



# SNOWBIRD LODGE

## Waa Pina Kosiis Miiki Waahp



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

### Winter / Spring Newsletter

### January / February / March / April 2017

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.

#### SNOWBIRD LODGE STAFF

##### Supervisor

Beverly.....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

#### Tansi, Boozhoo, Wotziyie!

Welcome to Waa Pina Kosiis Mikiwaahp or Snowbird Lodge where we strive to help families achieve Mino Pimatziwin (a good life) by providing culturally appropriate and culturally relevant programs for children and families.

Our facility uses the smudge ceremony for all programs and we offer teachings to many of the families who visit the lodge. Participants will be exposed to Indigenous traditional teachings and practices in ALL programs.

If you would like to refer a family or if you would like to learn more about programming please contact Snowbird Lodge at (204) 944-4100 or at [sbl@gov.mb.ca](mailto:sbl@gov.mb.ca) Miigwetch, Ekosi, Masi!

#### Rebuilding the Sweat Lodge

Rebuilding the Sweat Lodge (Madoodoswaan) took place the beginning of September. Each year the Snowbird Lodge staff and families who attend the lodge, will take down the Sweat lodge, offer tobacco and prayers for the work that has been done.

The Culture Team and participants took down the sweat lodge and offered the willow to the fire. Staff from the cultural team went to the land and gathered more willows to rebuild the lodge. Tobacco and Prayer were offered. The cultural team then started to rebuild the Sweat Lodge with the help of our student Darlene.



Right to Left: Jordan, Darlene, Linda, Debra, Youth participant



Left to Right: Debra, Darlene, Linda and Jordan

Snowbird Lodge offers Sweat Lodge ceremonies once a month for ANCR families and staff. Families learn about the ceremony and once they learn more about the lodge, they feel comfortable attending.

Various Indigenous teachings are shared during the sweat lodge along with ceremonies that are dedicated to women, men and children. There are other community Sweat Lodge ceremonies that people can attend for healing, spirit names, fasting or Sundance ceremonies. We are grateful for the support of ceremony in all that we do at Snowbird Lodge.

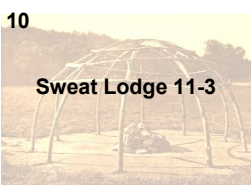
-Snowbird Lodge Culture Team

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Lodge Closed	3 Mino-Pimatziwin 9:30-11:30 Managing Your Anger 1-3 Triple P 5-7	4 Traditional Parenting 9:30-11:30 Family Harmony 1-3 Positive Discipline 5-7	5 Grief & Loss 9:30-11:30 Triple P 1-3 Managing Your Anger 5-7	6 Pipe Ceremony 10-12
9 Women's Wellness 9:30-11:30 Restoring the Balance 5-7	10 Mino-Pimatziwin 9:30-11:30 Managing Your Anger 1-3 Triple P 5-7	11 Traditional Parenting 9:30-11:30 Family Harmony 1-3 Positive Discipline 5-7	12 Grief & Loss 9:30-11:30 Triple P 1-3 Managing Your Anger 5-7	13 
16 Women's Wellness 9:30-11:30 Restoring the Balance 5-7	17 Mino-Pimatziwin 9:30-11:30 Managing Your Anger 1-3 Triple P 5-7	18 Traditional Parenting 9:30-11:30 Family Harmony 1-3 Positive Discipline 5-7	19 Grief & Loss 9:30-11:30 Triple P 1-3 Managing Your Anger 5-7	20 Lodge Closed AM
23 Women's Wellness 9:30-11:30 Restoring the Balance 5-7 Full Moon Ceremony 7-8	24 Mino-Pimatziwin 9:30-11:30 Managing Your Anger 1-3 Triple P 5-7	25 Traditional Parenting 9:30-11:30 Family Harmony 1-3 Positive Discipline 5-7	26 Grief & Loss 9:30-11:30 Triple P 1-3 Managing Your Anger 5-7	27 Lodge Closed AM
30 Women's Wellness 9:30-11:30 Restoring the Balance 5-7	31 Mino-Pimatziwin 9:30-11:30 Managing Your Anger 1-3 Triple P 5-7	<i>*Start Dates of New Programs are in BOLD*</i>		

## February 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Traditional Parenting 9:30-11:30 Family Harmony 1-3 Positive Discipline 5-7	2 Grief & Loss 9:30-11:30 Triple P 1-3 Managing Your Anger 5-7	3 Pipe Ceremony 10-12
6 Women's Wellness 9:30-11:30 Restoring the Balance 5-7	7 Mino-Pimatziwin 9:30-11:30 Managing Your Anger 1-3 Triple P 5-7	8 Traditional Parenting 9:30-11:30 Family Harmony 1-3 Positive Discipline 5-7	9 Grief & Loss 9:30-11:30 Triple P 1-3 Managing Your Anger 5-7	10 
13 Restoring the Balance 5-7	14 Mino-Pimatziwin 9:30-11:30 Managing Your Anger 1-3 Triple P 5-7	15 Traditional Parenting 9:30-11:30 Family Harmony 1-3 Positive Discipline 5-7	16 Grief & Loss 9:30-11:30 Triple P 1-3 Managing Your Anger 5-7	17
20 Louis Riel Day Lodge Closed	21 Mino-Pimatziwin Grad 9:30-11:30 Managing Your Anger Grad 1-3 Triple P Grad 5-7	22 Traditional Parenting Grad 9:30-11:30 Family Harmony Grad 1-3 Positive Discipline Grad 5-7 Full Moon Ceremony 7-8	23 Grief & Loss Sacred Fire (am) Triple P Grad 1-3 Managing Your Anger Grad 5-7	24 Lodge Closed
27	28	<b>To Register for Programs, please call (204) 944-4100</b>		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>*Start Dates for New Programs are in <b>BOLD</b>*</i>		1	2	3 Pipe Ceremony 10-12
6 Women's Wellness 9:30-11:30 Traditional Teaching 1-3 <b>Addiction &amp; The Brain 1-3</b>	7 Mino-Pimatiziwin 9:30-11:30 <b>Managing Your Anger 1-3</b> Triple P 5-7	8 Traditional Parenting 9:30-11:30 <b>Family Harmony 1-3</b> <b>Positive Discipline 5-7</b>	9 <b>Grief &amp; Loss 9:30-11:30</b> Triple P 1-3 <b>Managing Your Anger 5-7</b>	10  Sweat Lodge 11-3
13 Women's Wellness 9:30-11:30 Traditional Teaching 1-3 <b>Addiction &amp; The Brain 1-3</b>	14 Mino-Pimatiziwin 9:30-11:30 Managing Your Anger 1-3 Triple P 5-7	15 Traditional Parenting 9:30-11:30 Family Harmony 1-3 Positive Discipline 5-7	16 Grief & Loss 9:30-11:30 Triple P 1-3 Managing Your Anger 5-7	17 <b>Spring Feast 11-1</b>
20 Women's Wellness 9:30-11:30 Traditional Teaching 1-3 <b>Addiction &amp; The Brain 1-3</b>	21 Mino-Pimatiziwin 9:30-11:30 Managing Your Anger 1-3 Triple P 5-7	22 Traditional Parenting 9:30-11:30 Family Harmony 1-3 Positive Discipline 5-7	23 Grief & Loss 9:30-11:30 Triple P 1-3 Managing Your Anger 5-7 <b>Full Moon Ceremony 7-8</b>	24
27 Women's Wellness 9:30-11:30 Traditional Teaching 1-3 <b>Addiction &amp; The Brain 1-3</b>	28 Mino-Pimatiziwin 9:30-11:30 Managing Your Anger 1-3 Triple P 5-7	29 Traditional Parenting 9:30-11:30 Family Harmony 1-3 Positive Discipline 5-7	30 Grief & Loss 9:30-11:30 Triple P 1-3 Managing Your Anger 5-7	31 <b>Lodge Closed</b>

# April 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Women's Wellness 9:30-11:30 Traditional Teaching 1-3 <b>Parents with Children in Care 1-3</b>	4 Mino-Pimatiziwin 9:30-11:30 Managing Your Anger 1-3 Triple P 5-7	5 Traditional Parenting 9:30-11:30 Family Harmony 1-3 Positive Discipline 5-7	6 Grief & Loss 9:30-11:30 Triple P 1-3 Managing Your Anger 5-7	7 <b>Pipe Ceremony 10-12</b>
10 Traditional Teaching 1-3 <b>Parents with Children in Care 1-3</b>	11 Mino-Pimatiziwin 9:30-11:30 Managing Your Anger 1-3 Triple P 5-7	12 Traditional Parenting 9:30-11:30 Family Harmony 1-3 Positive Discipline 5-7	13 Grief & Loss 9:30-11:30 Triple P 1-3 Managing Your Anger 5-7	14 <b>Good Friday</b> <b>Lodge Closed</b>
17 <b>Easter Monday</b> <b>Lodge Closed</b>	18 Mino-Pimatiziwin 9:30-11:30 Managing Your Anger 1-3 Triple P 5-7	19 Traditional Parenting 9:30-11:30 Family Harmony 1-3 Positive Discipline 5-7	20 Grief & Loss 9:30-11:30 Triple P 1-3 Managing Your Anger 5-7	21  Sweat Lodge 11-3
24 Traditional Teaching 1-3 <b>Parents with Children in Care 1-3</b>	25 Mino-Pimatiziwin Grad 9:30-11:30 Managing Your Anger Grad 1-3 Triple P Grad 5-7	26 Traditional Parenting Grad 9:30-11:30 Family Harmony Grad 1-3 Positive Discipline Grad 5-7	27 Grief & Loss Sacred Fire 9:30-11:30 Triple P Grad 1-3 Managing Your Anger Grad 5-7	28 <b>Lodge Closed AM</b>

## SNOWBIRD LODGE PROGRAM DESCRIPTIONS Jan-April 2017

**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

January 4-February 22, 2017 Wednesdays 1:00-3:00 pm  
March 8-April 26, 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

January 3-February 21, 2017 Tuesdays 1:00-3:00 pm  
January 5-February 23, 2017 Thursdays 5:00-7:00 pm  
March 7-April 25, 2017 Tuesdays 1:00-3:00 pm  
March 9-April 27, 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

January 3-February 21, 2017 Tuesdays 5:00-7:00 pm  
January 5-February 23, 2017 Thursdays 1:00-3:00 pm  
March 7-April 25, 2017 Tuesdays 5:00-7:00 pm  
March 9-April 27, 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

January 4-February 22, 2017 Wednesdays 5:00-7:00 pm  
March 8-April 26, 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

January 4-February 22, 2017, Wednesdays 9:30-11:30 am  
March 8-April 26, 2017, Wednesdays 9:30-11:30 am

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

**Facilitators:** Linda/Jordan

January 3-February 21, 2017, Tuesdays 9:30 - 11:30 am  
March 7-April 25, 2017, Tuesdays 9:30-11:30 am

**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

January 5-February 23, 2017, Thursdays 9:30-11:30 am  
March 9-April 27, 2017, Thursdays 9:30 - 11:30 am

**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

January 9-Feb 6, 2017, Mondays 9:30 - 11:30 am  
March 6-April 3, 2017, Mondays 9:30-11:30 am

**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.

January 9-February 13, 2017 Mondays 5:00-7:00 pm

### Cultural Ceremonies

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

**Facilitators:** Culture Team

January 13, February 10, March 10 & April 21, 2017

**Spring Feast: Everyone Welcome!**

March 17, 2017 (11-1)

**Full Moon Ceremonies:**

January 23, February 22, March 23, 2017 (7-8)

**Pipe Ceremonies:**

January 6, February 3, March 3, April 7, 2017 (10-12)

### Teachings & Workshop Series

**Traditional Teachings in the Round Room**

March 6-April 24, 2017 Mondays 1-3  
(Topics TBA)

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

March 6-27, 2017 Mondays 1-3

**Parents with Children In Care Workshop**

April 3-24, 2017 Mondays 1-3

**PARTICIPANTS WILL BE EXPOSED 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**