

We have had a very exciting and fun-filled summer so far! Six events were held by the Healing & Wellness Department throughout the month of July in an effort to promote healthy active lifestyles. We have a number of exciting events and community activities planned for the month of August, please see details below. We hope to see you at our upcoming events!

Drumstick Making Workshop

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Our Drumstick Making Workshop, originally scheduled for July 30, 2019 has had to be rescheduled. The workshop will be taking place Tuesday, August 6, 2019 at the Lac des Mille Lacs Education Centre from 6:00-9:00 PM. This workshop will be led by Michael Ignace and all materials will be provided. We will be making both hand drum sticks and sticks for the big drum. Light snacks and beverages will be provided. In order to ensure we have enough materials on hand, please register at your earliest convenience.

Community Drum Night - Summer Special

We have received numerous inquiries as to when we will begin our regular Community Drum Night sessions. We will be starting up again this fall, but have decided to have a "Summer Special" due to the high number of inquiries. This event will take place at the Lac des Mille Lacs Education Centre on Wednesday August 14 from 6:00-9:00 PM. Come out enjoy an evening of singing, sharing, learning, drumming, and spending time with friends and family!



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.

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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
mignace@lacdesmillelacs.ca

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



Date: Friday, August 16, 2019

Time: 6:00-9:00 PM

Ages: 10 & Up

Location: Paintball Mountain (688 Mountain Road)

Paintball is a sport played by people from all professions and lifestyles. It is a sport where women and men, boys and girls all compete equally, and where age is not dominated by youth. Qualities such as intelligence and determination are more important than physical size and strength. Paintball is very much a character-building sport. Players learn the importance of teamwork and gain self confidence while developing leadership abilities.

Using air powered paintball markers, each team competes in a designated game scenario (there are many). Paintball games have become recognized as one of the worlds safest and most exciting outdoor sports. Paintballs are gelatin-coated, non-toxic, completely biodegradeable, and are water soluble.

Above all, Paintball is very exciting! It gives each of us an opportunity to set aside our daily routine and enjoy a fun-filled day participating in many game scenarios, meeting new friends, and having lots of stories to tell others!

Please contact **Ernie May - Family Wellbeing Worker** to register for this event!

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Blueberry Picking Camp



Blueberries are sweet, nutritious and wildly popular. Often labelled a super food, they are low in calories and incredibly good for you. They're so tasty and convenient that many people consider them their favorite fruit.

On the weekend of August 23-25, we will be camping out at Savanne River Resort in tents and picking blueberries both Saturday and Sunday. We will spend the mornings/afternoons at the blueberry blocks and head back to the Resort for dinner. In the evenings we will have campfires and fish from the docks. If you don't have a tent or sleeping bags, please let us know upon registration. For more information or to register, please contact **Michael Ignace** at your earliest convenience.

Its Summer & Its BBQ Time

On the last 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 August Community BBQ is scheduled for August 30, 2019 from 12:00-2:00 PM. Hope to see you there! Please contact **Ernie May - Family Well-being Worker**, and let him know you will be attending. Come join us for some sun and a delicious BBQ.

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

Mike Ignace

AHWS Coordinator

Phone: (807)622-9835 Ext 231

mignace@lacdesmillelacs.ca

Ernie May

Family Well-being Worker

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NEED A HELPLINE?

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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

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.