

# HAPPY NEW YEAR

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Three symbols make up the Aboriginal Healing and Wellness Strategy logo. The turtle represents Turtle Island. This is Mother Earth. The people are holding hands. This means they will help each other with their problems.

They are standing in a circle. This is the circle of life. The people are our friends, families and strangers — people who need our help or who are helping us.

We hope everyone enjoyed their holiday season and are ready for an awesome and fun filled 2020. The Healing & Wellness department has a lot of fun and exciting events planned for this year. On the following pages you will find details of the events planned for the month of February.



Due to the fact that we sometimes have pop-up events, and other department's events are not included in our Healing & Wellness Newsletters, we encourage you to utilize the Event Calendar on our First Nation's website for the most current and up to date details on upcoming events. [www.lacdesmillelacsfirstnation.ca](http://www.lacdesmillelacsfirstnation.ca)

## Community Drum Nights

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If you are interested in attending, please contact:

#### Ernie May

Family Well-being Worker  
Phone: (807)622-9835 Ext 257  
emay@lacdesmillelacs.ca

#### Mike Ignace

AHWS Coordinator  
Phone: (807)622-9835 Ext 231  
mignace@lacdesmillelacs.ca



We would like to remind everyone that the Healing & Wellness Department has been holding regular Community Drum Nights. These sessions are open to everyone and include teachings surrounding the drum, learning and sharing songs, and a whole lot of practice. Light snacks and beverages are provided. These sessions are being run out of Lac des Mille Lacs Education Centre located at 2040 Walsh St. E.

Our next scheduled Community Drum Nights are:

Wednesday February 5, 2020	6:00-9:00 PM
Wednesday February 12, 2020	6:00-9:00 PM
Wednesday February 19, 2020	6:00-9:00 PM
Wednesday February 26, 2020	6:00-9:00 PM



## VALENTINES DAY

**Date:** Friday February 14, 2020

**Time:** 6:00 PM Symposium, 7:00 Dinner

**Location:** Da Vinci Centre (Thunder Bay)

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We are delighted to announce we have purchased tickets to the Da Vinci Centre's Valentine's Day Dinner and Dance in celebration of Valentine's Day. This event is our way of honoring and supporting our couples who are in healthy and long-term relationships. Surprise your sweetheart and treat him/her to a wonderful Valentine's Dinner and Dance. Seating is limited, so make sure to register early! Please contact **Mike Ignace** at the administration office at your earliest convenience to register for this exciting event!



If you are interested in attending, please contact:

**Mike Ignace**

AHWS Coordinator

Phone: (807)622-9835 Ext 231

[mignace@lacdesmillelacs.ca](mailto:mignace@lacdesmillelacs.ca)



## FAMILY DAY

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Date: February 17, 2019 (Family Day) Time: 11:00 AM - 5:00 PM

Once again, Lac des Mille Lacs First Nation will be purchasing tickets for the Voyageur Winter Carnival to celebrate Family Day.

A weekend of winter fun awaits the whole family at Fort William Historical Park's Voyageur Winter Carnival this Family Day Weekend. Come out and enjoy the giant snow maze, tubing and sliding hills, skating, winter games and activities, carnival games and contests, live indoor and outdoor entertainment, and more!



If you and your family would like to attend this event, please contact **Mike Ignace - AHWS Coordinator** at your earliest convenience.



If you are interested in attending, please contact:

**Mike Ignace**  
AHWS Coordinator  
Phone: (807)622-9835 Ext 231  
[mignace@lacsdesmillelacs.ca](mailto:mignace@lacsdesmillelacs.ca)

# Training Opportunities

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## Wilderness Advanced First Aid Course



Wilderness Advanced First Aid is comprehensive medical training designed for remote professionals or wilderness leaders who venture into remote and challenging environments. Wilderness Medicine differs significantly from standard first aid courses and other training that are oriented toward urban environments. This course teaches how to manage medical emergencies when hospitals and rescue services may not be available for an extensive time period. We prepare students for emergency situations that involve prolonged patient care, severe environments, and improvised equipment.

March 14, 2020	9:00 A.M. - 4:00 P.M.
March 15, 2020	9:00 A.M. - 4:00 P.M.
March 16, 2020	9:00 A.M. - 4:00 P.M.
March 17, 2020	9:00 A.M. - 4:00 P.M.

### Mike Ignace

AHWS Coordinator  
Phone(807)622-9836 Ext 231  
mignace@lacdesmillelacs.ca

Space is limited, if you would like to register for this training and can commit to all four days, please email **Michael Ignace - AHWS Coordinator**.



## NEED A HELPLINE?

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### Links & Resources

- [www.talk4healing.com](http://www.talk4healing.com)
- [www.cmha.ca](http://www.cmha.ca)
- [www.beendigen.com](http://www.beendigen.com)
- [www.thunderbaypolice.ca](http://www.thunderbaypolice.ca)
- [www.crimestoppers.ca](http://www.crimestoppers.ca)
- [www.kidshelpphone.ca](http://www.kidshelpphone.ca)
- [www.tbsasa.org](http://www.tbsasa.org)
- [www.fayepeterson.org](http://www.fayepeterson.org)
- [www.alphacourt.ca](http://www.alphacourt.ca)
- [www.tbrhsc.net](http://www.tbrhsc.net)

### Support & Information Lines

- Kids Help Phone - [1-888-668-6868](tel:1-888-668-6868)
- Operation Come Home - [1-800-668-4663](tel:1-800-668-4663)
- Missing Kids - [1-800-KID-TIPS](tel:1-800-KID-TIPS)
- Assaulted Women's Helpline - [1-866-863-7868](tel:1-866-863-7868)
- Senior Safety Line - [1-866-299-1011](tel:1-866-299-1011)
- LGBT Youth Line - [1-800-268-9688](tel:1-800-268-9688)
- Talk 4 Healing - [1-855-554-HEAL](tel:1-855-554-HEAL)
- CMHA Crisis Line - [1-888-269-3100](tel:1-888-269-3100)
- Beendigen Native Women's Crisis Home - [\(807\) 346-HELP](tel:807-346-HELP)
- Child and Youth Crisis Support Line - [1-888-269-3100](tel:1-888-269-3100)
- Telehealth Ontario - [1-866-797-0000](tel:1-866-797-0000)
- Ontario Problem Gambling Helpline - [1-888-230-3505](tel:1-888-230-3505)
- Drug & Alcohol Information Line - [1-800-565-8603](tel:1-800-565-8603)

If you are unsure of where to call, you can always give our Healing & Wellness Department a call and we will assist you in finding the help or information you are looking for.

## February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Community Drum Night  6:00-9:00 PM	6	7	8
9	10	11	12 Community Drum Night  6:00-9:00 PM	13	14 Valentines Dinner & Dance  6:00 PM	15
16	17 Family Day Voyageur Winter Carnival 11:00 AM-5:00 PM	18	19 Community Drum Night  6:00-9:00 PM	20	21	22
23	24	25	26 Community Drum Night  6:00-9:00 PM	27	28	29