



Sagkeeng Child & Family

Newsletter

Winter 2023

The holiday season is upon us already! Time flew by as we stayed busy with summer youth camps, treaty day events, two back to school BBQ's and our recent Harvest Feast. Our mascot has been making their rounds to community events and has been a hit with the children. Based off the children's suggestions from our last year's child in care Christmas party, our mascot will be named **Marley the Migizi**. There continues to be a ton of activities for youth and families offered through Biidaaziiway Gamik Mental Wellness and our newly named, Family Wellness unit formally known as Prevention. We encourage you to visit our website frequently for posters of community incentives and programs.

In more exciting news, in August of 2023, our cohort partnership with Jordan's Principle Manitoba, was announced. As an Indigenous organization, we support the approach Jordan's Principle takes as it considers the distinct needs of Sagkeeng First Nation members, as well as providing social services that are "simple to access, timely, and minimizes the administrative burden on families."

Having the Jordan's Principle Social Service Program in a child welfare agency, is a "needs-based initiative" that further ensures "First Nations children can access the products, services, and supports they need, when they need them." This Jordan's Principle Social Service Program will be under Sagkeeng Child and Family Services' Back 2 Basics Unit, which is a separate unit not associated with the mandated services we provide. Sagkeeng Child and Family Services acknowledges this is a milestone for child welfare both in Manitoba and Canada.

At this time we want to acknowledge everyone's patience as the winter gear initiative did create an enormous influx of applications. Back 2 Basics consists of one supervisor, two workers and one admin. While Back 2 Basics processed winter gear requests they still needed to prioritize all urgent requests in a timely manner which led to the backlog. With that being said Back 2 Basics was able to ensure 1,502 children and youth were supported for winter gear this year! This unit will be providing 350 hampers Tuesday, December 5th, 2023 (please see poster for details). As Back 2 Basics continue to ensure urgent matters are dealt with please note there will be wait times for non urgent requests to be completed. For Jordan's Principle requests pertaining to Sagkeeng Nation members off reserve, please reach out to our Back 2 Basics Unit at: back2basics@sagkeengcfs.ca

P.O. Box 700
Pine Falls, MB
R0E 1M0
204-367-2215

www.sagkeengcfs.ca

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

Biidaaziiway Gamik Unit

Upcoming Programming

4 Nights of Christmas

5:00pm-7:00pm

November 2023

15 - Winnipeg

22 - Winnipeg

29 - Winnipeg

December 2023

6 - Winnipeg

Wiichii Odaminooma Abinoonjiiak - Sports & Recreation

November 2023

7 - Winnipeg

14 - Winnipeg

21 - Winnipeg

28 - Winnipeg

December 2023

5 - Winnipeg

12 - Winnipeg

19 - Winnipeg

January 2024

9 - Winnipeg

16 - Winnipeg

12 - Winnipeg



4 Nights of Christmas

Facilitator: Rayne De La Ronde

To provide two-hour, once a week, hands-on instruction to Youth, ages 12-17 years old in Christmas craft group activities in November.

Crafting activities offer numerous benefits for youth. They enhance fine motor skills, foster creativity and imagination, promote self-expression and emotional development, and encourage social interaction and collaboration, contributing to the overall growth and well-being of young people.

It is anticipated that providing this experience will assist in healthy relationship building and provide self-development opportunities that strengthen identity and develop confidence and skills.

Location: Winnipeg—69 Muir Rd



Biidaaziiway Gamik Unit

Canoe Trip - Highlight

Facilitator: Paul Boland



8 youth and 4 mentors adventured into Nopimining provincial park for a 3-day canoe trip.

Starting at Tulabi Falls, the group paddled on 6 canoes across Tulabi Lake and down the Bird River. We saw eagles and beaver dams throughout the paddle and had to portage 3 different times! The group reached the remote and tranquil Elbow Lake where the fish immediately started biting!

The youth and mentors set up camp, made dinner, and started a fire. The moon and clouds were nowhere to be found so we had a beautiful starry night.

Day 2 was spent fishing, canoeing, and exploring the land. Northern Pike, bass, and pickerel were the fish that were caught. All of the youth were shown how to filet a pickerel and the filets were fried right on shore within an hour after they were caught. The group enjoyed another beautiful starry night.

Day 3 was started by packing up the camp and preparing for the paddle home. The weather was a mixture of sun and rain, so this caused the trails to become muddy. The youth embraced the mud and the rain, pushing through all 3 portages, displaying a lot of physical strength and mental fortitude. In total, the group paddled 28 kilometers and completed 6 portages for an incredibly fun 3-day trip that immersed us in nature.



Visit www.Sagkeengcfs.ca for all upcoming programming and community incentives

Biidaaziiway Gamik Unit



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

GETS BACK2BASICS
LET'S PAMPER YOU WITH A
CHRISTMAS HAMPER



Tuesday, December 5th 2023

10:00AM- 2:00PM

Isabel Freight House - Door #6

200 Isabel Street, Winnipeg MB

**For Sagkeeng Children & Youth
Residing Off-Reserve**

Bring a piece of identification (ID)

350 Hampers EXCLUSIVE TO "262" MEMBERS!

First Come, First Serve.

One hamper per household.



Back2Basics General Inquiries:
204-583-4715

WIICHI ODAMINOOMA ABINOONJIAK
SPORTS & REC

Lace up & grab your squad! Join us for 12 evenings of:

- Volleyball - Nov 7th, 14th, & 21st
- Basketball - Nov 28th, Dec 5th, & 12th
- Traditional Indigenous Games - Dec 19th, & Jan 9th
- Indoor Soccer - Jan 16th, & Jan 23rd
- Floor Hockey - Jan 30th, & Feb 6th

- Southeast Collegiate
- 5:30 - 7:30 PM
- 1269 Lee Blvd, Winnipeg
- Ages 10 - 17 (20 Spots)

REGISTRATION DETAILS

Please Contact Keegan or Paul

kslijker@sagkeengcfs.ca

pboland@sagkeengcfs.ca



FOUR NIGHTS OF CHRISTMAS

NOVEMBER 15	CHRISTMAS SOCK DECORATING
NOVEMBER 22	WREATH MAKING
NOVEMBER 29	CHRISTMAS ORNAMENT MAKING
DECEMBER 6	COOKIE HOUSE MAKING

YOUTH 12 - 17 YEARS, SPACE IS LIMITED TO 20 PARTICIPANTS

5-7 PM - 69 MUIR ROAD

TO REGISTER:
Rayne DeLaRonde, Oshkaabewis Land Based Mentor
rdelaronde@sagkeengcfs.ca

High 5

**Connection With Peers
Leads To Courage**

Each week in this program, teens play their way through foundational skills such as...

- Using Appropriate Energy
- Expressing Needs
- Problem Solving

Symatree Farm
Equine Assisted Mentoring and Therapy

During This Program Teens Will...

- Strengthen peer relationships
- Explore their identity as an individual and within a group
- Learn about setting boundaries and maintaining healthy relationships
- Practice critical thinking and decision making

This program is designed for ages 13-17
10 spots available

January 20 - February 17, 2024
Every Saturday from 1:00 - 2:00 pm

Family Wellness

Our team continues to expand to ensure services, supports, events and program opportunities are provided to our families and community. We are mindful of the history with child and family services and work hard to try break down the perception of what our role is in the community. With that being said, we are happy to announce that our team has formally changed the name from Prevention Services to Family Wellness. Our Jordan's Principle Back 2 Basics team will also fall under Family Wellness and will continue to serve all nation members who reside away from community. Any requests to assist your family with services and supports please contact our Back 2 Basics Admin Assistant or email back2basics@sagkeengcfs.ca. For Sagkeeng members residing in the community please contact Jordan's Principle through the Sagkeeng Health Centre at evelyn@sagkeenghealth.com or by calling Evelyn Gudmundson at (204) 367-2247.

Upcoming Programming & Events

Dates to be Announced

- Family Christmas Party (ask your worker for details)
- Traditional Parenting
- Life Skills for Everyone
- Budgeting 101
- Youth Paint Night
- Sewing Circles
- Men's Retreat
- Domestic Violence

Back to School BBQ - Highlight

Our 6th annual Back to School BBQ was another great success in both Winnipeg and Sagkeeng! We handed out a total of 800 back packs and 300 binders. In Sagkeeng, 477 back packs and 147 binders were distributed. The petting zoo brought to the community was a hit. Gloria Barker and Wanda Barker performed at both locations singing Ojibwe songs for the kids and family to sing along with. Watch our website for our 7th annual BBQ in August 2024!



Visit www.Sagkeengcfs.ca for all upcoming programming and community incentives

Family Wellness



Community Zombie Walk - Highlight

Sagkeeng Child and Family Services prevention team took part in the community Zombie Walk on October 21, 2023. The team and two very helpful youth loaded 500 goody bags full of candy and toys. 300 goody bags were distributed to community members who stopped by the school dressed in their zombie outfits. The team also distributed 100 goody bags to the Jordan's Principle birthday celebration and 100 to the Elder's dance party. Fun was had by all that attended!



Fishing & Boating Days - Highlight

We spent a lot of sunny days (and even some rainy ones too) out on the waters catching cats this past summer. No wonder the Red River is considered the "Channel Catfish Capital of the World". Yet, Neveah here caught herself the fish of a lifetime when she reeled in this Sturgeon! Not too bad for her very first catch eh!



Fall Feast - Highlight

On September 21, 2023 Prevention Services hosted a feast for a changing of seasons and connecting. We opened it to the community and thank everyone for stopping by and spending time together. As life can go by fast, feasting allows us to pause, taking time to share with those you're connected to, including the changing seasons allowing us to slow everything down. When we do this, we're able to look around and really see how far we've come.



Visit www.Sagkeengcfs.ca for all upcoming programming and community incentives

Family Wellness

Reiki - Highlight



We offered Reiki sessions to Sagkeeng band members throughout the months of September to December 2023. We invited Reiki Master Jean Bird to work with community members to help them on their healing journeys.

Reiki is an energy healing technique that promotes relaxation, reduces stress and anxiety through gentle touch. Community members who took part in the sessions left with a feeling of peace and relaxation.

Harvest Feast—Highlight

Wow! This Community Harvest Feast was a success! This is our second year putting on the feast and we are happy the weather cooperated this time. So many friends and families came out to eat, dance, compete, and loudly and proudly sound out their best moose call. We want to again thank the amazing caterers of the community (Danis Bruyere, Winola Canard, Debbie Boubard, and Margaret Starr), as well as our awesome entertainment, the Dave Mousseau band, United Thunder and the Sagkeeng Anicinabe Square Dancers. This was also Kyle Copenace's second year being the emcee and he did not disappoint. We were excited to see the craft show changed locations which helped shine more light on the event. Three bucks were entered into the buck challenge; David Bird and Keith Flett formally measured the deer and selected the winners, and we acknowledged all submissions with cash prizes. We gathered a long list of Elders who we will deliver the meat to once processed by Hometown Sausage.

Southern Chiefs' Organization was in attendance and captured some photos of how amazing the day turned out to be.



Family Wellness

Pumpkin Carving Winners

This year's pumpkin carving contest received many wonderful entries and we thank everyone for participating! It was a tough competition! Enjoy the pictures of the most spooky, creative and funny winners.





Youth Summer Camp 2023



We offered a free Gun Safety Course on November 4, 2023. 10 Community members participated in 10 hours of in class and practical exam to successfully complete Non-restricted Gun PAL course.



Norman Bruyere teaches our family language classes with the help of William Canard. Attendance and feedback has been so great we will continue the classes for the Winter and Spring. See attached poster for dates.



Sagkeeng CFS Placed 2nd in the Sagkeeng Treaty Day parade!



FAMILY WELLNESS PRESENTS
**SNOW SCULPTURE
CONTEST**



ACCEPTING SUBMISSIONS NOW

OPEN TO ALL SAGKEENG NATION MEMBERS

3 PRIZES TO BE WON

PRIZES FOR MOST CREATIVE, CLASSIC AND FUNNY
BASKET FULL OF GAMES AND GOODIES
VALUED AT \$250 AND \$200 MEAT PACK

SUBMIT A PICTURE WITH YOUR SNOW CREATION AND
FAMILY TO MERISSA.WOODHOUSE@SAGKEENGCFCS.CA



CONTEST CLOSSES
MONDAY FEBRUARY 19, 2024

WINNERS WILL BE CONTACTED FEBRUARY 20, 2024

WWW.SAGKEENGCFCS.CA



Family Ojibwe Language Classes

Wednesday January 10, 2024
Wednesday January 17, 2024
Wednesday January 24, 2024
Wednesday January 31, 2024
Wednesday February 7, 2024
Wednesday February 14, 2024
Wednesday February 28, 2024
Wednesday March 6, 2024
Wednesday March 13, 2024
Wednesday March 20, 2024

ALL AGES WELCOME

5 PM - 8PM

FAMILY ENHANCEMENT BUILDING,
SAGKEENG CFS, NORTH SHORE RD.

GAMES | FOOD | PRIZES

TO REGISTER CONTACT
VERA BRUYERE AT VBRUYERE@SAGKEENGCFCS.CA
OR CALL MERISSA WOODHOUSE TOLL FREE AT 1-877-367-4020



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: Saturday, January 13th, 2024, 9:00am-4:00pm – Sergeant Tommy Prince, 90 Sinclair St., Winnipeg

Wednesday, January 31st, 2024, 9:00am-4:00pm – Sergeant Tommy Prince Place, 90 Sinclair St., Winnipeg

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: Tuesday, January 23rd, 2024, 9:00am-4:00pm – Sergeant Tommy Prince Place, 90 Sinclair St., Winnipeg

The Kinship and Foster Family Network of Manitoba

Facilitator: <https://kffnm.ca/education/>

“Kinship and foster care skill development is an important service the network provides to Manitoba kinship and foster care communities. The Network provides facilitated skill development educational series to support best care practices. KFFNM educational series provided can be found in the current KFFNM Training Synopsis. KFFNM reaches out to communities of kinship and foster parents to engage in our skill development series. Educational series are also offered through partnership with Child and Family Service agencies and non mandated organizations.”

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

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

Alternative Care Training for Care Providers

Opioid Poisoning Response Training Program

Facilitator: St. John's Ambulance

St John Ambulance's Opioid Poisoning Response Training Program (OPRT) provides a trauma-informed and de-stigmatized approach to opioid poisoning awareness. The program consists of a 2-hour course delivered in a virtual classroom, which includes information on:

- Stigma & harm reduction
- How to respond to an opioid poisoning
- How to administer nasal naloxone
- Self-care after a traumatic event

Participants who complete the course are eligible to receive a nasal naloxone kit for use in an emergency situation. Naloxone is a medicine that rapidly reverses the effects of opioids on the brain. It is an important tool that can save the life of someone experiencing an opioid poisoning.

Please reach out to your Alternative Care Provider with any questions. Please select your preferred class date at the link provided and input the required contact information in order to reserve a seat.

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: TBD - 2 hour virtual training - Web conferencing details provided upon confirmation



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

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

Available Grants

Supports to Young Adults

For the second year, through funding offered by the Province of Manitoba, the Southern First Nation Network of Care has provided a grant called 'Supports to Young Adults'. These funds are provided 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. Had 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 or call the office at (204)367-2215 or (204)949-1649 and leave your contact details.

Community Supports Recovery Fund

Through funding offered by the Community Supports Recovery Fund by the United Way, the Biidaaziiway Gamik unit is offering R.O.A.R. (Reach Out and Respond). This group therapy is offered to students within the elementary and junior high schools. Facilitating group therapy will prevent a wait list for services by Biidaaziiway Gamik and will support timely and accessible mental wellness services. This supports the prevention work of SCFS in maintaining the family unit.

The Children's Aid Foundation of Canada

The Children's Aid Foundation of Canada continues to support Sagkeeng Child and Family Services in a variety of ways. This includes:

- **Back to the Land:** This grant supports the delivery of outdoor, land-based programs to connect children, youth, and families to their Indigenous identities, community, and cultural traditions. With this, children and youth will be empowered to become future Indigenous leaders able to pass down generational knowledge, tied to their connection with the land and water.
- **Health and Wellness:** This grant supplements basic government-funded health care and assists to cover medical and health-related costs for children and youth impacted by child welfare, ensuring access to necessary medical treatments and other services that support positive health outcomes and wellbeing.
- **Ignite the Spark:** This grant provides funding for enrichment activities through athletic pursuits, the arts, cultural activities and recreational activities that will give children and youth the opportunity to spark their interests and to nurture the spark they may discover.
- **Journey to Wellness (Youth Mental Health Fund):** This grant supports the mental wellness of youth between 16-29 and promotes the attainment of education and employment.

Additional grants are being pursued and conversations are underway to bring them to fruition. Stayed tuned!



Canadian
Red Cross



United Way
Centraide
Canada



CHILDREN'S
AID FOUNDATION
OF CANADA

2022-2023 Annual Report

To access our annual report online, visit:
<https://sagkeengcfs.ca/wp-content/uploads/2023/09/Sagkeeng-CFS-Layout-2023-8th-Draft.pdf>



Sagkeeng CFS Annual Report 2022-2023

How to Scan this QR Code and download a digital copy of the Annual Report:

1. **Get Ready:** Ensure you have a smartphone with a camera.
2. **Open Camera:** Use your camera app or a QR scanner app.
3. **Point & Scan:** Aim at the QR code until it's recognized.
4. **See Result:** The code will direct you to the digital version of the report.



SCFS Office Closures

Monday, December 25,
2023 – Christmas Day

Tuesday, December 26
2023 – Boxing Day

Monday, January 1, 2024
– New Year's Day



Sagkeeng Community Resources

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

Jordan's Principle

Office Phone: (204) 367-2247

Fax: (431) 317-0712

Jordan's Principle Manager -
Evelyn Gudmundson

Email:
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 activity to local RCMP

To make an anonymous tip please call Manitoba Crime Stoppers 1-800-222-8477 (TIPS)

Board of Directors

Donna Sais

Charles Courchene

Steve Courchene

Harold Fontaine

Ron J. Fontaine

Executive Director

Frank Daniels

Fun Zone



WINTER Word Search



T E O G S V S N O W M A N B J
 H F S S S S W E A T E R P L F
 O R O L D N C O L D U R L A W
 T E A S O Q O A G E M X E N Q
 C E C Z B L A W B G I F A K E
 H Z Q L X L L U P G T E R E K
 O I U S W Y I S M N T N M T K
 C N J O C G E Z X O E E U D E
 O G B T G T L B Z G N F F H D
 L K M T A W J O F A S R F Z J
 A B U K B Y S O V L R C S X F
 T Z S F V E I Z E E G D C R G
 E H I N L S Z C E P S I A J G
 I S I C U G I U I R X C F R C
 A W L A C O G K W T S V P T Z



WORD LIST

BLANKET	EARMUFFS	GLOVES	MITTENS	SNOW
BLIZZARD	EGGNOG	HOT CHOCOLATE	SCARF	SNOWMAN
COLD	FREEZING	ICE	SKATES	SWEATER

SUDOKU

	7		4	2			1	
3			5		6		8	4
					9	2	5	
		3			2	4		
2			7	4	1			5
		1	3			9		
	8	6	2					
9	5		6		8			2
	3			5	7		9	

Coloring Contest

To enter:

- Color the picture on the following page
- Take a picture and email it to merissa.woodhouse@sagkeengcfs.ca

OR

- Drop it off at the office (Winnipeg or Sagkeeng)

*Submissions are due Feb 1, 2024

WIN \$100
GIFT CARD TO
WALMART!

Winners will be announced in the next newsletter.

WINTER

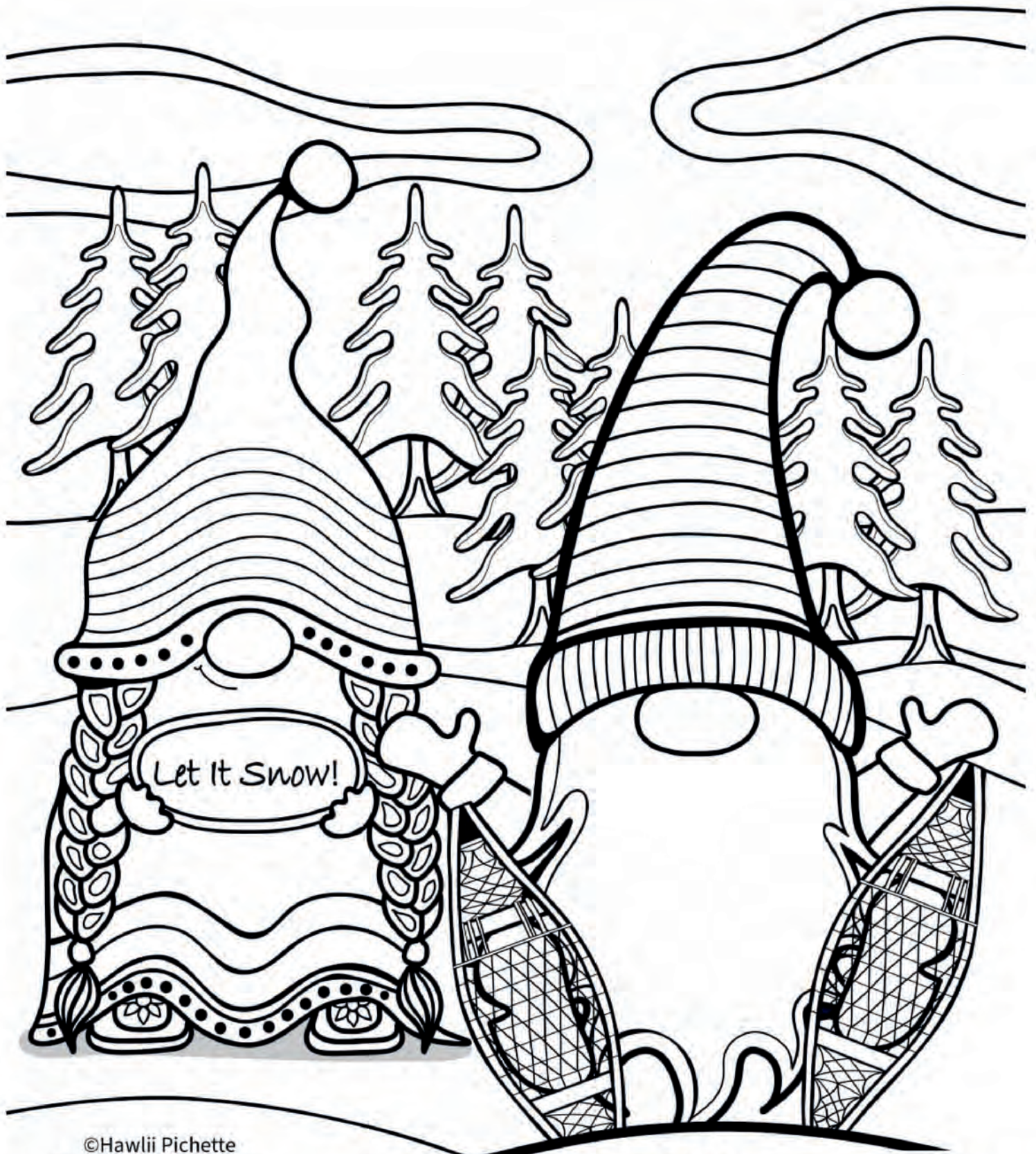


ACROSS

- soft, white pieces of frozen water that falls to the ground
- opposite of hot
- to move on snow with long narrow strips attached to the feet
- footwear in the winter
- Dress warm so you don't _____
- children like to throw one of these
- "The snow is 2 feet _____"
- the coldest season of the year
- frozen water
- "We like to go _____ on the pond in the winter."

DOWN

- the color of fresh snow
- a piece of clothing worn to keep warm
- "The temperature fell _____ zero last night."
- a covering to keep the head warm
- an outdoor winter toy for kids to slide down snowy hills
- Be careful not to _____ and fall on the ice.
- special shoes for ice
- a model of a person made with snow
- in the winter, the roads can be _____



©Hawlii Pichette
www.urbaniskwew.com

Name: _____

Age: _____

Phone #: _____

Winter Solstice

Winter Solstice

By: Amber Ongenae & Theresa Fontaine

For many Indigenous cultures, winter is a time to connect with the spirits of the past. It's amazing how life connects different things in such beautiful ways, one of my favorite examples is the way the Winter Solstice connects us to the sun. Every year in December, we welcome the sun back into our lives with joyous festivities and celebrations. The Winter Solstice gives us the chance to reconnect with our natural selves, explore our inner worlds, and appreciate all of creation. By taking some time to reflect, tell stories, and honor the world around us, we can strengthen our connection to everything and everyone.

And let's not forget the magic of the Winter Solstice! It marks the beginning of longer days and more sunlight. So, let's all take a moment to appreciate the beauty and wonder of the Winter Solstice and all the connections it brings into our lives.

Mina Boon N'tam Giizhigad
(Happy Winter Solstice Day)

