 1-3pm	24 MYA 5-7pm Traditional Parenting @ David Livingston School 1:15-3:15pm Nanaandawi Odizowin 5-7pm	25 Positive Discipline 1-3pm Mino P 1-3pm Restoring the Balance 6-8pm	26 Grief and Loss 1-3pm Circle of Security 5-7pm Triple P 5-7pm	27 EIP Meeting Centre Closed AM
30 Red Road to Healing 5-7pm Restoring the Balance @ Native Clan 1-3pm				

October 2019

MON	TUE	WED	THU	FRI
	1 MYA 5-7 pm Traditional Parenting @ David Livingston School 1:15-3:15pm Nanaandawi Odizowin 5-7pm	2 Positive Discipline 1-3pm Mino P 1-3pm Restoring the Balance 6-8pm	3 Grief and Loss 1-3pm Circle of Security 5-7pm Triple P 5-7pm	4 Pipe Ceremony 10 -12pm
7 Red Road to Healing 5-7pm Restoring the Balance @ Native Clan 1-3pm	8 MYA 5-7 pm Traditional Parenting @ David Livingston School 1:15-3:15pm Nanaandawi Odizowin 5-7pm	9 Positive Discipline 1-3pm Mino P 1-3pm Restoring the Balance 6-8pm	10 Grief and Loss 1-3pm Circle of Security 5-7pm Triple P 5-7 Full Moon Ceremony 6-8pm	11 Unit Meeting AM
14 Centre Closed Thanksgiving	15 MYA 5-7pm (Grad) Traditional Parenting @ David Livingston School 1:15-3:15pm (Grad) Nanaandawi Odizowin 5-7pm (Grad)	16 Positive Discipline 1-3pm (Grad) Mino P 1-3pm (Grad) Restoring the Balance 6-8pm (Grad)	17 Grief and Loss 1-3pm (Grad) Circle of Security 5-7pm (Grad) Triple P 5-7pm (Grad)	18
21 Red Road to Healing 5-7pm Restoring the Balance @ Native Clan 1-3pm (Grad)	22	23 Men's Sweat Lodge 6-9pm @ Native Clan	24	25 EIP Meeting Centre Closed AM
28 Red Road to Healing 5-7pm Triple P Stepping Stone 6-8pm Indigenous Art Therapy 1-3pm	29 Mino P (to live a good life) 1-3pm MYA 5-7pm Nanaandawi Odizowin (Addiction) 5-7pm	30 Positive Discipline 1-3pm MYE for Youth 6-8pm Restoring the Balance (DV) 6-8pm	31 Grief and Loss 1-3pm Circle of Security 5-7pm Triple P 5-7pm	

The first session of a new program series is in bold

MON	TUE	WED	THU	FRI
				1 Pipe Ceremony 10-12pm
4 Red Road to Healing 5-7pm Triple P @ Ab Centre 1-3:45pm Triple P Stepping Stone 6-8pm Traditional Parenting @ Native Clan 1-3pm Indigenous Art Therapy 1-3pm	5 Triple P @ Ab Centre 1-3:45pm MYA 5-7pm Mino P 1-3pm Nanaandawi Odizowin 5-7pm	6 Triple P @ Ab Centre 1-3:45pm Positive Discipline 1-3pm Restoring the Balance 6-8pm Traditional Parenting @ Victoria Albert School 1:15-3:15pm MYE for Youth 6-8pm	7 Triple P @ Ab Centre 1-3:45pm Circle of Security 5-7pm Triple P 5-7pm Grief and Loss 1-3pm	8 Triple P @ Ab Centre 1-3:45pm (Grad)
11 Remembrance Day Centre Closed	12 MYA 5-7pm Mino P 1-3pm Nanaandawi Odizowin 5-7pm	13 Positive Discipline 1-3pm Restoring the Balance 6-8pm Traditional Parenting @ Victoria Albert School 1:15-3:15pm MYE for Youth 6-8pm	14 Full Moon Ceremony 6-8pm Circle of Security 5-7pm Triple P 5-7pm Grief and Loss 1-3pm	15 Sweat Lodge for Women @ Native Clan 11-3pm
18 Red Road to Healing 5-7pm (Grad) Triple P Stepping Stone 6-8pm Traditional Parenting @ Native Clan 1-3pm Indigenous Art Therapy 1-3pm	19 MYA 5-7pm Mino P 1-3pm Nanaandawi Odizowin 5-7pm	20 Positive Discipline 1-3pm Restoring the Balance 6-8pm Traditional Parenting @ Victoria Albert School 1:15-3:15pm MYE for Youth 6-8pm	21 Circle of Security 5-7pm Triple P 5-7pm Grief and Loss 1-3pm	22 Unit Meeting AM
25 Women's Wellness 5-7pm Triple P Stepping Stone 6-8pm Traditional Parenting @ Native Clan 1-3pm Indigenous Art Therapy 1-3pm	26 MYA 5-7pm Mino P 1-3pm Nanaandawi Odizowin 5-7pm	27 Positive Discipline 1-3pm Restoring the Balance 6-8pm Traditional Parenting @ Victoria Albert School 1:15-3:15pm MYE for Youth 6-8pm	28 Circle of Security 5-7pm Triple P 5-7pm Grief and Loss 1-3pm	29 EIP Meeting Centre Closed AM

December 2019

MON	TUE	WED	THU	FRI
2 Women's Wellness 5-7pm Triple P Stepping Stone 6-8pm Traditional Parenting @ Native Clan 1-3pm Indigenous Art Therapy 1-3pm	3 MYA 5-7pm Mino P 1-3pm Nanaandawi Odizowin 5-7pm	4 Positive Discipline 1-3pm Restoring the Balance 6-8pm Traditional Parenting @ Victoria Albert School 1:15-3:15pm MYE for Youth 6-8pm	5 Circle of Security 5-7pm Triple P 5-7pm Grief and Loss 1-3pm	6 Pipe Ceremony 10-12pm
9 Women's Wellness 5-7pm Triple P Stepping Stone 6-8pm (Grad) Traditional Parenting @ Native Clan 1-3pm (Grad) Indigenous Art Therapy 1-3pm (Grad)	10 MYA 5-7pm (Grad) Mino P 1-3pm (Grad) Nanaandawi Odizowin 5-7pm (Grad)	11 Positive Discipline 1-3pm (Grad) Restoring the Balance 6-8pm (Grad) Traditional Parenting @ Victoria Albert School 1:15-3:15pm (Grad) MYE for Youth 6-8pm (Grad)	12 Full Moon Ceremony 6-8pm Circle of Security 5-7pm (Grad) Triple P 5-7pm (Grad) Grief and Loss 1-3pm (Grad)	13 EIP Meeting Centre Closed AM
16 Women's Wellness 5-7pm (Grad) Indigenous Art Therapy 1-3pm Triple P 1-3pm Mino P 1-3pm	17 Indigenous Art Therapy 1-3pm Triple P 1-3pm Mino P 1-3pm	18 Indigenous Art Therapy 1-3pm Triple P 1-3pm Mino P 1-3pm	19 Indigenous Art Therapy 1-3pm Triple P 1-3pm Mino P 1-3pm	20 Traditional Winter Feast 11-3pm
23 Indigenous Art Therapy 1-3pm (Grad) Triple P 1-3pm (Grad) Mino P 1-3pm (Grad)	24 Centre Closed PM	25 Christmas Day Centre Closed	26 Boxing Day Centre Closed	27

Upon completion of programs certificate will be issued

Closed Programs

Managing Your Anger (MYA) Provides participants with knowledge, skills and alternative ways to resolve personal anger.

Sept 3– Oct 15 5-7pm (Ian)

Oct 29-Dec 10 5-7pm (Ian)

Triple P Helps parents learn and practice strategies to deal with their children's challenging behaviours constructively (0-12 yrs)

Sept 5-Oct 17 5-7pm (Ian)

Nov 4-8 1-3:45pm @ Abinooji at Aboriginal Health and Wellness Centre (Norma/Ian)

Oct 31-Dec 12 5-7pm (Ian)

Dec 16, 17, 18, 19, & 23 1-3pm (Ian)

Circle of Security Participants will learn the balance of being nurturing and protective while promoting a child's independence. Parents will begin to understand what emotional needs a child may be expressing through negative behavior.

Sept 5-Oct 17 5-7pm (Norma)

Oct 31-Dec 12 5-7pm (Norma)

Triple P Stepping Stones assist participants understand parenting children with intellectual needs, such as ADHD & FASD

Oct 28-Dec 9 6-8pm (Ian)

Grief & Loss focuses on understanding Grief and Loss and its effects on the individual. The program uses Indigenous methods of healing.

Sept 5-Oct 17 1-3pm (Linda/Jordan)

Oct 31 -Dec 12 1-3pm (Linda/Jordan)

Restoring the Balance (DV) This program will focus on issues of domestic violence by focusing on men's traditional role in the family and finding strategies to keep the balance in the home.

Sept 9-Oct 21 1-3pm @ Native Clan (Ian/Louis)

Sept 4-Oct 16 6-8pm (Ian/Louis)

Oct 30-Dec 11 6-8pm (Ian/Louis)

Nanaandawi Odizowin (Self Healing

Teachings) This program applies contemporary relapse recovery methods by blending them into the teachings of the medicine wheel.

Sept 3-Oct 15 5-7pm (Louis/Jordan)

Oct 29-Dec 10 5-7pm (Louis/Jordan)

Positive Discipline Program: focuses on using different parenting strategies using the Positive Discipline model.

Wednesday Sept 4-Oct 16 6-8 pm (Norma)

Wednesday Oct 30 -Dec 11 1-3 pm (Norma)

Open Programs

Mino-Pimatiziwin (to live a good life)

focuses on sobriety by utilizing the 7 sacred teachings recognized by many Indigenous People.

Sept 4-Oct 16 1-3pm Linda/Amy

Oct 29-Dec 10 1-3pm (Linda/Amy)

Dec 16, 17, 18, 19, & 23 1-3pm

(Linda/Amy)

Traditional Parenting focuses on well established parenting methods and ceremonies utilized by Indigenous people for centuries.

Sept 17-Oct 15 1:15-3:15 @ David

Livingstone School (Linda/Amy)

Nov 4-Dec 9 1-3pm @ Native Clan

(Linda/Amy)

Nov 6-Dec 11 1:15-3:15pm @ Victoria

Albert School 110 Ellen St (Linda/Amy)

Red Road to Healing is designed to address issues in regards to domestic violence from and an Indigenous perspective.

Sept 9-Nov 18 5-7pm (Norma)

Women's Wellness utilizes a combination of contemporary Indigenous healing approaches to address health and wellness.

Nov 25-Dec 16 5-7pm (Norma)

Mazini-Bii'ige Nanaandawi (Indigenous Art Therapy)

The focal point for Healing through Art is to dust off everyday life from our weary spirits through the creative expression of art from an Indigenous perspective.

Oct 28-Dec 9 1-3pm

(Louis & Jordan)

Dec 16, 17, 18, 19, & 23 1-3pm

(Louis & Jordan)

Managing Your Emotions for Youth

between the ages of 13-17 are given the opportunity to explore their emotions, anger & communication style & expressing feelings positively, caring for self and coping strategies. though group, individual activities.

Oct 30-Dec 11 6-8pm (Amy/Jordan)

Cultural Programs

Sweat Lodge Ceremonies:

A cleansing and purification ceremony.

Co-ed Sweat Lodge-Sept 13 11-3pm

Men's Sweat Lodge - Oct 23 6-9pm

Women's Sweat Lodge - Nov 15 11-3pm

***All Sweat Lodges will be held at Native Clan**

Pipe Ceremonies:

A time to give and receive prayers.

Sept 6 10am-12pm

Oct 4 10am-12pm

Nov 1 10am-12pm

Dec 6 10am-12pm

Traditional Feast:

A time to celebrate and honour the changing of the seasons.

Fall Solstice/Feast Sept 20 11-3pm

Winter Solstice/Feast Dec 20 11-3pm

Women's Full Moon Ceremony

Sept 12 -6-8pm

Oct 10 -6-8pm

Nov 12 -6-8pm

Dec 12 -6-8pm

Cultural Advisor Consults:

The centre's Cultural Advisor is available to provide one-on-one consults for cultural teachings and protocols; smudging ceremonies for program participants; provision of Indigenous medicines, for families involved with ANCR.

Resource Centre Family Wellness Worker

The role of the Family Wellness worker is to offer comfort, support and resources to participants at our centre. Participants may access one to one consultations with the Family Wellness Worker in relapse prevention, mental health and counselling services. The Family Wellness worker is well versed in recovery from addictions, anxiety depression, and Indigenous traditional knowledge.

Community Connections Computer is available at the centre for individuals who are job seekers, looking for parenting resources, creating resumes, and wanting to connect to community resources

Monday - Friday (9:00AM - 3:30PM)

CFS workers, foster parents and places of safety will not be permitted to attend programs at the centre.