



Ginew Wellness
Center

For the Health Of It Health Fair

OCTOBER 26TH, 2017

BOOTH DISPLAYS
LIVE PRESENTATIONS
DOOR PRIZES & DRAWS

NICHIL GAMING CENTER
10AM TO 3 PM

FOR INFORMATION, CONTACT (204) 427-2364
OR VISIT OUR FACEBOOK PAGE

Boozhoo,

Parents/Guardians & community members

The Ginew Wellness Center Aboriginal Head Start Program provided two weeks of day camp throughout the months of July and August. The program was a huge success with over 24 participants and lots of parent involvement, outdoor activities, and parent child interaction.

Parents were interacting with their own children and learning from each other by showing one another how they like things done.

We would like to thank all the parents for their assistance in many areas such as outdoor cooking and assisting the Early Child Care Assistants. Some of this summer highlights for the children were arts and crafts and cooking their own Pizza's. Some of the places we visited during our summer adventures included Green Pasture, Silver City, St Malo beach, Winkler Bowling Lanes, Winkler Kid zone, and the Morden Splash Park.

Due to the amount of participants and good times, we have decided to hold similar camps next summer and we hope to see you all there.

Best wishes for a great school year,
Aboriginal Head Start staff

Parenting Classes



All classes are held at the Ginew Wellness Center Multi-purpose room on Tuesday's from:

1:30 pm—3:30 pm

Classes start October 17, 2017.

A light snack will be provided & Certificate after the completion of the 6 weeks.



Topics might include, but not limited to :

- ⇒ Goal Setting
- ⇒ Child Safety
- ⇒ Effective problem solving and communication skills
- ⇒ Parenting Strategies
- ⇒ Healthy Relationships
- ⇒ Social Connections

Group will identify any other topics of interest.

Contact: Cindy Buhler RN BN or Chantal Seenie (204) 427-2384 for more information.

PRESCRIPTION DRUG ABUSE (PDA)

WHAT IS PRESCRIPTION DRUG ABUSE?

Prescription drug abuse is intentionally taking medication in a way that was not **prescribed** (Health Canada, 2016).

BENEFITS OF PRESCRIPTION DRUGS

Prescription drugs are recommended to treat illness in measured amounts for a specific time period by a health care provider. When used properly, prescription drugs can help. Regular use of prescription drugs can be critical to improving a person's well-being and for maintaining good health.

ABOUT PRESCRIPTION DRUG ABUSE

People may assume prescription drugs are safe because a medical doctor prescribes them. There are many dangerous and unpredictable side effects associated with abusing prescription drugs including addiction, overdose, and death.

The risk of harm, overdose and death rises when these medications are:

- Taken at higher doses
- Taken in a different way or for different reasons than prescribed, or
- Used with alcohol, and other substances (prescription, over-the-counter or illegal drugs).

Some people abuse prescription drugs to get high, change their mood.

The most common types of prescription drugs abused include:

- Opioids (used to treat pain)
- Benzodiazepines (used to treat anxiety and sleep disorders)
- Stimulants (used to treat attention deficit disorder).

HOW CAN I PREVENT PRESCRIPTION DRUG ABUSE?

You can securely store, monitor and properly dispose of your prescription drugs to help prevent prescription drug abuse. Here are some tips to help you:

- Keep medication in a secure place, such as a locked box or cabinet.
- Keep track of your prescription drugs by counting the pills in each package.
- Avoid sharing your medication with family or friends, even if they have been prescribed the same drug before.
- Return any unused or expired medications to your pharmacy or to a take-back program.
- Keep track of your refills at the pharmacy. Make sure there are none that you did not fill yourself. (Health Canada, 2016)

HELP LINES:

ADDICTIONS FOUNDATION OF MANITOBA HELP LINE 1-855-662-6605

KLINIC CRISIS LINE 1-888-322-3019

SOUTHERN REGIONAL HEALTH AUTHORITY CRISIS SUPPORT 1-888-617-7715

FIRST NATION INUIT HEALTH CRISIS LINE 1-855-242-3310

WINNIPEG MOBILE CRISIS SERVICES 1-204-940-1781

WINNIPEG YOUTH MOBILE CRISIS TEAM 1-888-383-2776

(Submitted by: Bonnie Gamble, Mental Health, Team Lead)

RIGHT TO PLAY

WHEN CHILDREN PLAY, THE WORLD WINS.

A word from a former community mentor:

Boozhoo/Aaniin!

This past year my role as the community mentor has been a blast! I've had the opportunity to travel to Tim Hortons camps in Ontario and Alberta and meet other community mentors from other provinces for Community Mentor Trainings. It's been fun getting to know some of the youth that come to program, and taking two youths from the community to the yearly Youth Symposium hosted by Tim Hortons Kananaskis Camp and Right to Play. Not only was it fun to travel but it fantastic to get free Tim's coffee all day, everyday at training (timbitts not included :(). I'm happy to say that we have wonderful group of youth here, who are driven, smart and all around good kids. If I had to pick a highlight from this past year it would have to be all the times we've played basketball in their gym class.

Being a Community Mentor with Right to Play, I've also had the opportunity to grow as a person, by that I mean, before being a CM, I was pretty shy and didn't do well with crowds, but at trainings and working with the youth I was forced to come out of my shell and take on roles. I can say I'm honestly happy with the growth that has happened within in myself over the past year.

Lastly, I'd like to introduce Carly Becker as our new Community Mentor for Roseau River. I still help out a lot with programming and being a role model for the kids that come out to program after school. -Tara Roberts



RIGHT **TO** PLAY

WHEN CHILDREN PLAY, THE WORLD WINS.

Hello, I'm Carly Becker and I will be the new Community Mentor for the 2017/2018 program year! I'm super excited to get to know everyone in the community, and look forward to getting to know the youth more! I have had the opportunity to attend training in British Columbia during the first week of October. While in BC, I have learned how to successfully run programming and make the program inclusive for all youth ages 12 – 18. The Youth Leadership Program is aimed towards youth aged 12 – 18 and includes games and activities to develop their life-skills, leadership capacities and give them opportunities to be community leaders. Youth do this by working together to plan, implement, and assess three or more community initiatives over the program year. The youth are currently working on a youth-led event, and I'm so excited to be apart of, and help guide them towards success!

I would like to thank Tara as well for assisting me with this up and coming program year, and I look forward to working together! :)





Jordan's Principle Program

Aangwaamii'aagok

"Be vigilant with our children"

What is Jordan's Principle?

Jordan's Principle is a child first initiative available to First Nation children and youth from birth to age twenty-one.

The voluntary program aims to provide First Nation families with prevention and intervention services that meet the special needs of their children in a natural and fun setting.

Goal:

The goal of the Jordan's Principle program is to prevent First Nations children from experiencing delays and denial of essential services, ordinarily available to all other Canadian children.



Objectives:

Increased access to services and supports for children and youth with health, education, social, and cultural needs, that otherwise may not be available.

Ensure healthy and supportive family unity to assist First Nations children and youth attain their highest quality of life.

Utilize best practices to improve the children and youth's self-determination in activities of daily living.

Adopt culturally appropriate standards to ensure the highest quality of engagement and treatment for children, youth, families, and service providers.



Services:

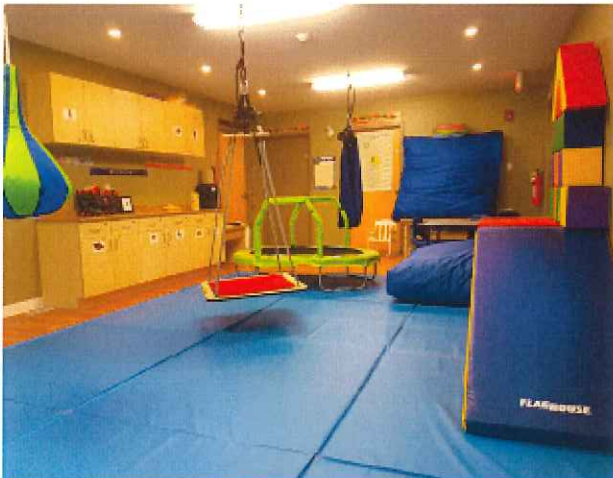
- 1 Rehabilitative therapies: (occupational, speech and language, physiotherapy).
- 2 Advocacy for children, youth, and their families.
- 3 Social and life skills support (Group, and one-on-one settings)
- 4 Medical supplies and equipment.
- 5 Education sessions.
- 6 Respite care.
- 7 Mental health services.
- 8 Referrals to outside agencies as required.



Our Space:

We are equipped with the following:

- ✓ Therapy swings
- ✓ Outdoor playground
- ✓ Sensory tools



Contact Information:

Jordan's Principle Child First
Initiative Program

Box 90, Ginew, Manitoba

R0A 2R0

Phone: 1(204)427-2384 Ext:130

Fax: 1(204)427-2484

Summer ceremonies event included:

Always a great deal of preparation

Grounds, grass cutting, covering the lodge, water, generator for the lights and PA system, wood, food, food preparations and porta-potties

Little boy water drum presentation to Keewatin of Leach lake

In preparation of our Midewiwin work we prepared 2 grandfather Water drums one from Roseau and one from Wikwemikong

34 people spoke to the Midewiwin to say they desire to be Midewiwin so they were all accepted so initiates provided food for the first feast. Their second feast will be at fall ceremonies, their third feast will be in the winter ceremonies and their fourth feast will be in the spring ceremonies.

Some of our activities included:

4 sweat lodges

2 naming ceremonies

1 inspirational session

from Frank and Cory Adakai of Albuquerque New Mexico. Our wellness comes from keeping our mind, body, spirit and our emotions in balance.

6 individuals participated in the combing the hair (drying the tears) ceremony. We teach people to move from grieving to letting go and living their lives without the late partners and late relatives by washing their hair and combing and tying ribbon in it, wash their face and feet and wipe the tears away and give them a new article of clothing all the while we are singing to them

1 adoption Delbert Horton adopted a sister

A couple was counselled

who had just come from a funeral the day before. The wife's sister had passed away and again we sang and shared our teachings on wellness.

We are always so appreciative of the land where we hold our ceremonies. We continue to do our teachings.

Charlie Nelson

MINWEYWEYWIGAAN



LODGE

CLAN FEASTS: Food/Water/Necessities will be organized & prepared by each Clan. There will be 2 kitchens (Wellness Centre & at our Hall). Feasts will be organized Thursday (Lynx will do 1st Feast/Rest of Marten 2nd Feast). Be prepared to purchase food/cook/clean for your relatives.

ALL VISITORS: Bring your FEAST BUNDLES (plate/cup/utensils/copper cup)! **NO DISPOSABLES** in keeping with our commitment to care for the Earth & Water.

INITIATES: Bring your Feast Food for the Midewiwin, Wooden Bowls and Red Cloth.
DIRECTIONS from City: (Note: GPS will give faulty instructions to Roseau)

- Follow #75 past Morris to Letellier.
- turn left onto 201 East (towards Dominion City),
- follow 201 E to Roseau River Reserve. First right over bridge & after gas station!

DAGWAAGIN CEREMONIES

OCT. 11 - 15, 2017

ROSEAU RIVER FNS WINTER SITE

EVERYONE WELCOME!

(PLEASE NOTE SCHEDULE SUBJECT TO CHANGE:

If you are an Initiate ensure you are present from Thursday through...as timing may change.

WED. OCT. 11: Camp Day

THUR. OCT. 12:

Waabisheshii (Marten) Clan Feasts

Firelighting (7 AM)

Welcoming Ceremonies (10 AM)

Open Lodge

FRI. OCT 13:

Giigoo (Fish)/Waawaashkeshi (Hoof) Clan Feasts

Sunrise Ceremony (7 AM)/ Opening (10 AM)

Line Up/Grandfather in Session

SAT. OCT 14:

Makwa (Bear) Clan Feasts

Sunrise Ceremony (7 AM)

Opening (10 AM)

Naming/Healing/Language/Drum Teachings

SUN. OCT. 15:

Bineshii (Bird) Clan Travel/Closing Feast

Sunrise (7 AM)

Closing Ceremonies/Dance Out