



# SNOWBIRD LODGE

## Waa Pina Kosiis Miiki Waahp

591 Sherbrook Street \* Winnipeg, MB R3B 2W9 \* (204) 944-4100



### Spring/ Summer Newsletter May / June / July/ August 2017

#### 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.

### ANCR's Values

**Communicating Respectfully:** ANCR believes that everyone has a right to give and receive respectful communication, being open, truthful, kind, patient, inclusive and constructive in our interactions with each other.

**Seeking Balance:** ANCR strives to support all people as they seek balance and mental, physical, spiritual and emotional wellbeing.

**Honouring Diversity:** ANCR recognizes, acknowledges, respects and celebrates the uniqueness and diversity of all people.

**Empowerment and Advocacy:** ANCR strives for the empowerment of children, families and communities and advocate for their participation and voice in the services we provide.

**Professional Excellence:** ANCR strives to provide a safe, ethical, supportive, accountable environment in our workplace and our community.

**Valuing Relationships:** ANCR believes the most successful road to our mission and vision is through partnerships with those who share the goal of keeping children safe and strengthening families. Our relationships with families and communities will be honest, transparent, accountable, reciprocal and authentic.

**Practice Humility:** ANCR accepts that everyone has limitations and boundaries, and we are all responsible to learn from both our challenges and our successes.

**Demonstrating Integrity and Accountability:** ANCR believes we must act in open and truthful ways in all our interactions with each other and the community, accepting responsibility for our actions and honouring our commitments.

**Modelling Courage:** ANCR values the courage required to be honest with ourselves, with each other, with families and communities, and the ability to face challenges with kindness and compassion.



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#### SNOWBIRD LODGE STAFF

##### Supervisor

Monica.....944-4107

##### Administrative Assistant

Kayla.....944-4100

##### Family Resource Centre Workers

Ian ..... 944-4106

Norma .....944-4117

##### Cultural Advisor

Linda ..... 944-4297

##### Cultural Advisor

Debra.....944-4113

##### Iscaabelkwe/Traditional Helper


Angela.....944-4109


##### Iscaabe/Traditional Helper

Jordan.....944-4112


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Mino-P 9:30-11:30 GRAD	3	4	5 Pipe Ceremony 10:00-12:00
8  Women's Wellness 1:30-3:30 Men's Restoring The Balance 5:00 - 7:00	9 Mino-P. 9:30-11:30 MYA 1:00 - 3:00 Trad. Parenting. 1:15-3:15 @ Shaughnessy Park School Triple P. 5:00 - 7:00	10 Turtle Teaching 9:30 - 11:30 Family Harmony 1:00 - 3:00 Positive Discipline 5:00 - 7:00 Full Moon Ceremony 7:00 - 8:00	11 Grief & Loss. 9:30-11:30 Triple P. 1:00 - 3:00 MYA 5:00 - 7:00	12 Sweat Lodge 1:00-4:00 
15 Women's Wellness 1:30—3:30 Men's Restoring the Balance 5:00 - 7:00	16 Mino-P.9:30-11:30 Trad. Parenting. 1:15-3:15 (S/P) MYA 1:00 - 3:00 Triple P Parenting 5:00 - 7:00	17 Turtle Teaching 9:30 - 11:30 Grandfather Picking Family Harmony 1:00 - 3:00 Positive Discipline 5:00 - 7:00	18 Grief & Loss 9:30-11:30 Triple P. 1:00 - 3:00 MYA 5:00 - 7:00	19
22 <b>Holiday Victoria Day Centre Closed</b>	23 Mino-P 9:30-11:30 Trad. Parenting. 1:15-3:15 (S/P) MYA 1:00 - 3:00 Triple P Parenting 5:00 - 7:00	24 Turtle Teaching 9:30 - 11:30 Family Harmony 1:00 - 3:00 Positive Discipline 5:00 - 7:00	25 Grief & Loss 9:30-11:30 Triple P. 1:00 - 3:00 MYA 5:00 - 7:00	26 Staff meeting SBL CLOSED 9:00 - 12:00
29 Medewin Ceremonies 9:00 - 4:00 (In Roseau River)  Women's' Wellness 1:30 - 3:30 Men's Restoring the Balance 5:00 - 7:00	30 Mino-P 9:30-11:30 Trad. Parenting. 1:15-3:15 (S/P) MYA 1:00 - 3:00 Triple P Parenting 5:00 - 7:00	31 Turtle Teaching 9:30 - 11:30 Family Harmony 1:00 - 3:00 Positive Discipline 5:00 - 7:00		

## June 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Grief & Loss 9:30-11:30 Triple P. 1:00 - 3:00 MYA 5:00 - 7:00	2 Pipe Ceremony 10:00-12:00
5 Women's' Wellness 1:30-3:30 Confronting Trauma 1:00 - 3:00 Men's Restoring the Balance 5:00 - 7:00	6 Mino P 9:30-11:30 Trad. Parenting. 1:15-3:15 (S/P) MYA 1:00 - 3:00 Triple P Parenting 5:00 - 7:00	7 POW WOW Teaching 9:30-11:30 Family Harmony 1:00 - 3:00 Positive Discipline 5:00 - 7:00	8 SBL closed	9 Staff Meeting SBL closed 9:00 - 12:00
12 Women's Wellness 1:30 - 3:30 Grad Confronting Trauma 1:00 - 3:00 Men's Restoring the Balance 5:00 - 7:00	13 Mino P 9:30-11:30 Trad. Parenting. 1:15-3:15 (S/P) MYA 1:00 - 3:00 Triple P Parenting 5:00 - 7:00	14 POW WOW Teaching 9:30-1:30 Family Harmony 1:00 - 3:00 Positive Discipline 5:00 - 7:00	15 Grief & Loss 9:30-11:30 Triple P. 1:00 - 3:00 MYA 5:00 - 7:00	16
19 Confronting Trauma 1:00 - 3:00 Men's Restoring the Balance. 5-7	20 Mino P 9:30-11:30 Trad. Parenting. 1:15-3:15 (S/P) GRAD MYA 1:00 - 3:00	21 POW WOW Teaching 9:30—11:30 Family Harmony 1:00 - 3:00 Positive Discipline 5:00 - 7:00	22 Grief & Loss 9:30-11:30 Triple P. 1:00 - 3:00 MYA 5:00 - 7:00	23 Summer Feast 11:00-2:00
26 Confronting Trauma 1:00 - 3:  Men's Restoring the Balance 5:00 - 7:00 GRAD	27 Mino P 9:30-11:30 GRAD MYA 1:00 - 3:00 GRAD Triple P Parenting 5:00 - 7:00 GRAD	28 Family Harmony 1:00 - 3:00 GRAD Positive Discipline 5:00 - 7:00 GRAD	29 Grief & Loss 9:30-11:30 GRAD Triple P. 1:00 - 3:00 GRAD MYA 5:00 - 7:00 GRAD	30 Sweat Lodge 1:00-4:00 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <b>Holiday</b> <b>Canada Day</b> <b>Centre Closed</b>	4 <b>Medicine Picking 9:00-4:00</b>	5	6 Medicine Picking 9-4 <b>Full Moon Ceremony 7:00 - 8:00</b>	7 <b>Family Fun Day - TBA</b>
10 Mino P. 9:30—11:30 Women's Well. 9:30—11:30 Addict/Brain 1:00—3:00 Men's Restoring the Balance 5:00-7:00	11 <b>Medicine Picking 9:00-4:00</b> MYA 1:00 - 3:00 Triple P Parenting 5:00 - 7:00	12 <b>Trad. Parenting 9:30—11:30</b> <b>Family Harmony 1:00 to 3:00</b> <b>Positive Discipline 5:00 - 7:00</b>	13 <b>Medicine Picking 9:00-4:00</b> <b>Grief &amp; Loss 9:30-11:30</b> Triple P. 1:00 - 3:00 MYA 5:00 - 7:00	14 <b>Sweat Lodge 1:00-4:00</b> 
17 Mino P. 9:30—11:30 Women's Well. 9:30—11:30 Addict/Brain 1:00—3:00 Men's Restoring the Balance 5:00 - 7:00	18 <b>Medicine Picking 9:00-4:00</b> MYA 1:00 - 3:00 Triple P Parenting 5:00 - 7:00	19 Traditional Parenting 9:30—11:30 Family Harmony 1:00 - 3:00 Positive Discipline 5:00 - 7:00	20 Grief & Loss 9:30-11:30 Triple P. 1:00 - 3:00 MYA 5:00 - 7:00	21
24 Mino P. 9:30—11:30 Women's Well. 9:30—11:30 Addict/Brain 1:00—3:00 Men's Restoring the Balance 5:00 - 7:00	25 MYA 1:00 - 3:00 Triple P Parenting 5:00 - 7:00	26 Traditional Parenting 9:30—11:30 Family Harmony 1:00 -3:00 Positive Discipline 5:00 - 7:00	27 Grief & Loss 9:30-11:30 Triple P. 1:00 - 3:00 MYA 5:00 - 7:00	28
31 Mino P. 9:30—11:30 Women's Well. 9:30—11:30 Addict/Brain 1:00—3:00 Men's Restoring the Balance 5:00 - 7:00				

August 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <b>Lodge Closed</b>	2 <b>Lodge Closed</b>	3 <b>Lodge Closed</b>	4 <b>Lodge Closed</b>
7 <b>Holiday</b> <b>Terry Fox Day</b> <b>Centre Closed</b>	8 MYA 1:00 - 3:00 Triple P Parenting 5:00 - 7:00 <b>Full Moon Ceremony 7:00 - 8:00</b>	9 Traditional Parenting 9:30—11:30 Family Harmony 1:00 - 3:00 Positive Discipline 5:00 - 7:00	10 Grief & Loss 9:30-11:30 Triple P. 1:00 - 3:00 MYA 5:00 - 7:00	11 <b>Pipe Ceremony 10:00-12:00</b>
14 Mino P. 9:30 to 11:30 Women's Well 9:30 to 11:30 Grad <b>Confronting Trauma 1:00 - 3:00</b> Men's Restoring the Balance 5—7	15 <b>Medicine Picking 9:00-4:00</b> MYA 1:00 - 3:00 Triple P Parenting 5:00 - 7:00	16 Traditional Parenting 9:30—11:30 Family Harmony 1:00 - 3:00 Positive Discipline 5:00 - 7:00	17 Grief & Loss 9:30-11:30 <b>Medicine Picking 9:00-4:00</b> Triple P. 1:00 - 3:00 MYA 5:00 - 7:00	18 <b>Sweat Lodge 1:00-4:00</b> 
21 Mino P. 9:30 to 11:30 Confronting Trauma 1:00 - 3:00 Men's Restoring the Balance 5:00 - 7:00	22 MYA 1:00 - 3:00 Triple P Parenting 5:00 - 7:00	23 Traditional Parenting 9:30—11:30 Family Harmony 1:00 - 3:00 Positive Discipline 5:00 - 7:00	24 Grief & Loss 9:30-11:30 Triple P. 1:00 - 3:00 MYA 5:00 - 7:00	25 <b>Kildonan Park - BBQ 11:00 - 3:00</b>
28 Mino P. 9:30 to 11:30 GRAD Confronting Trauma 1:00 - 3:00 Men's Restoring the Balance 5:00 - 7:00 GRAD	29 <b>Medicine Picking 9:00-4:00</b> MYA 1:00 - 3:00 GRAD Triple P Parenting 5:00 - 7:00 GRAD	30 Traditional Parenting 9:30—11:30 GRAD Family Harmony 1:00 - 3:00 GRAD Positive Discipline 5:00 - 7:00 GRAD	31 Grief & Loss 9:30-11:30 GRAD Triple P. 1:00 - 3:00 GRAD MYA 5:00 - 7:00 GRAD	

**Family Harmony for Women:** This program will explore the impacts of family violence on daily life and methods to deal with issues of domestic violence.

**Facilitators:** Norma/Angela

**May 10 - June 28, 2017 - Wednesdays 1:00-3:00 pm**

**July 12 - August 30, 2017 - Wednesdays 1:00-3:00 pm**

**Managing Your Anger (MYA):** This program will assist participants to learn how to manage their anger and learn healthy ways of coping.

**Facilitators:** Ian/Norma

**May 09 - June 27, 2017 - Tuesdays 1:00-3:00 pm**

**May 11 - June 29, 2017 - Thursdays 5:00-7:00 pm**

**July 11 - August 29, 2017 - Tuesdays 1:00-3:00 pm**

**July 13 - August 31, 2017 - Thursdays 5:00-7:00 pm**

**Triple P Parenting Program:** This program provides opportunities to learn positive parenting skills through observation and discussion, practice and feedback. **Facilitators:** Ian/Norma

**May 09 - June 27, 2017 - Tuesdays 5:00-7:00 pm**

**May 11 - June 29, 2017 - Thursdays 1:00-3:00 pm**

**July 11-Aug 29 2017 - Tuesdays 5:00-7:00 pm**

**July 13 - August 31, 2017 - Thursdays 1:00-3:00 pm**

**Positive Discipline Program:** This program focuses on using different strategies using a positive discipline model.

**Facilitators:** Ian/Norma

**May 10 - June 28, 2017 - Wednesdays 5:00-7:00 pm**

**July 12 - August 30, 2017 - Wednesdays 5:00-7:00 pm**

**Traditional Parenting:** This program focuses on positive parenting utilizing First Nations culturally based traditional teachings and ceremonies.

**Facilitators:** Debra/Angela

**May 09 - June 20, 2017 - Tues. 1:15 - 3:15 @ Shaughnessy Park School**

**July 12 - August 30, 2017 - Wednesdays 9:30 - 11:30**

**Mino-Pimatziwin:** This program focuses on using the 7 sacred teachings for participants to maintain sobriety to "live a good life".

**Facilitators:** Linda/Jordan

**May 09 - June 27, 2017 - Tuesdays 9:30 - 11:30**

**July 10 - August 28, 2017 - Mondays 9:30 - 11:30**

**Grief & Loss:** This program will focus on understanding grief and its effects utilizing the Kubier-Ross Grief Cycle model with the incorporation of First Nations traditional ways of healing dealing with loss or grief.

**Facilitators:** Linda/Debra

**May 11 - June 29, 2017 - Thursdays 9:30 - 11:30**

**July 13 - August 31, 2017 - Thursdays 9:30 - 11:30**

**Women's Wellness:** This program utilizes a combination of contemporary and Indigenous healing approaches and ceremonies; holistic healing concept to address health and wellness. **Facilitators:** Linda/Angela

**May 08 - June 12, 2017 - Mondays 1:30 - 3:30**

**July 10 - August 14, 2017 - Mondays 9:30 - 11:30**

**Restoring the Balance (Men's Program):** This program will focus on Men's traditional role in the family and find strategies to keep the balance in the home and family. **Facilitators:** Ian/Debra

**May 08 - June 26, 2017 - Mondays 5:00 - 7:00**

**July 10 - August 28, 2017 - Mondays 5:00 - 7:00**

## Cultural Ceremonies

**Sweat Lodge: Facilitators: Cultural Team**

May 12, June 30, July 14, Aug 18 - 1:00-4:00

**Summer Feast: Everyone Welcome!**

Friday June 23 – 11:00-2:00

**Full Moon Ceremonies:**

May 10, June 8, July 6 - 7:00-8:00

**Pipe Ceremonies:**

May 5, June 2, Aug 11 - 10:00-12:00

**Medicine Picking**

July 4, 6, 11, 13 & 18 – 9:00-4:00

Aug 15, 17 & 29 – 9:00-4:00

## Traditional Teachings & Workshop Series

**Addiction & The Effect on the Brain Workshop**

July 10, 17, 24 & 31 -1:00-3:00

**Medewin Ceremonies: (In Rouseau River)**

May 29 - 9:00-4:00

**Turtle Teachings: Traditional Women's Teachings**

May 10, 17, 24 & 31—9:30-11:30

**POW WOW Teachings:**

June 7, 14, & 21 - 9:30-11:30

**Confronting Trauma: June 5, 12, 19 & 26 -1:00-3:00**

Aug 14, 21 & 28 -1:00-3:00

PARTICIPANTS WILL BE INTRODUCED TO INDIGENOUS TEACHINGS AND PRACTICES in ALL PROGRAMS

Taking a Bus?

Route 29 and 15 stop on the corner of Sargent and Sherbrook

Visit us on our website

[www.ancr.ca](http://www.ancr.ca)

591 Sherbrook Street  
Winnipeg, Manitoba R3B  
2W9

Phone: (204) 944-4100

Fax: (204) 944-4138

HOURS

Monday—Friday  
8:30—4:30

\*Closed during lunch\*

To Register for Programs, please call (204) 944-4100