

Sagkeeng Child & Family

Newsletter

Spring 2024

Happy New Year! Time flies when you are enjoying the weather! Winter is almost over, and we are launching into our 2024 programming for Sagkeeng Family Wellness. We had a fun December with community members who took part in our Christmas Feast and Family Festive Activities. Thanks to all the members who took part, your participation makes the events memorable. Family Wellness is excited to reconnect with families and community members and see what the new year has in store for all of us. The family wellness team has been busy planning and preparing for upcoming events in our community. We hope to see you at our events, check out the upcoming events page and our website, there may be something that catches your interest.

Miigwetch



Spring "Ziigwan" is a time for new beginnings and regrowth.

The arrival of spring is always a reason for celebration. The days grow longer, the weather becomes warmer, and the snow begins to melt. For people, this is also a time to celebrate new beginnings. It is a time to put away the winter blues and enjoy the freshness of the season. In fact, the longer the sun stays up, the happier people feel. So, be sure to get enough sunlight come springtime. On Behalf of the Sagkeeng CFS, we send warm greetings for the months ahead. Happy Spring! Ziigwan!

SCFS Office Closures

Friday, March 29, 2024 –
Good Friday

Monday, April 1, 2024 –
Easter Monday

Monday, May 20, 2024 –
Victoria Day

A colorful graphic with the words "HELLO SPRING" in large, multi-colored letters. The letters are decorated with small floral and leaf patterns. The background is white with faint floral motifs.

Biidaaziiway Gamik Unit – Highlights

JETS GAME



ICE FISHING



DEER HIDE

Tanning





SUMMER PROGRAMMING

COMING
SOON

COME AND JOIN US!!

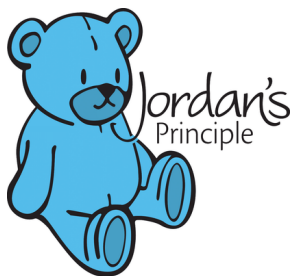
- Connect with SCFS staff to hear about our upcoming programs.
- Talk to your worker, if you're ready to receive mental health services.
- Check our SCFS website for more information



Family Wellness

Jordan's Principle Back 2 Basics

Sagkeeng Child and Family Services (SCFS) Jordan's Principle, Back 2 Basics ("B2B") continues to steadily respond to the unmet needs of children and youth nation members residing away from Sagkeeng First Nation community. Application forms are available by request via phone, email or printing from our website. To request please email back2basics@sagkeengcfs.ca or call and ask to speak to a B2B worker at SCFS Winnipeg office 1-888-761-5897. We are currently working on our application form being fillable online for your convenience. Check our website in the near future to submit directly from there.



Upcoming Programming

Babysitting Course

April

6 - Winnipeg
27 - Sagkeeng

Women's Wellness Circle

April

17 - Winnipeg
24 - Winnipeg

May

1 - Winnipeg
8 - Winnipeg
22 - Winnipeg
29 - Winnipeg

June

4-6 - Sagkeeng

Medicine Harvest

April

16 - Winnipeg
23 - Winnipeg
30 - Winnipeg

Traditional Parenting

May

7 - Winnipeg
16 - Winnipeg
28 - Winnipeg

Moosehide Campaign

May

16 - Sagkeeng

Women's Wellness

Retreat, Sandy
Saulteaux Spiritual
Centre

May

14-17 - Beausejour

Medicine Making

May

29 - Sagkeeng

Information Booth

May

30 - Sagkeeng

Men's Wellness Circle

June

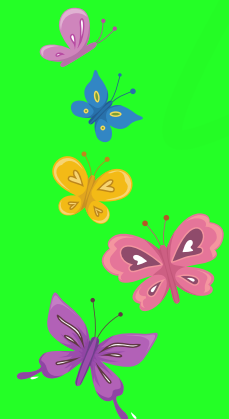
11-13 - Sagkeeng

Summer Solstice

Event

June

21 - Sagkeeng



Family Wellness – Upcoming

Babysitting Course

Remember when you had to babysit? Not sure if you ever had to experience watching a child while you yourself were a child but I remember feeling overwhelmed being the only one in leadership of a kid or multiple kids at one time. This is one of the reasons we are providing youth with the opportunity to learn about the responsibility of watching children and what it means to oversee something.

With this babysitting course, young leaders will have the chance to learn how to be in charge, look after one or more children, and prevent accidents, choking and other hazards from happening. Families will be able to trust and rely on babysitters for safety of their family and home when they need to be away for a while.

These young people will be learning quality material from experienced facilitator Ron Ducharme of CORE training First Aid/CPR. Ron is specialized in handling important subject matter and teaches in a way that young folks can understand and tolerate. The course time frame is all day. Sessions are offered in both Sagkeeng and Winnipeg.

We are happy to be part of hosting this training for young Sagkeeng Youth and look forward to seeing how many youths we sign up. We are excited to help with this initiative and to partner with Sagkeeng High School to have the meeting at their location. Also, thank you to Sergeant Tommy Prince place in Winnipeg which will post the Winnipeg sessions. Thank you to all shareholders and community members for making this happen.

Dates: April 9, 2024, 9:00 am to 4:00 pm, Sagkeeng High School

April 27, 2024, 9:00 am to 4:00 pm, Sergeant Tommy Prince place, 90 Sinclair St.

Spring Cleaning Contest

Family Wellness brings you a little Community Clean-Up Contest!

To enter, simply spruce up your yard by clearing away any trash and debris. Then, capture the transformation with a before and after photo of you and your family in your yard. Send your entries to familywellness@sagkeengcfs.ca by Monday, April 15th.

Prize includes a BBQ with a full propane tank and \$100 meat pack!

The lucky winner will be contacted by Friday, April 20th, and announced in our Summer Newsletter.

Let's beautify our community together!

**If the weather does not cooperate, we will extend the deadline if needed.



Family Wellness – Highlights

Family Festive Day – Highlight

Family Wellness hosted a family festive day to celebrate and welcome the new year. The festive fun began with a family activity which included goal setting and visions boards. The families had fun posing for pictures which were then printed out and used for the family goal setting activity. The families also had time to reflect on the past year and share meaningful memories. The families enjoyed crafting, playing games and bonding over a festive lunch. It was a fun day, with good laughs and good stories. Gigawabamin menawaa- We will see you again. Happy 2024!



Christmas Craft and Wrap – Highlight

At Family Wellness, we're all about adding that extra sprinkle of magic under your Christmas tree. There's something truly special about gifts handmade with love, wouldn't you agree?

Last December, we hosted a Christmas Craft & Wrap event where youth were invited to come craft personalized gifts and wrap them with finesse. We are already planning to bring back the festive fun again next year, in collaboration with the community high school.

Stay tuned for our Winter 2024 Newsletter, where we'll unveil the dates for next year's festivities!



Valentine's Day – Highlight

This Valentine's Day, Family Wellness selected single parents to receive a heartfelt Valentine's themed gift. Each gift included delectable chocolates, a fun Valentine's themed craft to enjoy, a beautiful rose, and a card personally signed by Family Wellness facilitators.

We extend our sincerest gratitude to them for their unwavering dedication to their families. To be considered for next year's special recognition, all you need to do is participate in any of our community contests, events, and programs!

Let's continue spreading love and support throughout our community together!

Family Wellness

Coloring Contest Winners

Announcing the three \$100.00 Walmart gift card winners from the Winter 2023 Newsletter Coloring Contest! Elanor, Age 7, Antoine, Age 10, Tylor, Age 18+



We especially liked the “Keep Calm I’m From Sagkeeng” and “Every Child Matters” sweaters. Looking forward to seeing you all participate in our Spring Cleaning Contest, best of luck!

SAGKEENG FAMILY WELLNESS

FAMILY CAMPING ADVENTURE

ACTIVITIES:

- Outdoor games
- Nature Walks
- Swimming
- Storytelling
- Nature Scavenger Hunt
- Family Activities

JULY 23-26 2024

FOR MORE INFORMATION:
204-367-2215
familywellness@sagkeengcfs.ca

**Location: Gull Lake, Manitoba
Accommodations and Meals paid**

Family Wellness Presents

SPRING CLEANING Contest

NOW ACCEPTING SUBMISSIONS

CONTEST CLOSSES APRIL 15 AT 4:30 PM

To participate: e-mail before and after photos of your yard to familywellness@sagkeengcfs.ca

Winner will be emailed and called to arrange delivery of their prize.

Prize Includes A Brand New BBQ With A Full Propane Tank + \$100.00 Meat Pack!

Women's Wellness Retreat

MAY 14-17, 2024

Sweat Lodge Ceremony
Alleviates and eases tension by going beyond and connecting all aspects, of self mind, body, spirit, and soul for wellness.

Cedar Bath
Relax and indulge in activities that heal the soul. Full body massages with a registered therapist, facials, and daily yoga. Guided meditation, and art therapy.

Breath Workshop
Nature walks, traditional crafts, and an opportunity to explore various modalities for healing at a beautiful Spiritual Center with all expenses covered.

SANDY SAULTEAUX SPIRITUAL CENTER BEAUSEJOUR, MANITOBA

TO REGISTER
familywellness@sagkeengcfs.ca to register
*Registration open to 18+ adult 262 members

Family Wellness Presents



SAGKEENG CHILD & FAMILY SERVICES INC.

BABYSITTING

Course



Ages 11 to 15 years old

LOCATION
Sergeant Tommy Prince place 90
Sinclair Street

DATE AND TIME
Saturday, April 27 2024
9:00 AM to 3:30 PM

REGISTER NOW

Contact Sheena Girouard by email
sgirouard@sagkeengcfs.ca
or call 204-367-2215

Learn to develop:

- * First Aid Skills
- * Child Management Skills
- * Leadership Skills
- * Professional Conduct

Material and Snacks
Provided

Family Wellness Presents



SAGKEENG CHILD & FAMILY SERVICES INC.

BABYSITTING

Course



Ages 11 to 15 years old

LOCATION
Sagkeeng Anicinabe High School

DATE AND TIME
Tuesday, April 9, 2024
9:00 AM to 3:30 PM

REGISTER NOW

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Learn to develop:

- * First Aid Skills
- * Child Management Skills
- * Leadership Skills
- * Professional Conduct

Material and Snacks
Provided

Post Majority

Post Majority Services

In August 2023 Sagkeeng Child and Family Services added a Post Majority Unit to the agency. This unit began with three Post Majority Workers, an Administrative Assistant and Post Majority Supervisor. In late January 2024 three Young Adult Navigators were added to the Post Majority Unit. The Post Majority Team works with some youth transitioning to adulthood with a focus on providing service to young adults up to the age of twenty-six.

The Post Majority Team collaborates with the young adults to assist in meeting their basic needs and walking alongside as they work towards achieving their self-identified goals. This can include assistance to obtain identification, secure housing, find employment, access EIA, work on money management, accessing parenting resources, complete their high school education as well as applying for and obtaining funding for post-secondary education. The Post Majority Team also assists individuals who qualify to become connected to adult support programs such as Community Living disABILITY Services and to be reconnected if they lost touch with their assigned support. The Post Majority Team helps with emergency groceries, clothing, medical costs, mental health, and cultural supports. The Post Majority Team empowers young adults to further develop their independent living and life skills as well as their problem-solving abilities as issues arise and strive to ensure young adults do not feel alone.

The Post Majority Team continues to connect with individuals that are eligible for support and provide them with the opportunity to voluntarily engage with the team if they would like to. The Post Majority Team strives to meet the individual where they are at and can assist on a short term or longer-term basis.

The Post Majority Team looks forward to continuing to provide support to each youth and young adult as they move towards their dreams.

Young adults qualify for Post Majority support if they were a child in care with Sagkeeng Child and Family Services when they reached the age of majority and are under the age of 26. Young adults under the age of 26 that have been discharged from care can request support from the Post Majority Team by calling the agency at (204) 949-1649 and asking to speak with the Post Majority Supervisor.

This past Valentines Day the Post Majority Team spent their day delivering care packages to young adults to provide household necessities, treats and gift cards for food. It is hoped that delivering on this day they also felt loved and cared for.

Stay tuned to hear more of the adventures of the Post Majority Team!
Jayne, Meghan, John H., John C., Nick, Cory, Cindy, Chelsey



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



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

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.”

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

Training and Development

Training and Development Update

There have been some exciting partnerships developed in the past few months, which has enabled Sagkeeng Child and Family Services to build further capacity as an organization as well as being able to further support the community and those we serve.

In December 2023, Sagkeeng Child and Family Services became an associate member of Bioscience Association of Manitoba. Through this partnership, BAM provides subsidization of training costs therefore allowing SCFS the opportunity to offer additional culturally relevant training to staff and care providers. We are very excited to see this partnership grow for years to come.



In January 2024, Sagkeeng Child and Family Services was honoured to be announced as a recipient of the Bell Let's Talk Diversity Fund. With the generous funds of \$100,000 over five years, our wellness unit, Biidaziiway Gamik, will be offering the Bounce Back program to the community members we serve as a new service and the Family Wellness Unit will be offering the Living Life to the Full program. 'Based on the principles of cognitive behavioural therapy, BounceBack helps adults and youth who are experiencing mild-to-moderate anxiety or depression,

or may be feeling low, stressed, worried, irritable, or angry. The Living Life to the Full program provides help for people dealing with everyday life challenges, and connects participants with skills for problem solving, self-management, and coping with stress. The agency continues to work in partnership with the Canadian Mental Health Association both in Manitoba and British Columbia to adapt these programs to be more culturally relevant and appropriate.

In February 2024, the Children's Aid Foundation of Canada awarded \$76,500 over three years through the Scotia Safe at School grant. These funds will be used to provide tutoring supports, incentives, and support funds for students. Once the details are confirmed, further information will be made available.

In March 2024, Children's Aid Foundation of Canada will provide funds to allow Caring Dads facilitator training for staff from the Health Centre and Sagkeeng Child and Family Services. In April 2024, they have pledged \$111,368 over three years through the Safe At Home grant. The funds will be used to grow the community partnership to promote the Caring Dads 17-week program, which aims to better include fathers, who have used violence, in efforts to enhance the safety and well-being of their children.

Current Grants

As noted in the fall newsletter, additional grants currently available include:

Back to the Land

We are in the third of four years whereby \$60,000 has been pledged by the Children's Aid Foundation of Canada. This grant is overseen by elder Debra Courchene and 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.

Supports to Young Adults

This is funded by the Province of Manitoba through the Southern First Nation Network of Care for the purpose and intent of continuing to provide support and services to young adults. Those eligible must have been provincially funded and:

- 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.
- Has 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. Please reach out to the Post Majority Team if you have any questions.

Reach Out and Respond (R.O.A.R)

The Community Services Recovery Fund is a \$400 million investment from the Government of Canada to support charities and non-profits as they focus on how to adapt their organizations for pandemic recovery. This fund is being delivered through three National Funders - Canadian Red Cross, Community Foundations of Canada, and United Way Centraide Canada. This allows the Biidaaziiway Gamik unit to offer group therapy to students within the elementary and junior high schools. This prevents a wait list for services by Biidaaziiway Gamik and will support timely and accessible mental wellness services, which promotes the prevention work of SCFS with maintaining the family unit.

Journey to Wellness (Youth Mental Health Fund)

We are in the final of three years where \$105,000 has been pledged by the Children's Aid Foundation of Canada. The purpose of this fund is to support the mental wellness of youth between 16-29 transitioning from care and to promote the attainment of education and employment.

Current Grants

Health and Wellness

We are in the second year of three whereby \$45,000 has been pledged by the Children's Aid Foundation of Canada. The purpose of this fund is to supplement 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

We are in the second year of three whereby \$30,000 has been pledged by the Children's Aid Foundation of Canada. 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.

In addition, the Crisis and Trauma Resource Institute and Bell Let's Talk have offered important trainings at no cost, which will further enhance the skills of SCFS staff. The Training and Development Unit will continue to pursue other grants to support the community of Sagkeeng First Nation and those served by SCFS. We are grateful to the funders for their trust and support in helping us move forward in a good way. Miigwetch!



Canadian
Red Cross



United Way
Centraide
Canada



COMMUNITY
FOUNDATIONS
OF 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.



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 -
Darlene Starr Courchene

Email:

jppd@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

Spring Word Search

r	v	b	t	f	i	o	p	l	l	t	p	u	l	u
r	o	p	l	a	b	u	d	c	a	t	n	u	a	u
r	h	v	u	o	e	l	n	o	m	u	k	m	u	b
t	u	l	i	p	s	n	o	m	b	u	f	b	k	o
o	r	d	p	r	c	s	s	o	a	l	l	r	o	n
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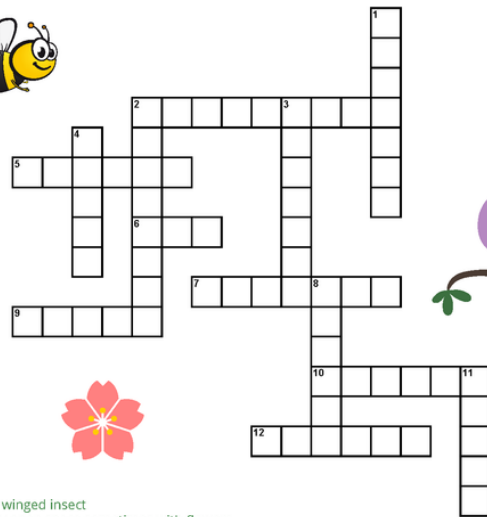


- | | |
|---------|----------|
| Spring | Clean |
| Showers | Flowers |
| Tulips | Thaw |
| Hatch | Chick |
| Lamb | Bunny |
| Blossom | Nests |
| Yellow | Warm |
| Bud | Umbrella |
| Rainbow | Bloom |

SUDOKU

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

Spring Crossword



Across

- [2] Small winged insect
- [5] Grassy open space sometimes with flowers
- [6] Word for planting seeds, you ___ seeds
- [7] April showers bring may ___
- [9] ___ migrate back north in spring
- [10] The dutch national flowers
- [12] Some people grow fruits, vegetables or flowers in them

Down

- [1] Small red insect with black spots
- [2] Grow on certain trees, cherry _____
- [3] Appears after it rains
- [4] First month of spring
- [8] Holiday during spring
- [11] You bury them in the ground to grow plants

Coloring Contest

To enter:

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

OR

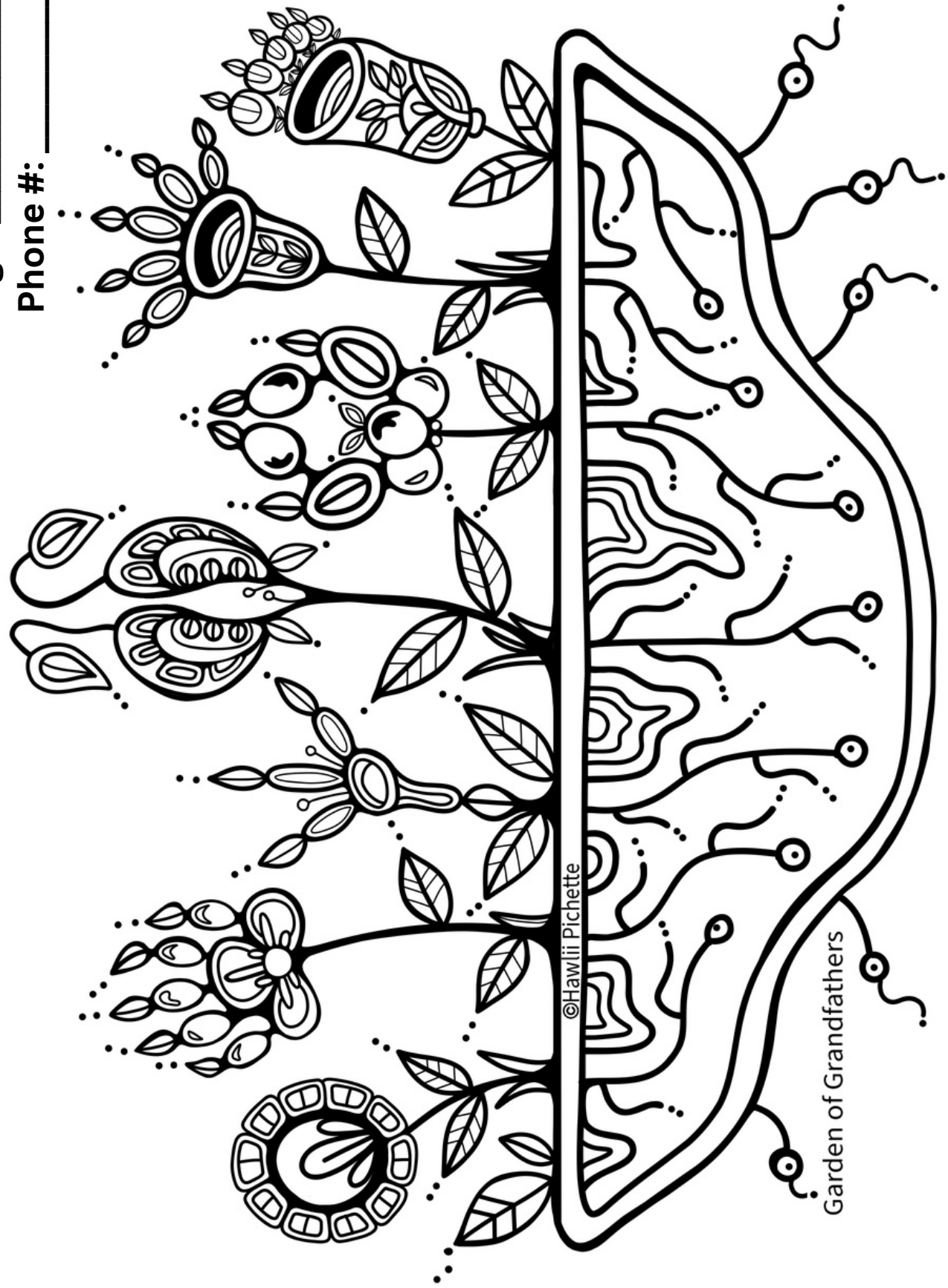
- Drop it off at the office (Winnipeg or Sagkeeng)

*Submissions are due Apr 15, 2024

WIN \$100 GIFT CARD TO WALMART!

Winners will be announced in the next newsletter.

Name: _____
Age: _____
Phone #: _____



©Hawlii Pichette

Garden of Grandfathers