



SNOWBIRD LODGE

Waa Pina Kosiis Miiki Waahp

JANUARY, FEBRUARY, MARCH, APRIL 2015

Our Vision

The vision of the Waa Pina Kosiis Miiki Waahp is that families will have the opportunity to be healthier, stronger and well balanced.

Our Commitment Statement

To provide First Nation Families with supports, resources and linkages focused on empowering families to find balance, emotionally, physically and spiritually in their life journey.

For more info about any of the programs please contact the front desk.
(204-944-4100)
sbl@gov.mb.ca

SNOWBIRD LODGE STAFF

Supervisor
Margaret Marin 944-4107

Social Workers
Liz 944-4112
Ian 944-4106
Norma944-4117

Elder
Linda 944-4297

Elders Helper
Louis 944-4113
Angela944-4109

Cultural Worker
Debbie.....944-4105

Snowbird Lodge “Welcomes” - Debbie Courchene



Boozho, Aniin, Tansi, Hello

It is always important to introduce ourselves when we meet someone new. I would like to introduce myself, my name is Debra Courchene and I am the new Cultural Worker at Snowbird Lodge. I am an Ojibway woman from the Sagkeeng First Nations Reserve Manitoba. Sagkeeng is an Ojibway word that refers to where the river meets the mouth of the lake (outlet of the river to the lake). I am a traditional woman who incorporates my Ojibway culture into my daily walk in life. I have worked very hard to learn about my traditional teachings and incorporating these teachings into my private and professional life.

I believe that as First Nations People we have been given a most beautiful gift, our culture and way of life. It is a beautiful, rich, vibrant way of life. There are sacred prophecies that speak of many changes throughout our First Nations history. Those same prophecies also speak of a positive change for our people one in which our people will awaken from a long sleep. This is the time to wake and learn more about your gifts, abilities, and cultural pride.

We are affected by the seven generations that come before us, and just as I have my role in life, I too will affect the seven generations who will follow me. I want to ensure my children will be provided a strong resilient road that includes the gift of their own beautiful culture. I hope to bring these teachings and perspectives to the work I do with the community. It is said it takes a community to help raise a child and as a community we all have an impact on the children we encounter in our lives. As a people our roles as the elders to our children is to provide that positive direction for those new lives that are just beginning their journey. Let's work together in being a community that helps to raise our child to feel connected to their own environment in a positive loving way.

Miigwetch

Debbie Courchene BSW, Cultural Worker.

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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.

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All Program Start Dates are in Bold for each month			1 NEW YEAR'S DAY CENTRE CLOSED	2
5 Reclaiming Women's Self 10-12	6 Relapse Prevention 10 –12 Managing Your Anger 5:30 -7:30	7 Women's Wellness 10-12 Arts & Crafts 10-12	8 Relapse Prevention 10-12	9 Sweat Lodge -(Participants) 11:00 am
12 Reclaiming Women's Self 10 –12 Women's Tipi Teaching /Skirt Making 1:30-3:30	13 Relapse Prevention 10-12 Managing Your Anger 5:30 –7:30	14 Women's Wellness 10 –12 Arts & Crafts 10-12	15 Relapse Prevention 10-12 Men's Wellness 1:30-3:30 Triple P Teen 5-7 Drum Teaching 5-7	16 SBL Closed AM
19 Reclaiming Women's Self 10 –12 Positive Discipline 1-3 Women's Tipi Teaching /Skirt Making 1:30-3:30 Stepping Stones TP 5:30– 7:30	20 Relapse Prevention 10-12 Family Harmony 1:30-3:30 Managing Your Anger 5:30 –7:30	21 Women's Wellness 10 –12 Rattle Making 1:30-3:30 Triple P 1:30-3:30	22 Relapse Prevention 10-12 Men's Wellness 1:30-3:30 Drum Teaching 5-7 Triple P Teen 5-7	23
26 Reclaiming Women's Self 10-12 Positive Discipline 1-3 Women's Tipi Teaching /Skirt Making 1:30-3:30 Stepping Stones TP 5:30-7:30	27 Relapse Prevention 10-12 Family Harmony 1:30-3:30 Managing Your Anger 5:30 –7:30	28 Women's Wellness 10 –12 Rattle Making 1:30-3:30 Triple P 1:30-3:30	29 Relapse Prevention 10-12 Men's Wellness 1:30-3:30 Triple P Teen 5-7 Drum Teaching 5-7	30 SBL Closed AM


SHARING CIRCLE: TUESDAY, THURSDAY 1:30 TO 3:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Reclaiming Women's Self 10-12 Positive Discipline 1-3 Women's Tipi Teaching /Skirt Making 1:30-3:30 Stepping Stones TP 5:30-7:30	3 Relapse Prevention 10-12 Family Harmony 1:30-3:30 Managing Your Anger 5:30 –7:30	4 Women's Wellness 10 –12 Arts & Crafts 10-12 Rattle Making 1:30-3:30 Triple P 1:30pm - 1:30-3:30	5 Men's Wellness 1:30-3:30 Triple P Teen 5-7 Drum Teaching 5-7	6 SBL Closed AM
9 Reclaiming Women's Self 10-12 Positive Discipline 1-3 Women's Tipi Teaching /Skirt Making 1:30-3:30 Stepping Stones TP 5:30-7:30	10 Family Harmony 1:30-3:30 Managing Your Anger 5:30 –7:30	11 Traditional Parenting 10-12 Arts & Crafts 10-12 Rattle Making 1:30-3:30 Triple P 1:30-3:30	12 Men's Wellness 1:30-3:30 Triple P Teen 5-7 Drum Teaching 5-7	13 Sweat Lodge -(Participants) 11:00 *Bring Rattles
16 LOUIS RIEL DAY - CLOSED	17 Relapse Prevention 10-12 Family Harmony 1:30-3:30 Managing Your Anger 5:30 –7:30	18 Traditional Parenting 10-12 Arts & Crafts 10-12 Triple P 1:30-3:30	19 Relapse Prevention 10-12 Men's Wellness 1:30-3:30 Triple P Teen 5-7 Drum Teaching 5-7	20
23 Reclaiming Women's Self 10-12 Positive Discipline 1-3 Women's Tipi Teaching /Skirt Making 1:30-3:30 Stepping Stones TP 5:30-7:30	24 Relapse Prevention 10-12 Family Harmony 1:30-3:30 Managing Your Anger 5:30 –7:30	25 Traditional Parenting 10-12 Arts & Crafts 10-12 Triple P 1:30-3:30	26 Relapse Prevention 10-12 Men's Wellness 1:30-3:30 Drum Teaching 5-7	27 SBL Closed AM

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23 Reclaiming Women's Self 10-12 Women's Tipi Teaching /Skirt Making 1:30-3:30 Stepping Stones Triple P 5:30-7:30	24 Managing Your Anger 5:30 -7:30	25 Arts & Crafts 10-12 Triple P 1:30 - 3:30	26 Men's Wellness 1:30-3:30 Triple P Teen 5-7	27 SBL Closed AM
30 Reclaiming Women's Self 10-12 Women's Tipi Teaching /Skirt Making 1:30-3:30 Stepping Stones Triple P 5:30-7:30	31 Managing Your Anger 5:30 -7:30	*All Program Start Dates are in Bold for each month*		

SHARING CIRCLE: TUESDAY, THURSDAY 1:30 TO 3:30

April 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Arts & Crafts 10-12 Triple P 1:30 - 3:30	2 Women's Wellness 10-12 Men's Wellness 1:30-3:30 Triple P Teen 5-7	3 GOOD FRIDAY - SBL CLOSED
6 EASTER MONDAY - SBL CLOSED	7 Relapse Prevention 10-12 Family Harmony 1:30-3:30 Managing Your Anger 5:30 -7:30	8 Arts & Crafts 10-12 Eastern Doorway Teachings 10-12 Triple P 1:30 - 3:30	9 Women's Wellness 10-12 Relapse Prevention 10-12 Men's Wellness 1:30-3:30 Triple P Teen 5-7	10 Sweat Lodge - (Participants) 11:00
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PROGRAM DESCRIPTIONS

Certificate Programs

Managing Your Anger: 8 week program offered to assist participants to manage their anger and learn healthy ways of coping. **Facilitators:** Ian/Norma, Tuesdays January 6 to February 24, 2015 and March 10 to April 28, 2015 (5:30-7:30 PM)

Relapse Prevention - Quakadziwin: 9 sessions that provides recovery tools, social work perspectives and Aboriginal teachings for participants who want to “turn their lives around”.

Facilitators: Louis/Ian, Tuesdays & Thursdays January 6 to February 3, 2015 and February 17 to March 17, 2015 and April 7 to May 4, 2015 (10 AM -12 noon)

Triple P Parenting Program: 7 week program that provides opportunities to learn positive parenting skills through observation and discussion, practice and feedback.

Facilitators: Norma/Ian, Wednesdays, January 21 to March 4, 2015 and March 18 to April 29, 2015 (1:30-3:30 PM)

Stepping Stones Triple P: 6 week program is part of the Triple P parenting program, and has been specially tailored for parents of children with a disability. **Facilitators:** Ian/Norma Mondays, January 19 to Mar 2, 2015 and March 16 to April 27, 2015 (5:30-7:30 PM)

Family Harmony for Women: 8 week program to deal with issues of domestic violence and its impact on daily life.

Facilitators: Norma/Liz, Tuesdays, January 20 to March 10, 2015 and April 7 to May 26, 2015 (1:30-3:30 PM)

Triple P Teens: 6 week program for parents focusing on teen developmental issues and concerns. Group discussions, sharing and video resources will be incorporated into the program.

Facilitators Liz/Louis, Thursdays, January 15 to February 19, 2015 and March 12 to April 16, 2015 (5:00-7:00 PM)

Reclaiming Women’s Self: 6 week program designed to enhance one’s self-esteem, changing negative to positive coping skills, increase self awareness and empowering women to make positive life changes.

Facilitators: Liz/Norma, Mondays, January 5 to February 9, 2015 and February 23 to March 30, 2015 and April 13 to May 18 (10 AM -12 noon)

Positive Discipline: 8 week program and is a discipline model used that focuses on the positive points of behavior, based on the idea that there are no bad children, just good and bad behaviors.

Facilitators: Ian/Norma Mondays, January 19 to March 16, 2015 and April 13 to June 1, 2015 (1:00—3:00 PM)

Open Programs

Arts & Crafts: Join us every Wednesday for the Arts & Crafts Class Blast! **Facilitator:** Louis, Wednesdays Jan 7 to April 29 (10 AM -12 noon)

Rattle Making: **Facilitator:** Louis, January 21 to February 11 (1:30-3:30 PM)

Men’s Wellness: Ongoing program utilizes a combination of contemporary and Aboriginal healing approaches and ceremonies. The program will be delivered utilizing the holistic healing concept to address health, wellness and other concerns.

Facilitator: Ian, Thursdays Begins January 15 (1:30-3:30 PM)

Women’s Wellness: 5 week program utilizes a combination of contemporary and Aboriginal healing approaches and ceremonies, holistic healing concept to address health, wellness and other concerns.

Facilitators: Linda/Angela Thursdays, January 7 to February 4, 2015 and April 2 to April 30, 2015 (10 AM —12 noon)

Cultural Programs

Traditional Parenting: is a 6 week program that focuses on positive parenting utilizing a First Nations culturally-based perspective that includes traditional teachings and ceremonies. **Facilitators:** Linda/Debbie, February 11 to March 18, 2015 (10 AM —12 noon)

Drum Teachings: 10 week program teaching about the hand drum and learning drum songs. A drum is used to bring balance and rejuvenation to a person. **Facilitators:** Linda/Debbie, Thursdays, January 15 to March 19, 2015 (5:00-7:00 PM)

Women’s Tipi Teachings/Skirt Making: 11 week program that will teach participants the connection between the Skirt and the Tipi teachings.

Facilitators: Cultural Team Mondays, January 12 to March 30, 2015 (1:30-3:30 PM)

Sweat Lodge: Once a month Snowbird Lodge Cultural Team conducts a Sweat lodge ceremony for program participants. Sweat lodge is a cleansing and healing ceremony which takes place at Marymount. **Facilitators:** Cultural Team

Spring Feast: Time to give thanks to Creator and celebrate Spring season with families and staff. **Friday March 20, 2015**

Eastern Doorway Teachings—4 weeks of introduction to indigenous concepts teachings of the Eastern doorway.

Facilitators: Linda/Debbie April 8 to April 29, 2015 (10 AM -12 noon)

Taking a bus?

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

www.ancr.ca

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HOURS OF OPERATION
Monday–Friday
8:30–4:30