

Lac des Mille Lacs First Nation Healing & Wellness

Newsletter

May 2018

Lac des Mille Lacs First Nation's Healing & Wellness Department is pleased to announce that we will be publishing monthly newsletters. The newsletters will be mailed and posted to our website (www.lacdesmillelacsfirstnation.ca) at the end of each month.

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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.



These newsletters will include information on any upcoming workshops, events, and activities that will be delivered by the Healing & Wellness Department. Please ensure you register as early as possible for any event you would like to attend. They will also contain information on a variety of topics related to healing and wellness. Some of the topics covered: Parenting, Tobacco Reduction, Mental Health, Addictions, Violence Reduction, etc. If there are any topics you would like to see included in our next edition, please contact **Mike Ignace - AHWS Coordinator**, at the Administration Office.

We will also highlight a variety of workshops, programs, services, events and activities that are available or being offered by various local agencies or organizations and are open to the general public.

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If you are interested in attending any of these events, please contact:

Mike Ignace

AHWS Coordinator

Phone: (807) 622-9835 Ext 231

Email: m.ignace@tbaytel.net

Ernie May

Family Well-being Worker

Phone: (807)622-9835 Ext. 257

erniemay@tbaytel.net

It's Summer & It's BBQ Time!

On the second Friday of every month (May-September) come down to the Administration Office for a BBQ lunch! This provides a great opportunity to meet the staff and ask any questions you may have about programming or services. It also brings our community together! Our first BBQ is scheduled for Friday, May 11 2018. This event will run from 12:00 - 2:00 PM. Hope to see you there! Please call **Ernie May - Family Well-being Worker**, and let him know you will be coming! Come join us for a delicious lunch!

MOTHER'S DAY SPA PARTY 2018

Mother's Day is a celebration honouring our mothers, as well as motherhood, maternal bonds, aunties, and the influence of mothers in society. The mothers of Lac des Mille Lacs First Nation are invited to an evening of pampering! Come out and indulge yourself in a number of treatments, massages, foot detox, paraffin wax, pedicures, etc. This event is scheduled to start at 5:30 PM on Thursday May 10, 2018 at "A Spa For You", located at 112 Frederica Street East, Thunder Bay .

Please call **Mike Ignace - AHWS Coordinator**, at your earliest convenience to register. Seating for this event is limited, register early!

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Email: m.ignace@tbaytel.net

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BBQ & HIKING EXCURSIONS

Being physically active can improve your quality of life! As a way to promote healthy active lifestyles, we will be going on regular (2 times a month) hiking excursions at some of Thunder Bay's finest hiking trails. Some of the planned hiking spots include: the Cascades, Trowbridge Falls, Kakabeka Falls, Eagle Canyon, Centennial Park and Silver Falls. We will meet in the parking lot at 10:00 AM and head out for 2-3 hours of hiking on these amazing trails. Hiking will be followed by a delicious BBQ lunch!

Sunday May 20, 2018 - Trowbridge Falls

Sunday May 27, 2018 - Centennial Park

For additional information or to sign you and your family up for these hiking excursions, please contact **Ernie May - Family Well-being Worker**.

LAKEHEAD SHRINE CIRCUS

The Lakehead Shrine Circus is coming to the Fort William Gardens on Saturday May 19, 2018. The Shrine Circus features amazing acrobats, clowns, animals and so much more. The circus is a must attend event that is fun for the whole family.

Showtimes - 1:30 PM, 4:30 PM, and 7:30 PM

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

WORKSHOPS

MENTAL HEALTH FIRST AID COURSE

John Howard
SOCIETY OF ONTARIO

Date & Time: **June 2nd 1:00 PM - 8:30 PM (Dinner Provided)**
June 3rd 9:00 AM - 4:30 PM (Lunch Provided)

Location: **John Howard Society Thunder Bay**

One in three Canadians will experience a mental health problem at some point during their life. The earlier a problem is detected and treated, the better the outcome. Mental Health First Aid gives people the skills they need to provide that early help-- that is so important to recovery.

This 2 Day Mental Health First Aid - Basic course is delivered by Mental Health Commission of Canada instructors. Training provides participants with the skills to confidently support a person developing a mental health problem or experiencing a mental health crisis until appropriate support is found or the crisis is resolved.

If you would like to participate in this training workshop, please contact **Ernie May - Family Well-being Worker**. **Please keep in mind that you must commit to attending both sessions in order to obtain your certificate.**

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**To register for this workshop
please contact:**

Ernie May

Family Well-being Worker

Phone(807)622-9836 Ext 257

Email: erniemay@tbaytel.net

PARENTING

BRIEF PARENT COUNSELLING SERVICES

Children's Centre Thunder Bay, offers "Brief Parent Counselling Services" to parents and caregivers of children and youth, up to the age of 18.

Brief Parent Counselling Services consists of 1-3 sessions. These sessions are aimed at enhancing parenting awareness and understanding of challenges that parents may face, as well as developing coping skills for dealing with these areas of concern.

CHILDREN'S CENTRE - THUNDER BAY - PARENT EDUCATION SESSIONS

Children & Anxiety **May 9 (6:00-8:00 P.M.)**

This session helps parents to understand the role that anxiety plays in children's lives, and discusses strategies to help children cope. Anxiety is normal, but becomes problematic when it has a negative impact on school, friendships, or family and prevents children or teens from enjoying normal life experiences. There is no cost to participants.

Navigating the Teenage Years **May 23 (6:00-8:00 P.M.)**

This session is for parents who want to build a better relationship with their teen. It will educate participants on how to improve communication, manage conflict, and teach self-discipline. There is no cost to participants. For more information on any of the above, please call **Children's Centre Thunder Bay** at (807)-343-5000

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Links/Resources

- www.childrenscentre.ca
- www.ourkidscount.ca
- www.tbdhu.com
- www.thunderbay.ca
- www.beendigen.com
- www.themothersprogram.ca
- www.northernbabylinks.ca
- www.yourbeststart.ca
- www.onwa.ca

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If you are ready to quit, contact:

Mike Ignace
AHWS Coordinator
(807)622-9835 Ext 231
m.ignace@tbaytel.net

Links/Resources

- www.nwquit.ca
- www.tobacchowise.com
- www.smokershelpline.ca
- www.tbdhu.com
- www.cancer.ca
- www.smoke-free.ca
- www.leavethepackbehind.org
- www.fnha.ca
- www.quitnow.ca



If you're on the fence about quitting smoking, it may be time to jump off and try it. Quitting smoking is a big decision and it can be scary, especially when you don't know what to expect. But you won't know if you can do it, until you try!

Our Healing & Wellness Department has tools (Books, audio CD's and Nicotine Replacement Therapy) to help you quit! If you are interested in quitting smoking please contact Mike Ignace at the administration office for more information.

FIRST WEEK CHALLENGE CONTEST



Quit smoking for the first 7 days of the month and you could win \$500.00. Why is the first week so important? Because if you are successful for the first week, you're 9x more likely to quit for good. For more information or to register for this challenge / contest, please visit www.smokershelpline.ca.

CYBER BULLYING

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Links/Resources

www.stopabully.ca
www.getcybersafe.gc.ca
www.kidshelpphone.ca
www.newyouth.ca
www.hersthedeal.ca
www.kidsnowcanada.ca
www.erasebullying.ca

WHAT IS CYBER BULLYING?

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, Text, apps, online in social media, forums, or gaming where people can view, participate in, or share content. Cyberbullying includes sending, posting, or sharing negative, harmful, false and/or demeaning content about someone else. It can also involve the posting of personal or private information about someone causing embarrassment or humiliation. It is wrong and should not be encouraged. Some cyberbullying crosses the line to become criminal behavior.

EFFECTS OF BULLYING

Bullying can affect everyone — those who are bullied, those who bully, and those who witness bullying. Bullying is linked to many negative outcomes including impacts on mental health, substance use, and suicide. It is important to talk to kids to determine whether bullying—or something else—is a concern.

KIDS HELP PHONE



Kids Help Phone

Whether you are dealing with something big --like suicidal thoughts; or something smaller --like a fight you're having with your parents; you can call or go online any time of the day or night to talk with a professional counsellor about it. It's free, it's confidential, and it's a great way to cope with whatever is troubling or bothering you.

CRISIS & EMERGENCY

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Links/Resources

www.talk4healing.com
www.cmha.ca
www.beendigen.com
www.thunderbaypolice.ca
www.crimestoppers.ca
www.kidshelpphone.ca
www.tbsasa.org
www.fayepeterson.org
www.alphacourt.ca
www.tbrhsc.net

A crisis is a time of danger or great difficulty. Generally, you will know you are in crisis if you feel like you can't cope and are not in control. For instance, you may be having difficulty sleeping, eating, paying attention or carrying on your normal routine at home, work or school. Or you may have had a serious setback or be wondering if you can keep going.

A crisis could result from losing your housing, problems with debt or money, worries about your child's well-being, or a problem or difficult situation that is not cleared up and becomes more serious over time. What may be a difficult situation for one person -- may be a crisis for another, depending on the person's support system, and how he or she interprets and copes with the problem.

If you or someone you know are at risk of hurting themselves or others, please **call 911!**

TALK 4 HEALING

Talk4Healing is available to all Aboriginal women living in urban, rural and remote communities, both on and off reserve, throughout Northern Ontario.



Talk4Healing helps women and their families who need support. The program follows the Medicine Wheel that provides powerful guidance in four key areas: Spiritual, Emotional, Physical and Mental. Talk4Healing follows in the traditional footsteps of our grandmothers and grandfathers by incorporating these teachings into its services.

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www.beendigen.com
www.thunderbaypolice.ca
www.crimestoppers.ca
www.kidshelpphone.ca
www.tbsasa.org
www.fayepeterson.org
www.alphacourt.ca
www.tbrhsc.net

CANADIAN MENTAL HEALTH ASSOCIATION

Crisis Response Services

807-346-8282 or 1-888-269-3100

Crisis Response Line

Contact the crisis line 24 hours a day, 7 days a week, 365 days a year. Your call will be answered by trained professionals. This service is available to anyone of any age.

Crisis Response Mobile Unit

If you would benefit from a meeting in person, our mobile response team will come out to see you. We provide in person crisis assessment intervention in the community. This service is available 7 days a week, 365 days a year within the City of Thunder Bay.

Crisis Support Residence

If it is determined that you would benefit from having a short stay in our Crisis Support Residence, the crisis response team will help you access this service. This voluntary residential support is available 24 hours a day, 7 days a week to individuals 16 or older.

BEENDIGEN INC.

Native Women's Crisis Home (807) 346-HELP

Beendigen's Crisis Home provides free emergency shelter for women and children who require safe accommodations and are seeking refuge from abuse. The location is confidential and is safe and secure. The Native Women's Crisis Home can provide accommodations for up to 24 women and children. The average stay for women and children is six weeks.

Lac des Mille Lacs First Nation's Healing & Wellness Department Events

May 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10 Mothers Day Spa Party 5:30 PM	11 BBQ at Administration Office 12:00-2:00 PM	12
13	14	15	16	17	18	19 Shrine Circus 1:30 PM 4:30 PM 7:30 PM
20 BBQ & Hike Excursion Trowbridge Falls 12:00 PM	21 Victoria Day	22	23	24	25	26
27 BBQ & Hike Excursion Centennial Park 12:00 PM	28	29	30	31		