



# Sagkeeng Child & Family

## Newsletter

### Summer 2023

Our newsletter is back! There have been a lot of exciting changes and developments with Sagkeeng Child & Family Services (SCFS). We have established a new mental health unit that works in conjunction with Jordan's Principle. We introduced our eagle mascot that made their debut at our annual child in care Christmas party. The mascot was a hit and we enjoyed receiving name suggestions from the children and youth. The winning name will be announced in the near future.

We strive to continue to evolve with families and youth to ensure we can support and empower our families and community. With the expansion of the mental health unit, "Biidaaziiway Gamik" and the growth with preventative work, we secured funding to purchase a building and will enable us to expand our services to Selkirk, MB. This new building will open in Winter 2023 and will host Biidaaziiway Gamik and Prevention Services who will offer programs and mental health services to all community members. Visit our website to keep up to date with services and programming.

#### SCFS Office Closures

Monday, August 7, 2023  
– Civic Holiday

Monday, September 4,  
2023 – Labour Day

Monday, October 2, 2023  
– Truth & Reconciliation  
Day (in lieu of  
September 30)

Monday, October 9, 2023  
– Thanksgiving



#### Board of Directors

Donna Sais  
Lorraine Desmarais  
Charles Courchene

Harold Fontaine  
Ron J. Fontaine

#### Executive Director

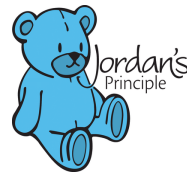
Frank Daniels

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

85 Muir Road  
Winnipeg, MB  
R2X 2X7  
204-949-1649

# Biidaaziiway Gamik Unit



Biidaaziiway Gamik is a unit of SCFS established in 2022. Biidaaziiway Gamik received its name through ceremony by Elder Paul Guimond. Biidaaziiway Gamik translates to “the place that brings light.”

We are excited to share with you that SCFS is now a cohort partner with Jordan’s Principle.

SCFS is reshaping the way mental wellness care is delivered in child and family services through the Biidaaziiway Gamik Unit. Having the Biidaaziiway Gamik Unit within a child welfare agency decreases communication issues, wait times, and improves access to child and youth mental health services. As an Indigenous child welfare agency, cultural practices and traditional healing will play a critical role in the Biidaaziiway Gamik’s programs. Additionally, Biidaaziiway Gamik incorporates traditional healing with western healing, emphasizing person-centred care. SCFS believes this to be an essential step to harmonizing two (2) healing and treatment approaches.

Because of collaboration and partnerships from our supporters, Biidaaziiway Gamik has been able to offer the following services and programs:



## Mental Health Services

- Counselling
- Therapy
- Group Therapy
- Brief Solution Focused Intervention
- Crisis Support
- Psychoeducation
- Mental Health Assessment
- Animal Assisted Therapy

## Programs

- Land-Based Mentors
- Mentors
- Cultural Programs
- Traditional Teachings
- Indigenous Therapeutic Art Program
- Girls & Boys Empowerment Program
- ...and many more!



## COME AND JOIN US!!

- Connect with SCFS staff to hear about our upcoming programs.
- Talk to your worker, if you're ready to receive mental health services.
- Check our SCFS website for more information



# Biidaaziiway Gamik Unit

## Upcoming Programming

### Girls Drum Group

5:00pm-8:00pm

#### July 2023

12—Sagkeeng

19—Winnipeg

26—Sagkeeng

#### August 2023

2—Winnipeg

9—Sagkeeng

30—Winnipeg

### Hiking Program

#### July 2023

18—Bannock Point

Petroforms, Whiteshell

30—Pine Point Rapids,

Whiteshell

#### August 2023

14—Spruce Woods

Provincial Park

29—Hunt Lake Trail,

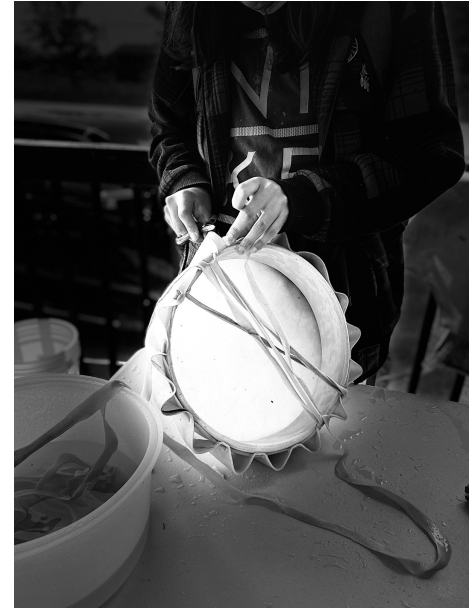
Whiteshell

## Girls Drum Group

**Facilitator:** Rayne De La Ronde

The Girls Drum group will help to introduce the Ojibwe language through drum and song that will emotionally, physically, mentally and spiritually empower female youth in the development of personal skills, relationships, self-reliance and inter-dependence. The youth will learn to sing in the Ojibway language. It will also help to develop and nurture cultural identity and form healthy relationships with self and others.

**Locations:** Winnipeg—Sgt. Tommy Prince Pl., 90 Sinclair St.  
Sagkeeng—Family Enhancement Building, Lot 27 Northshore Rd



## Hiking Program

**Facilitator:** Paul Boland

Come explore nature and learn about the land in four (4) beautiful locations within Manitoba.





# Indigenous Therapeutic Art

July 24 to 26  
@ SCFS FE Building

August 8 to 10  
@ 69 Muir Road

Time: 1pm to 3:30pm  
Age: 13+

Capacity: 15 participants  
Available to everyone with SCFS

Snacks will be provided.  
DSWs will be responsible for  
transportation.

## Activities:

- Shoe Paint/ Tie Dye
- Water Balloon Art
- Spray Painting
- Henna Tattoos

### TALK TO US

Courtney Smith

✉ CSmith@Sagkeengcfs.ca

Registration is on SCFS Eagle's Nest (The Hub)

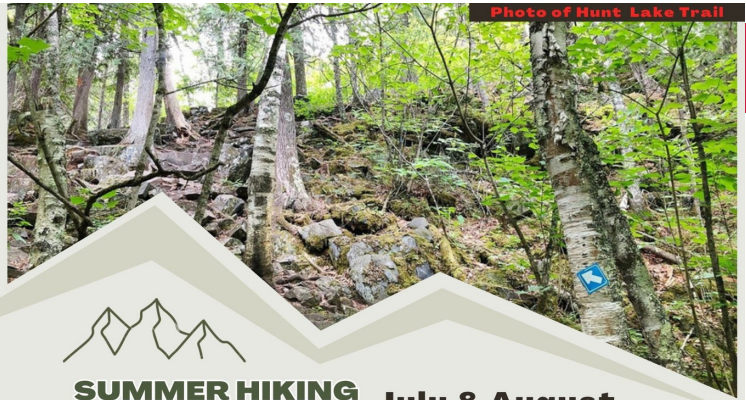


Photo of Hunt Lake Trail



## SUMMER HIKING July & August PROGRAM 2023

### DISCOVER NATURE'S BEAUTY WITH US

#### First Hike:

- Location: Bannock Point Petroforms
- Date/Time: July 17th  
930 drop-off/330pm  
pick-up—11-1pm hike
- Difficulty: Easy
- Ages: 8+

#### Second Hike:

- Location: Pine Point Rapids
- Date/Time: July 31st  
930 drop-off/430  
pick-up—11-3pm hike
- Difficulty: Moderate
- Ages: 10+

#### Third Hike:

- Location: Spirit Sands
- Date/Time: August 14th  
9am drop-off/5pm  
pick up—11-3pm Hike
- Difficulty: Moderate
- Ages: 10+

#### Fourth Hike:

- Location: Hunt Lake Trail
- Date/Time: August 30th  
830 drop-off/630  
pick up—1030am-430pm hike
- Difficulty: Hard
- Ages: 12+

Drop-off/ Pick up: 85 Muir Road

Transportation: Limited transportation will be provided via agency, first come first serve

Food: Snacks/lunch and water will be provided

Attire: Please bring a backpack and wear appropriate hiking gear/ shoes  
(Reminder to check the forecast the day of)

## MAZINGWAASO BEADING SERIES FOR YOUTH

AN INTRODUCTORY SERIES WHERE YOUTH WILL RECEIVE HANDS ON INSTRUCTIONS IN BEADING.  
TEACHING AND PROVIDING THIS EXPERIENCE WILL ASSIST IN AWAKENING AND REVITALIZING THE  
OJIBWAY LANGUAGE, SONGS, DANCE, CEREMONIES AND CULTURE WITHIN THEIR OWN SPIRIT

This program will provide self-development opportunities through  
mentorship with helpers that strengthen identity, build confidence and  
character and develop patience



TO PROVIDE A NURTURING ENVIRONMENT, REGISTRATION IS LIMITED TO 20 PARTICIPANTS

FOR MORE INFORMATION CONTACT RAYNE DELARONDE, OSHKAABEWIS AT  
204-949-1649 OR RDELARONDE@SAGKEENGCFCS.CA

PLACE: 69 MUIR ROAD, WINNIPEG  
TIME: 5:00 P. M TO 7:00 P.M

## GIRLS DRUM GROUP

### OJIBWAY HAND-DRUMMING

A hands-on instruction in Ojibway hand-  
drumming where youth will participate in:

CEREMONY CULTURE TEACHINGS  
TRADITIONAL SONGS

Teaching and providing this  
experience will assist in awakening  
and revitalizing the Ojibway  
language, songs, dance, ceremonies  
and culture within their own spirit.

This program will provide self-  
development opportunities through  
mentorship with Elders and Helpers  
that:

- Strengthen identity
- Build confidence and character
- Develop leadership

Empower participants to use their  
voice and nurture confidence,  
belonging, awareness,  
accomplishment, contribution and  
responsibility



Please contact Rayne for more information  
rdelaronde@sagkeengcfs.ca



# Prevention Services

## Michim Chimachiitowiin (Meals to Go)

Join Prevention Service staff one day each month to prep, make, and store a nutritious meal for those nights you don't feel like cooking!

**Locations:** Winnipeg—Sgt. Tommy Prince Pl., 90 Sinclair St.  
Sagkeeng—Family Enhancement Building,  
Lot 27 Northshore Rd.



## Moon Afternoon

**Facilitator:** Amber Ongenae

Traditionally our peoples looked to the land and the skies for assistance in marking the passage of time, wisdom to survive, and spiritually to thrive. Full Moon Ceremonies normally take place at night in a circle of women sharing and feasting. In an effort to reduce barriers to parents with little ones who may not be able to attend an evening ceremony, Moon Afternoon was visioned to continue with traditions with a modern twist.

**Locations:** Winnipeg—Sgt. Tommy Prince Pl.,  
90 Sinclair St.  
Sagkeeng—Family Enhancement Building,  
Lot 27 Northshore Rd.



**See posters on following page for dates!**

## Healing Spirit Retreat—Programming Highlight

On May 09–May 12 Prevention Services and six (6) families came together for a Healing Spirit Retreat held at the beautiful Sandy Saulteaux Spiritual Center in Beausejour, Manitoba as part of a Mother's Day celebration. Along with the delicious food and relaxation families took part in self care and healing. Nature walks, yoga, healing spirit bonfires, sweat lodge ceremony, massages, and cedar baths. Some even had the opportunity to receive their Spirit Name and Clan. One participant hadn't been in the lodge in 18 years but completed all four (4) rounds with the assistance from her Spirit Helpers and Sister in Spirit. It was a beautiful gathering, and we want to thank and honor all the families who chose to share their families and spend their time with us.



## Upcoming Programming & Events

- Youth Camp
- Family Camp
- Pontoon/Fishing Days
- Back to School BBQ
- Youth Life Skills
- Babysitting Course
- "Having a Good Visit"
- Monthly shopping transports from Sagkeeng to Selkirk

*(Watch for posters.)*

### COMING THIS FALL: (DATES TO BE ANNOUNCED)

- Traditional Parenting
- Understanding Our Emotions
- Gun Safety
- Halloween Pumpkin Carving Contest
- Beginner Language Classes
- Fall Feast



Prevention Service Presents

**Time:**  
9:30AM-3:30PM

**Day:**  
Tuesday-Friday

# Youth Summer Cultural Day Camp

**Group A**  
July 11<sup>th</sup>-14<sup>th</sup>  
Ages: 9-12yrs

**Group B**  
July 18<sup>th</sup>-21<sup>st</sup>  
Ages: 13-16yrs



- Art Therapy
- Medicine Picking
- Tubing/Hiking
- Beach Day
- Other Outings!!

**Deadline:** June 23<sup>rd</sup>, 2023

**Open to max** 10-Participants

**Transportation & Meals Provided**

To register, contact:  
Prevention Service Admin Assistant- Heather Dufour  
Phone: (204)949-1649

Sagkeeng Prevention Service

PREVENTION SERVICES PRESENTS



# MOON AFTERNOON

SAGKEENG MAY 5 | 2023 | 12:30- 2:30PM | FE BUILDING  
WINNIPEG MAY 4 | 2023 | 12:30 - 2:30PM | 90 SINCLAIR ST

Come gather in a Sacred space alongside other Womyn and build your spiritual self-care bundle by bringing Traditional Teachings into your everyday life.

— SEE DATES BELOW —

**PROGRAM DATES**

**SAGKEENG**

FR	JUN 2
TH	JUL 4
FR	AUG 5

**WINNIPEG**

TH	JUN 1
WE	JUL 5
TU	AUG 2

TRANSPORTATION SUPPORTS AVAILABLE, YUMMY FOOD TO FEAST, AND MORE


TO REGISTER PLEASE CONTACT AMBER ONGENAE, PREVENTION SERVICES FACILITATOR AT: AONGENAE@SAGKEENGCFCS.CA OR (204) 945-0000 EXT:2046




SAGKEENG CHILD & FAMILY SERVICES INC.



Lockport Dam  
"Channel Cat Fish Capital of the World"



## Fishing/Boating Days

Selkirk/Lockport Dam  
10am to 3:30pm


Prevention Service is Booking Cat Fishing/Pontoon Days for Children and Youth, Biidaaziway Gamik Youth and Mentors, Families and Mom/Dad Trips. Lunch will be served on the boat. Fishing Supplies provided.

A safety meeting starting at 10am will be held with group before proceeding onto river.


\*\*\*Tentative Schedule\*\*\*

Please Register with Kyle

- June 14—Biidaaziway Gamik Youth and Mentors
- June 19—Biidaaziway Gamik Youth and Mentors
- June 27—Children and Youth Open Registration
- June 28—Children and Youth Open Registration
- July 7—Open Registration Families



\*\*Please arrange for transportation to Selkirk Park Docks for 10am\*\*



Contact: Kyle Copence Prevention Service Facilitator  
kscopence@sagkeengcfs.ca | p| 204.949.1649

## Michim Chimachiitowiin (Meals to Go)



**MEAL PREPPING WORKSHOPS**

**When** June 29th, July 25th, & August 15th 2023 from 12:30-3:30pm

**Where** 90 Sinclair Street Winnipeg, MB R2X 1X1

Learn practical meal prepping strategies while cooking delicious dishes in a community learning kitchen with Prevention Services! Participants will be able to take home what they cook to feed their families. As space is limited, registration required.

TO REGISTER CONTACT AMBER ONGENAE, PREVENTION SERVICE FACILITATOR AT: AONGENAE@SAGKEENGCFCS.CA OR (204) 949-1649 EXT: 2046

Transportation and Childminding supports available.



SAGKEENG CFS PRESENTS

BACK TO SCHOOL

BBOQ



TUESDAY AUGUST 29  
SAGKEENG TREATY GROUNDS  
&  
THURSDAY AUGUST 31  
KILDONAN PARK



11:00 - 1:30



FREE BACKPACK OR BINDER WITH SCHOOL SUPPLIES



LIMITED SEATING  
FEEL FREE TO BRING YOUR OWN CHAIR OR BLANKET

PRIORITY TO BAND MEMBERS

1 BACKPACK OR BINDER PER CHILD WHILE SUPPLIES LAST  
-CANNOT CLAIM BACKPACKS FOR CHILDREN NOT IN ATTENDANCE-



# Alternative Care Unit

**Our Alternative Care Department is actively recruiting culturally appropriate Care Providers for our children in care.**

## HOW TO BECOME A CARE PROVIDER WITH OUR AGENCY:

If you believe you have the commitment to provide a safe, nurturing, and loving home to children outside of your family circle, please contact our Alternative Care Unit, and we will be happy to answer any questions you may have.

The intake process to become a care provider consists of a series of questions that relate to your family dynamics, employment, experience, space available for children, and any other presenting circumstances.

All applicants are required to provide a current Criminal Record Check and a Child Abuse Registry Check.

For further information, please contact the Alternative Care Unit admin at 204-367-2215 or 204-949-1649.

### LOVE | EAGLE

#### Eagle Spirit – Zhawenjigewin: Love

The Eagle Spirit tells us that love comes with peace and is unconditional. When people are at their lowest is when they need love the most.





# Alternative Care Training for Care Providers

## safeTALK Training (Suicide Prevention)

**Facilitator:** Fiona England

Everyone can help prevent suicide. Being ready could save a life. This training will help you to learn to reach out to someone thinking about suicide, overcome attitudes that act as barriers to help, talk openly about suicide, and connect with further support. Learn the TALK model through discussion, skills practice, and video examples.

**Dates:** June 22, 2023, 9:00am-4:00pm-Sinclair Park Community Centre, 490 Sinclair St.,  
Winnipeg, MB

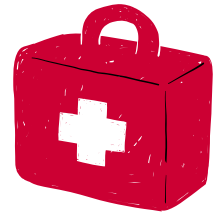
August 21, 2023, 9:00am-4:00pm-Sagkeeng, Family Enhancement Building,  
Lot 27 Northshore Rd.



## First Aid/CPR

**Facilitator:** Ron Ducharme, Core First Aid & CPR Training

Core First Aid & CPR Training offers training programs that empower individuals and communities to save lives and improve health and safety standards. They are a certified Canadian Red Cross training partner and have delivered first aid and CPR courses since 2010. Their courses offer the latest first aid and CPR guidelines and meet legislation requirements for provincial/territorial worker safety and insurance boards. Additionally, the participants will be more prepared to help someone in need, which keeps communities safer.



**Dates:** July 28, 2023, 9:00am-4:00pm—Sagkeeng, Family Enhancement Building,  
Lot 27 Northshore Rd.



## Understanding & Supporting Challenging Behaviours

**Facilitator:** Rossana Astacio

SCFS wants to support and help care providers be successful while caring for our children and youth. The training will help guide and teach care providers how to reduce challenging behaviors. This two-day training will explain how to create behavior tracking and behavior plans, and why these are useful.

**Dates:** August 15-16, 2023, 9:00am-3:00pm—Sagkeeng, Family Enhancement Building,  
Lot 27 Northshore Rd.

**\*\*Lunch will be provided for all training sessions**

If interested in attending any training, please contact Jenelyn at [jzaballero@sagkeengcfs.ca](mailto:jzaballero@sagkeengcfs.ca) or 204-949-1649 at your earliest convenience to register for any training. Spots are limited.

# Available Grants

Through funding offered by the Province of Manitoba, the Southern First Nation's Network of Care has provided a grant called "Supports to Young Adults". These funds are being provided for the purpose and intent of continuing to provide supports and services to young adults.

Those eligible must have been provincially funded and:

- 1) under a Voluntary Surrender of Guardianship or a Permanent Order when they aged out of care and are currently between the ages of 21 and 26; or
- 2) been under a legal status other than Permanent Order and are currently between the ages of 18 and 26.

These funds can be accessed for a variety of supports including but not limited to independent living costs, special needs including elder and cultural services, medical costs, other transportation, and identification.

If you have any questions and to see if you are eligible for this grant, please email [grantrequest@sagkeengcfs.ca](mailto:grantrequest@sagkeengcfs.ca) or call the office at (204)367-2215 or (204)949-1649 and leave your contact details.



Please contact **Sagkeeng Health Centre** for information on any programs (204) 367-9990

**Medical Transportation:** (204) 367-9442

**Medical Clinic - Dr's Office**  
Phone: (204) 367-2208

**Headstart :**  
(204) 367-2716

## Sagkeeng Community Resources

### Jordan's Principle

Office Phone: (204) 367-2247

Fax: (431) 317-0712

Jordan's Principle Manager -  
Evelyn Gudmundson

Email:  
[evelyn@sagkeenghealth.com](mailto:evelyn@sagkeenghealth.com)

### Jordan's Principle—Little Star Lodge

**Hamper Giveaway** (204) 367-2242

### Hope for Wellness Helpline

If you are feeling sad or distressed and want to talk, support is a phone call away  
1-855-242-3310

### Drug Free Community

Please report any suspicious active to local RCMP  
To make an anonymous tip please call Manitoba Crime Stoppers 1-800-222-8477 (TIPS)



# Graduation



## Sagkeeng Graduation



Sagkeeng Child & Family Services would like to congratulate the Sagkeeng Anicinabe High School graduating class of 2023! With 36 graduates, this is the largest graduating class in Sagkeeng's history.

### ***Sagkeeng Anicinabe High School Class of 2023***

Madison Bruyere

Naima Bruyere

Taylor Bruyere

Justice Bunn

Xylon Canard

Regis Clackin Courchene

Bradyn E.J. Courchene

Daniel John Courchene

Darius Courchene

Dyrese Courchene

Katlyn Courchene

Kyla Courchene

Morris Chase Courchene

Sage Courchene

Zoey Courchene

Zora Courchene

Mitchell Daniels

Elijah Fontaine

Isreal Fontaine

Thaydin Gilbert

Antwan Guimond

Shayelynn Guimond-

Courchene

Kylie Guimond

Aiden Harry

Jacob Henderson

Danica Laforte

Jodie Lafote

Rain MbAuly

Aundre Munro-Fontaine

Rainey O'Laney

Zachary Smith

Aiden Spence

Kainsley Swampy

Kaylem Swan

Chanel Twoherat

Kyle Tworheart Jr.

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**Sagkeeng Child & Family Services also wishes to acknowledge the following graduates for our annual agency graduation celebration:**

#### **High School Grads:**

Hailey Peebles

Ivy Walker

Kylie Guimond

Mckenzie Bruyere

Gavin LaForte

Cayden Burnet

Teegan Dean-Bruyere

Jasmine Laquette

Jerelle Henderson

Tai Kent

#### **Post Secondary Grads:**

David Starr

Tori Smith-Fontaine



**Congratulations to everyone and we wish you all the success in your future endeavors!**

# 2023 Treaty Days Agency Events



**Sagkeeng CFS Presents:**

**3-D Puzzle**

5 People a team to enter

1st prize \$1250  
2nd prize \$1000  
3rd prize \$750  
18+

- All teams registered to provide a team name.
- Registration will take place at the arena prior to event start time.
- Or call the office at 204-367-2215 to register as a team. (callers - leave name & contact number)

Date: August 3, 2023  
Start Time: 12pm to 3pm  
Inside Sagkeeng Arena Multi-Plex

**Come out and show us your problem solving skills!  
3 Hours of entertainment and fun!**

2023 Sagkeeng Treaty Days



**Sagkeeng CFS Presents:**

**Jenga Competition**

**August 2, 2023**  
**Start Time: 1:00 PM**

1st Prize	\$500
2nd Prize	\$375
3rd Prize	\$250

Teams Of 5 To Enter  
Come and test your skills

**Inside Sagkeeng Arena Multi-Plex**  
**Ages: 12-17 Years Old**

Registration to take place at the arena prior to event start time  
Or call the office at 204-367-2215 to register a team  
(callers to leave name and contact number)

# 2021-2022 Annual Report



To access our annual report online, visit <https://sagkeengcfs.ca/about/agency-reports/>