



# SNOWBIRD LODGE

*Waa Pina Kosiis Miiki Waahp*



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

## Summer Newsletter May / June / July / August 2016

Snowbird Lodge ensures holistic and wrap around services through culturally appropriate and supportive programs.  
The families that attend are referred by ANCR, external CFS Agencies and self referrals.

### The 4 Sacred Medicines



The four sacred medicines are tobacco, cedar, sage and sweetgrass. These medicines can be used alone or all together to smudge. Our Elders have teachings on the ceremonies and protocols of how all medicine is harvested and looked after.

#### TOBACCO

It is one of the main medicines used, it connects us to the spirit world; it absorbs our prayers and carries them to the spirit world.

If a request is made and tobacco is given, once accepted, the promise must be honoured.

Tobacco is offered to thank the creator. You may

make an offering of thanks and ask for guidance.

Tobacco is generally not smoked, except in ceremony.

#### CEDAR

Is used for purification to attract positive energy, feelings, protection, emotions and for balance.

Cedar branches are often placed over doorways of homes and can be steeped as a tea. It contains vitamin C which prevents illness during the winter months

#### SAGE

Sage is a powerful purifying medicine that cleanses away negative energies and is mostly used at large gatherings so that all may take part. Sage can be found braided or loose.

#### SWEETGRASS

Sweetgrass is the hair of Mother Earth and that each of the three strands of the Sweetgrass represent body, spirit and mind.

Separately, each strand is not as strong as the strands are when braided together.



-Southern First Network of Care Pamphlet

### SNOWBIRD LODGE STAFF

#### Supervisor

Beverly.....944-4107

#### Administrative Assistant

Patti.....944-4100

#### Resource Centre Workers

Ian ..... 944-4106

Norma .....944-4117

#### Elder

Linda ..... 944-4297

#### Elder's Helper

Angela.....944-4109

#### Cultural Worker

Debra.....944-4113

#### Iscaabe/Traditional Helper

Jordan.....944-4112

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For more info about any of the programs

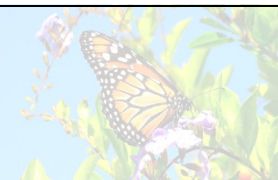
please contact

204-944-4100

sbl@gov.mb.ca

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Women's Wellness 9:30-11:30 Positive Discipline 1-3 Parent/Youth 5-7	3 Mino-Pimatiziwin GRAD Triple P 1-3 Managing Your Anger 5-7	4 Family Harmony for Women 1-3 GRAD Traditional Parenting 5-7 GRAD	5 Grief & Loss-Sacred Fire (Grad) Managing Your Anger 1-3 Triple P 5-7	6 <b>Lodge Closed AM</b> <b>Pipe Ceremony 1-3</b>
9 Women's Wellness 9:30-11:30 Positive Discipline 1-3 Parent/Youth 5-7	10 Triple P 1-3 GRAD Managing Your Anger 5-7	11 Collecting Grandfathers 9-3	12 Managing Your Anger 1-3 Triple P 5-7 GRAD	13 <b>Sweat Lodge 11-3</b>
16 Women's Wellness 9:30-11:30 Positive Discipline 1-3 Parent/Youth 5-7 GRAD	17 Lodge Closed PM Managing Your Anger 5-7 GRAD	18 <b>Workshop "Addiction &amp; The Brain" 9:30-11:30</b> <b>Workshop "Impacts of Family Violence" 1-3</b>	19 Managing Your Anger 1-3 GRAD <b>Full Moon Ceremony 7-8</b>	20 <b>Elders Gathering 1-4</b>
23 	<i>*Start Dates of New Programs are in BOLD*</i>			27 Lodge Closed AM

# June 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 <b>Women's Wellness 9:30-11:30</b> Positive Discipline 1-3 <b>Parent/Youth 5-7</b>	31 <b>Mino-Pimatiziwin 9:30-11:30</b> <b>Traditional Parenting 1-3</b> <b>Managing Your Anger 5-7</b>	1 <b>Positive Discipline 9:30-11:30</b> <b>Family Harmony for Women 1-3</b>	2 <b>Grief &amp; Loss 1:30-3:30</b> <b>Triple P 5-7</b> <b>Children Standing in a Circle 5-7</b>	3 <b>Sweat Lodge 11-3</b>
6 Women's Wellness 9:30-11:30 Positive Discipline 1-3 GRAD Parent/Youth 5-7	7 Mino-Pimatiziwin 9:30-11:30 Traditional Parenting 1-3 Managing Your Anger 5-7	8 Positive Discipline 9:30-11:30 Family Harmony for Women 1-3	9 Grief & Loss 1:30-3:30 Triple P 5-7 Children Standing in a Circle 5-7	10 <b>Lodge Closed</b>
13 Women's Wellness 9:30-11:30 Parent/Youth 5-7	14 Mino-Pimatiziwin 9:30-11:30 Traditional Parenting 1-3 Managing Your Anger 5-7	15 Positive Discipline 9:30-11:30 Family Harmony for Women 1-3	16 Grief & Loss 1:30-3:30 Triple P 5-7 Children Standing in a Circle 5-7	17 <b>Summer Feast 11-1</b>
20 Women's Wellness 9:30-11:30 Parent/Youth 5-7 <b>Full Moon Ceremony 7-8</b>	21 Mino-Pimatiziwin 9:30-11:30 Traditional Parenting 1-3 Managing Your Anger 5-7	22 Positive Discipline 9:30-11:30 Family Harmony for Women 1-3	23 Grief & Loss 1:30-3:30 Triple P 5-7 Children Standing in a Circle 5-7	24 <b>Lodge Closed AM</b>
27 Women's Wellness 9:30-11:30 GRAD Parent/Youth 5-7 GRAD	28 Mino-Pimatiziwin 9:30-11:30 Traditional Parenting 1-3 Managing Your Anger 5-7	29 Positive Discipline 9:30-11:30 Family Harmony for Women 1-3	30 Grief & Loss 1:30-3:30 Triple P 5-7 Children Standing in a Circle 5-7 Grad	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>*Start Dates for New Programs are in <b>BOLD</b>*</i>				<b>1</b> Canada Day Lodge Closed
<b>4</b> Educational Aboriginal Movie 10-11:30 <b>Parents with Children in Care 1-3</b>	<b>5</b> Mino-Pimatziwin 9:30-11:30 Traditional Parenting 1-3 Managing Your Anger 5-7	<b>6</b> Positive Discipline 9:30-11:30 Family Harmony for Women 1-3	<b>7</b> Grief & Loss 1:30-3:30 Triple P 5-7	<b>8</b> <b>Pipe Ceremony 10-12</b>
<b>11</b> Educational Aboriginal Movie 10-11:30 Parents with Children in Care 1-3	<b>12</b> Mino-Pimatziwin 9:30-11:30 Traditional Parenting 1-3 Managing Your Anger 5-7	<b>13</b> Positive Discipline 9:30-11:30 Family Harmony for Women 1-3	<b>14</b> Grief & Loss Sacred Fire (Grad)1:30-3:30 Triple P 5-7 GRAD	<b>15</b>
<b>18</b> Educational Aboriginal Movie 10-11:30 Parents with Children in Care 1-3	<b>19</b> Mino-Pimatziwin 9:30-11:30 Grad Traditional Parenting 1-3 Grad Managing Your Anger 5-7 Grad <b>Full Moon Ceremony 7-8</b>	<b>20</b> Positive Discipline 9:30-11:30 Family Harmony for Women 1-3 GRAD	<b>Lodge Closed</b>	<b>22</b> <b>Sweat Lodge 11-3</b>
<b>25</b> Parents with Children in Care 1-3 <b>International Sundance Observation 9-3</b>	<b>26</b> <b>Workshop "Impacts of Family Violence" 1-3</b> <b>Medicine Picking 9-3</b>	<b>27</b> Positive Discipline 9:30-11:30 GRAD <b>Medicine Bundling 9-3</b> <b>Traditional Skill Building 10-3</b>	<b>28</b> <b>Workshop "Residential Schools" 1-3</b> <b>Medicine Picking 9-3</b>	<b>29</b> <b>BBQ in the Park for SBL participants 11-3</b>

## August 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Civic Holiday Lodge Closed	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> <b>Pipe Ceremony 10-12</b>
<b>8</b> <b>Parents with Children in Care 1-3</b>	<b>9</b> Parents with Children in Care 1-3	<b>10</b> Parents with Children in Care 1-3	<b>11</b> Parents with Children in Care 1-3	<b>12</b>
<b>15</b> <b>Addiction and the Effects on the Brain 1-3</b>	<b>16</b> Addiction and the Effects on the Brain 1-3 <b>Medicine Picking 9-3</b>	<b>17</b> Addiction and the Effects on the Brain 1-3 <b>Medicine Picking 9-3</b>	<b>18</b> Addiction and the Effects on the Brain 1-3 <b>Medicine Bundling 9-3</b> <b>Full Moon Ceremony 7-8</b>	<b>19</b> <b>Sweat Lodge 11-3</b>
<b>22</b> <b>Women's Wellness 9:30-11:30</b> <b>Traditional Parenting 1-3</b> <b>Parent/Youth 5-7</b>	<b>23</b> <b>Mino-Pimatziwin 9:30-11:30</b> <b>Managing Your Anger 1-3</b> <b>Triple P 5-7</b> <b>Wild Berry Picking/Cedar Picking 9-3</b>	<b>24</b> <b>Positive Discipline 9:30-11:30</b> <b>Family Harmony for Women 1-3</b> <b>Preparation of Berries/Medicine Bundling 9-3</b>	<b>25</b> <b>Grief &amp; Loss 9:30-11:30</b> <b>Triple P 1-3</b> <b>Managing Your Anger 5-7</b> <b>Medicine Picking 9-3</b>	<b>26</b> <b>Medicine Picking 9-3</b> <b>Traditional Skill Building/Traditional Games 10-3</b>
<b>29</b> Women's Wellness 9:30-11:30 Traditional Parenting 1-3 Parent/Youth 5-7	<b>30</b> Mino-Pimatziwin 9:30-11:30 Managing Your Anger 1-3 Triple P 5-7	<b>31</b> Positive Discipline 9:30-11:30 Family Harmony for Women 1-3		

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

## Programs

**Managing Your Anger:** This program will assist participants to learn how to manage their anger and learn healthy ways of coping. **Facilitators: Ian/Norma**

**May 31-July 19, 2016, Tuesdays @ 5:00 - 7:00 pm**  
**August 23-October 11, 2016 Tuesdays @ 1:00-3:00 pm**  
**August 25-October 13, 2016, 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**

**June 2-July 14 2016, Thursdays @ 5:00 - 7:00 pm**  
**August 23-October 11, 2016, Tuesdays @ 5:00 - 7:00 pm**  
**August 25-October 13, 2016, Thursdays @ 1:00 - 3:00 pm**

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

**June 1-July 20, 2016, Wednesdays @ 1:00 - 3:00 pm**  
**August 24-October 12, 2016, Wednesdays @ 1:00-3:00 pm**

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

**Facilitators: Ian/Norma**

**June 1-July 27, 2016, Wednesdays @ 9:30-11:30 am**  
**August 24-October 12, Wednesdays @ 9:30-11:30 am**

**Parent /Youth Program:** A program that will focus on the relationship between the parent and the teen using Dr. Martin Brokenleg's "Circle of Courage" model. **Facilitators: Debra/ Jordan**

**May 30-June 27, 2016, Mondays @ 5:00 - 7:00 pm**  
**August 22-September 26, 2016, Mondays @ 5:00 -7:00 pm**

## Cultural Focused Programs

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

**May 31-July 19, 2016, Tuesdays @1:00-3:00 pm**  
**August 22-October 17, 2016, Mondays 1:00-3:00 pm**

**Mino-Pimatiwizin Program:** This program focuses on using the 7 sacred teachings for participants to maintain sobriety to "live a good life". **Facilitators: Linda/Jordan**

**May 31-July 19, 2016, Tuesdays @ 9:30 - 11:30 am**  
**August 23-October 11, 2016, Tuesdays @ 9:30 - 11:30 am**

**Grief & Loss Program:** 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**

**June 2-July 14, 2016, Thursdays, @ 1:30 - 3:30 pm**  
**August 25-October 13, 2016, Thursdays @ 9:30 - 11:30 am**

**Traditional Skill Building/Traditional Games:** Join us for traditional skill building activities **Facilitators: Jordan/Angela**

**July 27 & Aug 26, 2016 @ 10:00-3:00 pm**

**Waa Wi Yekidewan (Children stand in a Circle):** 5 session program is designed for children ages (5 - 15) who will learn about culture through storytelling, traditional craft and ceremony.

**Facilitator(s): Linda/Jordan**

**June 2-30, 2016, Thursdays @ 5:00-7:00 pm**

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

**Facilitators: Linda/Angela**

**May 30-June 27, 2016, Mondays @ 9:30 - 11:30 am**  
**August 22-Sept 26, 2016, Mondays @ 9:30 - 11:30 am**

## Cultural Ceremonies & Teachings

**Sweat Lodge:** The Sweat lodge is a cleansing and healing ceremony which takes place once a month.

**Facilitators: Culture Team**

**May 13, June 3, July 22, and August 19, 2016**

**Summer Feast: Everyone Welcome!**

**June 17, 2016, Friday @ 11:00 - 1:00 pm**

**Full Moon Ceremonies: Everyone Welcome!**

**May 19, June 20, July 19 and August 18, 2016 (7-8 pm)**

**Pipe Ceremonies: Everyone Welcome!**

**May 6 (1-3), July 8, August 5, 2016 (10-12)**

**Collecting Grandfathers for the Sweat Lodge**

**May 11, 2016, Wednesday (9-3)**

**International Sundance Observation: July 25, 2016 (9-3)**

**Medicine Picking (9-3pm)**

**July 26 & 28, 2016**

**August 16 & 17, 2016**

**August 23, 25 & 26, 2016**

**Medicine Bundling (9-3pm)**

**July 27, 2016**

**Aug 18 & 24, 2016**

## Workshop Series:

**Impacts of Family Violence:** Facilitator: Norma

**Wednesday, May 18, 2016 @ 1:00-3:00 pm**

**Tuesday July 26, 2016 @ 1:00-3:00 pm**

**Parents with Children in Care:** Facilitator: Ian/Norma

**July 4, 11, 18 & 25, 2016 @ 1:00-3:00 pm**

**August 8-11, 2016 @1:00-3:00 pm**

**Residential Schools:** Facilitator: Debra/Norma

**Thursday July 28, 2016 @ 1:00 - 3:00 pm**

**Addiction and The Effects on the Brain:** Facilitator: Ian

**Wednesday May 18, 2016 @ 9:30 - 11:30 am**

**August 15- 18, 2016 @ 1:00-3:00 pm**

**Educational Aboriginal Movies:** Everyone Welcome!

**July 4, 11 & 18, 2016, Mondays @ 10-11:30 am.**

**Taking a Bus?**

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

**Visit us on our website**

**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**