

# Sagkeeng Child & Family Services

## Newsletter

### Summer 2026

Aaniin My Relatives,

Gichi Manidoo Zhawenimishin Noongom Gaagizhigag (Great Creator Bless this day). We welcome in the new season Niibiin, summer is a time of growth these are the gifts our Creator provides for all life.

We embrace the new season, a time when our new growth the seeds of life are sprouting and growing. Our sacred Nimamaa Aki is changing her dress to green. Mide Aki the sacred earth is providing nurturance for human life, plant life, animal life to grow and develop.

Our growing season where we welcome the plants, berries. This is a time to thank our Nimamaa Aki for her ability to grow life so all life on her benefits from her gifts of food and berries.

We welcome Niibiin - the summer, a beautiful full season of lifegiving.

#### SCFS OFFICE CLOSURES

**JUNE 22  
IN LIEU OF  
NATIONAL INDIGENOUS  
PEOPLES DAY**

**JULY 1  
CANADA DAY**

**AUGUST 3  
TERRY FOX DAY**

**SEPTEMBER 7  
LABOUR DAY**

**SEPTEMBER 30  
NATIONAL DAY FOR  
TRUTH  
AND RECONCILIATION**



**Find us on Facebook! Follow us for events and programming! You can find us by searching Wijiijamaaganag Minoayawin: Family Wellness**

Head Office: P.O. Box 700, PINE FALLS, MB. R0E 1M0 TEL: (204)367-2215 Toll Free: 877-367-4020

Sub-Office: 85 Muir Rd. WINNIPEG, MB. R2X 2X7 TEL: (204)949-1649 Toll Free: 888-761-5897

Sub-Office: 51 Main St. SELKIRK, MB. R1A 1P9 TEL: (204) 527-8286 Toll Free: 844-527-8286

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





**Niigaan Asemaa** has had a beautiful spring full of many opportunities to engage with our youth. These opportunities included reconnecting to land-based teachings, language and culture, traditional skills, as well as connection to spirit.

## **Mashkode Bizhiki (Buffalo) Hunt and Harvesting**

On March 26, 2026, the Niigaan Asemaa and Biidaaziway Gamik Mentor team, along with youth participants, were blessed with the opportunity to participate in a ceremonial harvesting of a mashkode bizhiki (buffalo) at the Dorge Family Ranch in Lorette, Manitoba. The teams were under the guidance of community Elders and to start in good way, the teams and youth gathered, smudged, and offered tobacco for the mashkode bizhiki. The harvest was all done in ceremony with a pipe ceremony at each step of the harvest.

Upon the harvest of the mashkode bizhiki, the herd surrounded him and one by one acknowledged his life. It was a beautiful honouring and reverence to see the herd running together afterwards.

Land based teachings are a part of our traditional way of life. It is important for our youth to understand the gift of respect, humility, and generosity. In honoring the life that was given, our youth, Elder and Staff participated in harvesting all parts of the buffalo. The hooves for rattles, the skull and the hide for ceremonial events.

The mashkode bizhiki hide and meat were respectfully prepared by the teams and youth at the SCFS Winnipeg office. This was an incredible learning opportunity for youth to participate directly in the processing of the mashkode bizhiki. The remaining parts of mashkode bizhiki that were not useable for consumption or ceremony were returned to the land in a respectful manner. The meat will be shared with community Elders and community members.

Niigaan Asemaa is extremely grateful for the gifts mashkode bizhiki has provided and harvesting knowledge shared by the Elders, staff, and youth. Niigaan Asemaa greatly acknowledges the SCFS Executive Management and community for their support on this rare opportunity for our youth to experience.

# Niigaan Asemaa



# Niigaan Asemaa

## Niizh Mashkikii – Our Second Medicine

Niizh Mashkikii is a part of Niigaan Asemaa's ongoing acknowledgment of food as a medicine and our important relationship to it. Niigaan Asemaa was honoured to host four sessions of Niizh Mashkikii in the community at the Sagkeeng High School. Every cooking class began with sharing a meal together, a smudge, and sharing circle. Youth learned how to make strawberry freezer jam, baked Bannock, perogies with ground Elk and potato/cheese; berry pizzas, and fried bannock bison tacos.





## Birch Tree (Wiigwaasaatig) Tapping

On April 27, 2026, Niigaan Asemaa along with a Biidaaziiway Gamik Mentors, and youth were blessed to have the opportunity to learn how to tap the Wiigwaasaatig (Birch Tree) for birch water (sap) with a Sagkeeng knowledge keeper in the community of Brokenhead Ojibwe Nation. We were led to a beautifully forested area. After a short walk we offered tobacco guided by our Niigaan Asemaa Elder to the Wiigwaasaatig for the teachings and birch water that were about to receive and harvest.

Our guide shared how to identify the birch tree and the importance of the birch water including the medicinal benefits that it carries. Birch water is a rich mineral water that is slightly sweet and contains manganese, magnesium, and other antioxidants. The best time to harvest the birch water is in April and there is a short time period for harvesting. Once harvested, the birch water should be frozen within a few days. The birch water can be used in the sweat lodge ceremony as medicine for the grandfathers in addition to drinking the water for health benefits.

We were able to set several taps and shown how to identify which trees were suitable for tapping. Our guide previously set several taps and the group was able to harvest birch water as it can take a few days for the taps to fill.

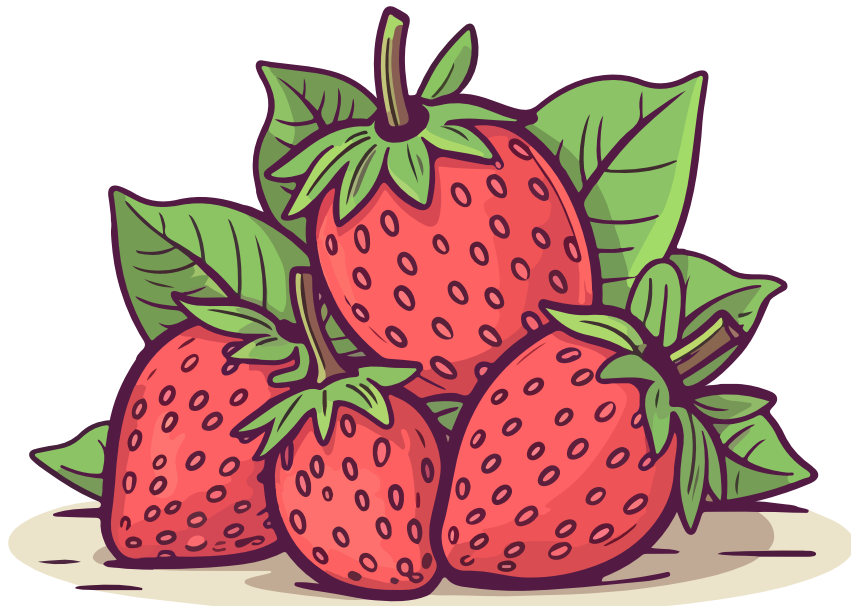
We observed an eagle, vulture, seagull, and other birds, in addition to hearing the frogs sing close by. Niigaan Asemaa was grateful for this beautiful opportunity on a sunny and cool spring day.



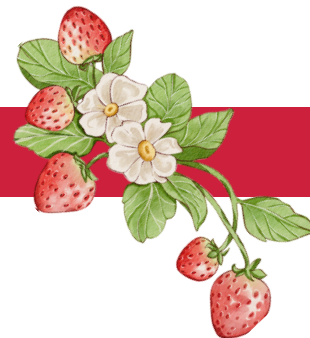
## Hand Drums

On April 21, 2026, Niigaan Asemaa facilitated a hand drum making session with staff and 8 youth. In total, 11 hand drums were made. We started off in a good way with a smudge ceremony. Teachings were shared on how to take care when making the hand drums by putting good thoughts and energy into the drums we are making. A drum is an item that is a part of your bundle. If you take care of those items, they will take care of you.

On April 28, with the guidance of a community knowledge keeper, we were able to feast and bless the hand drums made. A pipe ceremony was conducted, and we were able to bless and feast the drums. Teachings were shared on how to feast them annually, give them water, and store them in a safe space. We awakened the drums with the Bear Song and talked about how the drums have spirit and how we are honouring that. We also fed the drums strawberries. We will follow up with making drum sticks for our drums. It was a beautiful opportunity full of teachings and instilling the importance of respect and responsibility that comes with carrying a hand drum.



# Niigaan Asemaa



## Anishinaabemowin with Niigaan Asemaa

Anishinaabemowin is one of the pillars of Niigaan Asemaa. This spring, we were excited to continue hosting Abinoojiiyag Anishinaabemowin (Tiny Tots Language Learning) twice a month on Tuesdays. With the guidance of our community Elders and connection to community language speakers, we were able to facilitate hands on learning experiences for our abinoojiiyag. Classes will end on June 16, 2026 and restart in September 2026.

We also hosted the Ojibwe Circle every Monday until June 1, 2026. Class was instructed by a community member who is passionate about Anishinaabemowin and sharing the language. Participants had so much fun learning and becoming more confident in speaking Anishinaabemowin. Classes will restart in September 2026. Anishinaabemodaa!

## Culture Camps

Niigaan Asemaa hosted two spring camps. The New Beginnings Spring Camp was held on March 31 to April 2. Participants learned how to sew and create their own ribbon skirts and ribbon shirts.

The Ziigwan Gibeshiwin (Spring Camp) was an overnight camp held on May 26-28 at the Tim Horton's Camp Whiteshell location. Nineteen youth participated in the camp which focused on land-based teachings and activities, language learning, traditional skill building, and selfcare/wellness.

**Save the date for Niibin Gabeshiwin: July 7 & 8, 14 & 15, 21 & 22, 2026!**



# Transitional Program

## Message from Gikinjigwen Oshkay'aa Hub

Aaniin, we are offering programming in the Gikinjigwen Oshkay'aa Hub (Embracing our Youth) located at 329 Northshore Road. Look for our sign on the side of the building. Community members can schedule appointments with clinicians if needed or just drop by. We are open every Thursday, between the hours of 9:00 am – 4:00 pm



# Transitional Program

Program/Workshop	Date	Time	Location
Sudden Wealth	June 2, 2026	1:00 pm-3:00 pm	Gikinjigwen Oshkay'aa Hub 329 Northshore Road, Sagkeeng
CSA Settlements	June 4, 2026	9:00 am -4:00 pm	Sgt. Tommy Prince Place 90 Sinclair St, Wpg
ID Clinic	June 15, 2026	10:00 am-3:00 pm	Wijiyamaaganag Minoayawin Family Wellness & Gikinjigwen Oshkay'aa Hub 329 Northshore Road
One Pan Cooking	June 16, 2026	10:00 am-3:00 pm	Sgt. Tommy Prince Place 90 Sinclair St, Wpg
Sudden Wealth	June 17, 2026	1:00 pm-3:00 pm	Sgt. Tommy Prince Place 90 Sinclair St, Wpg
One Pan Cooking	June 24, 2026	10:00 am-3:00 pm	Wijiyamaaganag Minoayawin Family Wellness Building

**EVERY THURSDAY FROM 9:00 AM- 4:00 PM  
MENTAL HEALTH SUPPORT BY APPOINTMENT  
DROP-INS WELCOMED.**

**FOLLOW US ON FACEBOOK  
@ GIKINJIGWEN OSHKAY'AA HUB  
FOR UPCOMING PROGRAMMING!**



# Transitional Program



Gikinjigwen Oshkay'aa goal is to provide a safe space that is culturally appropriate by providing services that are centered around the physical, emotional, mental health and spiritual well-being.

There is no judgement and no pressure, just a warm and safe place where you can come be yourself and access the resources and supports you need. We are here to help!



# Transitional Program



## Share Life and Spread Hope Workshop March 30, 2026

We had a small turnout, but it was very informative for those that attended. Stories were exchanged and a video on how Indigenous people are living with a positive HIV diagnosis. A short film called “Strong Medicine” was shown, about how they are incorporating traditional values, ceremonies with their daily living to find spiritual support and balance in their lives. Reminding us that this is still a huge issue in our First Nation Communities and Winnipeg. Numbers have increased this past year, and we need to support and hold more awareness and information sessions on this topic.

## SEED Training April 27,2026 – May 11, 2026-Gikinjigwen Oshkay’aa Hub

Congratulations to the first group completing the 8-part series “Money Stories”. Training was on the following topics: goal setting & problem solving, budgeting, banking and credit. Their commitment and dedication to completing this goal for themselves was very visible watching them in their sessions. They can now take the next steps to “Saving Circle.” A program that helps them to save for their future. We will be offering another training session on this topic soon.

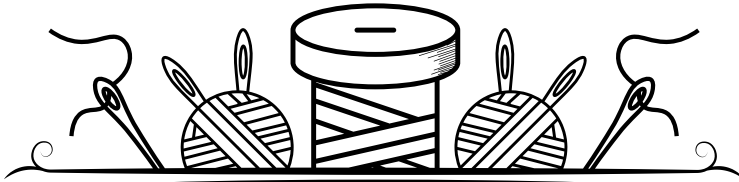


# Transitional Program

## Ribbon Skirt

On May 8, 2026, Gikinjigwen Oshkay'aa hosted a cultural teaching on ribbon skirts. We invited elder Darlene Courchene who gave a teaching on why we wear ribbon skirts and how they are used in ceremonies. She shared her beautiful stories of the ribbon skirts she brought that were gifted to her. A short presentation on "National Ribbon Skirt Day" held annually on the 4th of January, was shared.

The pre-cut kits for the skirts were very time efficient; it allowed all those that attended time to complete their skirts. A couple of them even had time to make a small purse out of their left-over material. The two helpers were very explanatory to those requesting help and explaining things on the way. It was a wonderful day to share their own stories on how they got into sewing themselves. Participants were very proud to show their accomplishments of the day, as you can see from their smiles.



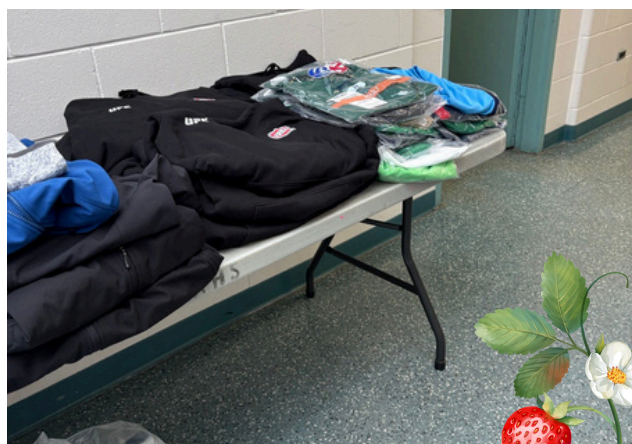
# Transitional Program



Brands for Canada and Gikinjigwen Oshkay'aa worked in collaboration with Sagkeeng High School, doing clothing drives during the lunch hour providing much needed coats, mitts, and clothing. We recently dropped off grad gowns, blazers, dress pants, and shirts for the upcoming graduates. All clothing was donated at no cost to the students. Congratulations to all of them. Looking forward to working together with our members by Embracing our Youth-Gikinjigwen Oshkay'aa!

Miigwech

Winona Swampy, Transitional Program Supervisor



# Biidaaziiway Gamik

## Mental Health Week:

On Tuesday May 12, 2026 Biidaaziiway Gamik Mental Health Intake Specialists attended Sagkeeng High School for Mental Health Awareness Week. Three presentations were held and the team provided snacks and completed some fun ice breakers to help the youth engage. Students also had chances to win door prizes which included books and journals.

“Kindness and Bullying” was delivered to grade nine and ten students while grade eleven and twelve students engaged in “Social Media and Cell Phone Use”. Family Wellness gifted the school with fifteen hygiene kits to distribute on their own accord. Thank you to the students who attended and participated! Check out Biidaaziiway Gamik’s upcoming programming!



Jordan's  
Principle

## DBT SKILLS Group



### What You'll Learn

**Mindfulness:** Stay in the moment and tune out the noise

**Emotion Regulation:** Understand and manage emotions (without blowing up or shutting down)

**Distress Tolerance:** Handle crises without making things worse

**Interpersonal Relationships:** Speak up, set boundaries, and strengthen relationships

For more information  
and to register email:

[jmiller@sagkeengcfs.ca](mailto:jmiller@sagkeengcfs.ca)

### WHO IS THIS GROUP FOR

Teenagers ages 13-15 who:

- Are struggling with intense emotions, impulsive behavior, and interpersonal challenges
- Want to learn to manage their emotions in healthy ways, gain tools for coping with stress, and improve their relationships

### WHERE & WHEN

8 Weeks  
Wednesdays 1:00 - 3:00 PM  
July 8 - September 2 (no group July 29)  
51 Main Street, Selkirk

## SNACKS PROVIDED CHANCE TO WIN PRIZES





# CAMP CONNECT

9 TO 12 YEAR OLDS



## WHEN

AUGUST 5<sup>TH</sup> AND 6<sup>TH</sup> 2026



## WHERE

51 MAIN STREET SELKIRK MB



## TIME

9:00AM TO 1:00PM

## ★ WHAT THIS CAMP IS ALL ABOUT

- Building friendships and connections
- Teamwork & communication
- Strengthening flexible thinking skills
- Creative challenges
- Games



**SNACKS & LUNCH PROVIDED**

To Register email: [soliveira@sagkeengcfs.ca](mailto:soliveira@sagkeengcfs.ca)



## THRIVE TOGETHER PARENTING PROGRAM



### ABOUT THIS GROUP

This 8 week program is designed to empower parents and care providers with practical tools, emotional support, and evidence-based strategies to manage and improve children's behavior while strengthening relationships. The program is run by our Occupational Therapist and Behaviour Specialists. *This program is open to Sagkeeng band members or those supporting children through SCFS.*

**SCFS Building**  
51 Main Street, Selkirk  
12:30pm - 2:30pm  
Tuesdays  
June 23<sup>rd</sup> to August 18<sup>th</sup>, 2026  
(except July 28th)

**FE Building**  
SCFS Office, Sagkeeng  
329 Northshore Rd.  
12:30pm - 2:30pm  
Mondays  
July 6 - August 31, 2026  
(except August 3)

Childcare and transportation available upon request (limited spots for childcare).  
Lunch provided before programming at 12:00 pm!

CONTACT SHIANNE TO SIGN UP: ☎ 204-527-8286 ✉ [scrompton@sagkeengcfs.ca](mailto:scrompton@sagkeengcfs.ca)



# DROP IN COFFEE AND PLAY

## Baby and Parents

July 16<sup>th</sup>, 23<sup>rd</sup>, August 6<sup>th</sup>, on Thursdays between 10am-12pm



### Embrace Family-Centered Care

- Self-Care skills
- Language Development
- Motor Abilities
- Social Skills

Learn New Ways to Support Your Child's Learning and Growth in a Natural Environment  
Strengthen parent-child bond

Includes: Coffee and Snacks

Make new Friends!



At Sagkeeng CFS Office 27 Northshore Rd. Sagkeeng  
For More Information Email: [acourchene@sagkeengcfs.ca](mailto:acourchene@sagkeengcfs.ca)



## LIFE SKILLS WORKSHOP

At SCFS Wijiijamaaganag Minoayawin Building  
51 Main Street, Selkirk, MB.

2 day summer workshop for youth ages 17-20 that are transitioning to independent living.

10 AM - 3 PM  
Thursday July 9<sup>th</sup> and Friday July 10<sup>th</sup>, 2026

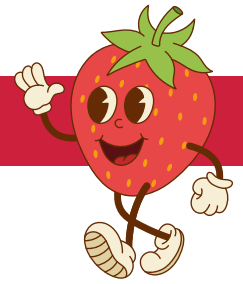
### Workshop Topics:

- Money basics for real life
- Housing and tenant survival
- Food, cooking, and self care basics
- Navigating Healthcare
- Employment and workplace survival
- Adult organization
- Relationship Boundaries and Trust

*\*Lunch Included!*

REGISTER by e-mail: [scrompton@sagkeengcfs.ca](mailto:scrompton@sagkeengcfs.ca) or call (204) 527 8286 ask for Shianne

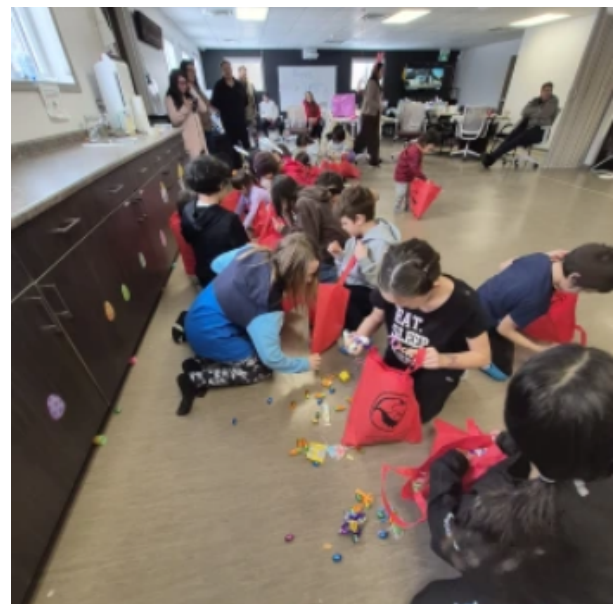
# Wijiinamaaganag Minoayawin



## Family Easter Party

Family Wellness hosted a joyful Spring Break Family Easter Party in Sagkeeng, bringing families together for a fun-filled day of games, food, crafts, and exciting door prizes. Children and youth enjoyed activities like Pin the Tail on the Bunny, egg-and-spoon races, Dance Freeze, and a lively scramble filled with candy and toys.

Families also got creative making sock bunnies and decorating Easter eggs, sharing laughter and connection throughout the day. Miigwetch to Family Wellness and Biidaaziiway Gamik staff whose hard work and support made this special event possible!

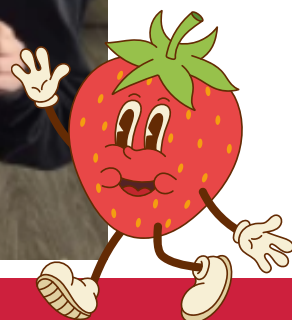


# Wijiyaaganag Minoayawin

## Kid City Event

Family Wellness hosted a vibrant two-day Spring Break event at Kid City, welcoming over 300 community members for fun, connection, and wellness. The space was filled with laughter as children played, parents connected, and families reunited, creating meaningful memories together.

Children enjoyed pizza, snacks, and refreshments while exploring all that Kid City has to offer. A highlight was seeing a Kookum laughing and playing alongside her grandbabies. Miigwetch to all staff whose care and dedication made this joyful event possible.

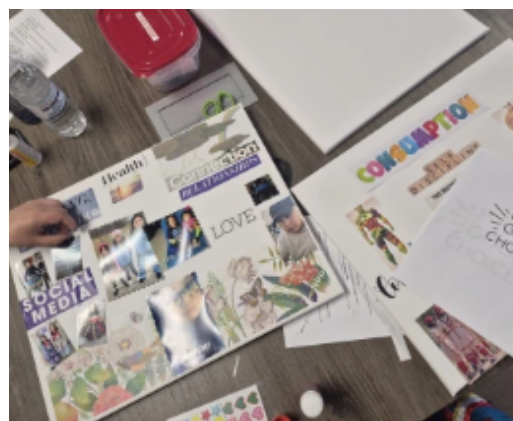


# Wijiinamaaganag Minoayawin

## Healing Support Group

Family Wellness facilitated a 10-week Healing Support Group from March to May 2026, bringing together 29 participants to support one another in their healing journeys. Through sharing circles, cultural practices, and guest speakers, participants explored topics such as addiction, coping skills, and self-care in a safe and supportive space.

Each session included hands-on activities, connection through shared meals, and lighthearted games that fostered community. The program closed with reflection, laughter, and a strong sense of hope and connection moving forward.



# Wijiimaaganag Minoayawin



## Ribbon Skirt Sewing Circle

Thirteen participants gathered for our two-day Ribbon Skirt Workshop, learning, creating, and connecting through culture. From sharing circle to hands-on sewing and heat transfer designs, each skirt reflected personal stories, identity, and pride.

The space was filled with laughter, creativity, and community, with participants leaving inspired and connected. To celebrate spring, everyone was entered into a draw for three bikes. The bikes were donated by Cycle of Giving - Manitoba Aboriginal Sports and Recreation Committee and the WRENCH Bike Shop. Miigwetch to all who made this gathering so meaningful.



# Wijiiyamaaganag Minoayawin

## Sagkeeng Ojibway Language Classes

Family Wellness hosted 34 weekly Ojibway language classes in Sagkeeng First Nation from September 11, 2025 to May 27, 2026, welcoming 25 participants who joined in learning and reconnecting with the language. The Ojibway language carries deep meaning, and the journey of learning and reclaiming it is a powerful and healing experience. Each week, participants gathered in a safe and supportive space to practice, share, and grow together.

We are grateful to our language instructor, Norman Bruyere, Elder William Canard, and Chris Mclean for sharing their knowledge and wisdom with the community. Dinner became a highlight, bringing people together through laughter and connection, while Ojibway bingo offered a fun and engaging way to build language skills. Ojibway language classes will return in Fall 2026.



# Wijiimaaganag Minoayawin

## Tree of Life Workshop

Family Wellness hosted a two-day Tree of Life workshop on May 6th and 7th, where 21 participants gathered to create beautiful Tree of Life crafts, using crystals and copper wire. The workshop offered a welcoming space for healing, reflection, and connection, as participants explored the teachings of the Tree of Life and what it represents—our roots in family, culture, and identity, our strength and resilience, and our growth, gifts, and future generations.

Participants of all ages came together in a warm and inclusive environment, enjoying time to create, share, and connect. Each day began with a smudge to help ground ourselves, followed by meaningful conversations and a shared meal. It was heartwarming to see the connections built and the creativity expressed throughout the two days.



# Wijiyaaganag Minoayawin



## Women's Support Circle

Family Wellness hosted a 10-week Women's Support Circle grounded in the Seven Sacred Teachings: Love, Courage, Honesty, Truth, Humility, Respect, and Wisdom. Each session began in circle with smudge and song, creating a safe and welcoming space for women to connect and share. Through guided discussions, participants explored topics such as trauma, healthy relationships, coping skills, emotional regulation, and personal empowerment—fostering a sense of support where each woman felt heard, valued, and uplifted.

Afternoons focused on culturally rooted art and wellness activities, including talking sticks, dream catchers, medicine bags, and artwork inspired by the teachings. These experiences encouraged creativity, reflection, and connection to culture. Strong bonds were built throughout the program, and participants shared increased confidence, new coping skills, and a sense of belonging. The program closed with a guided breathwork session, and a Sweat Lodge ceremony led by Niigaan Asemaa, offering a sacred space for reflection, renewal, and gratitude.



# Wijiyaaganag Minoayawin

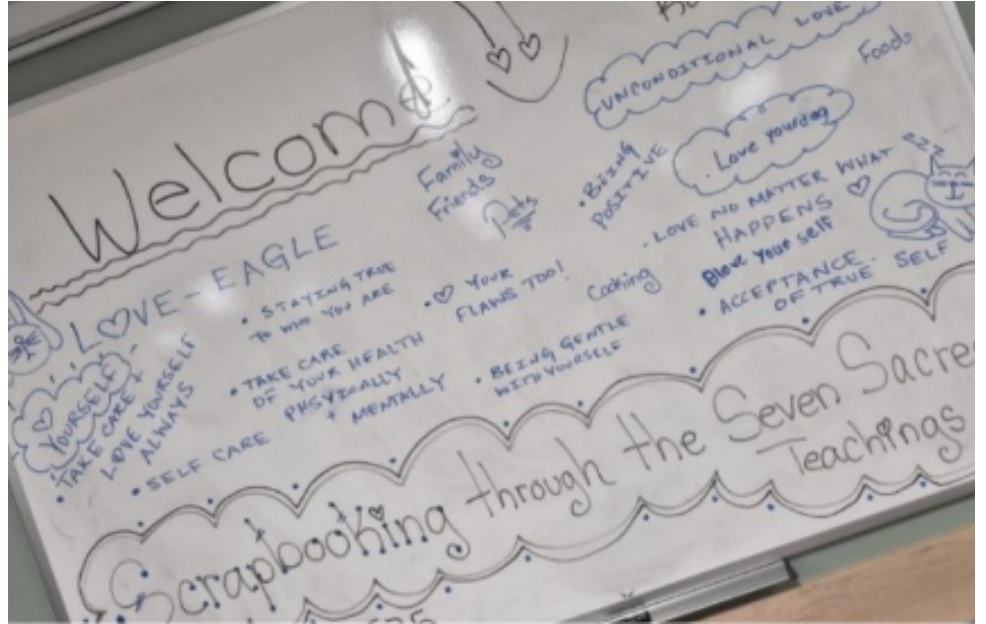
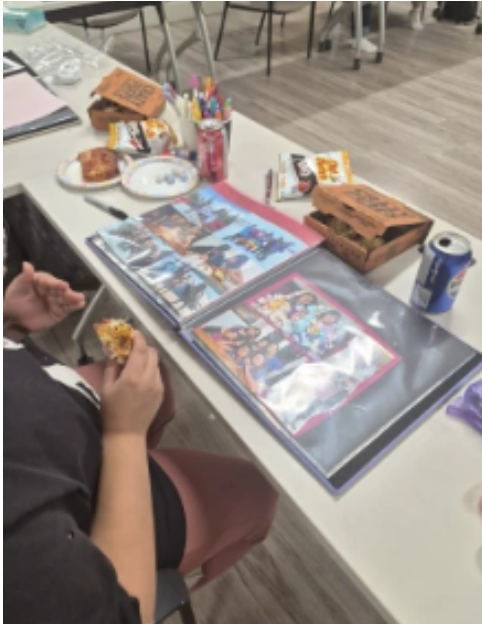


## Youth Craft Nights: Scrapbooking Through the Seven Sacred Teachings

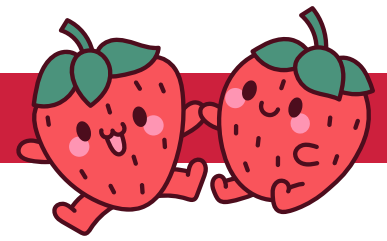
Family Wellness hosted a seven-week youth workshop in Selkirk, Scrapbooking Through the Seven Sacred Teachings, where participants explored cultural teachings through reflection and creativity. Youth created meaningful scrapbooks and received wellness bundles to support continued growth at home.

Through fun activities like a themed Jeopardy game and group projects, the program created a safe, welcoming space for youth to connect, express themselves, and build positive relationships.

Art kits were gifted to the participants using funds from the Sport and Social Development grant through the department of Canadian heritage.



# Wijiyyamaaganag Minoayawin



## Caring Dads Program

Family Wellness proudly facilitated a 17-week Caring Dads program from November 18th to May 12th, beginning with eight participants and celebrating five dedicated graduates. In a safe and supportive space, fathers impacted by colonization came together to reflect on their own parenting patterns, how these patterns impact their families and begin the work to break the cycles of harm. The fathers showed incredible commitment by consistently showing up for themselves and engaging in the process.

Throughout the program, participants explored child-centered parenting, emotional regulation, and positive discipline, while strengthening their connection with their children through respect and play. Just as meaningful was the sense of brotherhood that developed, as the men supported one another along their journeys. To honour their commitment, each graduate received an activity bundle purchased through our Safe at Home grant, to help continue building positive, lasting connections at home.



**SUMMER FUN FAMILY ACTIVITIES**  
 Join us for a variety of fun

**Family Wellness Building Sagkeeng**  
 Weekly Summer Program  
 July 7, 13, 20, 27  
 August 4, 11, 18

11:00AM-3:00PM  
**Transportation Available**

- Fairy Garden Creations (Themes)
- Beach Scenery Painting @ NS Beach
- Mix it up! Family cooking day
- Cardboard box dream machine building
- Balloon-powered car races
- Exciting beach day (Games & Prizes)

Lunch Included, Supplies Included, Prizes  
 Limited spots  
 To register please email  
[familywellness@sagkeengcfs.ca](mailto:familywellness@sagkeengcfs.ca)

**WIIJIYAMAAGANAG MINOAYAWIN**

**YOUTH SUMMER DAYS**

July 2, 16, 23  
 August 20  
 Limited Spots  
 Lunch Provided

Join us for:

- Spray Paint Art
- Ziplining
- Hoopla Island
- Grand Prix

Registration:  
[familywellness@sagkeengcfs.ca](mailto:familywellness@sagkeengcfs.ca)

**WIIJIYAMAAGANAG MINOAYAWIN**

**FAMILY ZOO DAY**

ADMISSION, LUNCH & SNACKS PROVIDED  
 LIMITED SPACES

ASSINIBOINE PARK  
 2595 ROBLIN BLVD  
 WINNIPEG

SATURDAY  
 SEPTEMBER 19

Registration:  
[familywellness@sagkeengcfs.ca](mailto:familywellness@sagkeengcfs.ca)

**WIIJIYAMAAGANAG MINOAYAWIN**

**FAMILY OUTING**

CREATE CHERISHED MEMORIES WITH LOVED ONES.  
 ADMISSION, LUNCH & SNACKS PROVIDED

TWO DATES  
 JULY 8 OR 9

10:00 - 2:00PM

DEER MEADOW FARMS  
 2155 SPRINGFIELD RD  
 LIMITED SPOTS

Registration:  
[familywellness@sagkeengcfs.ca](mailto:familywellness@sagkeengcfs.ca)



**Family Ojibwe  
Language Classes**  
**Wednesday Evenings**

**5 pm - 8 pm**

**2026**

**September 16, 23**

**October 7, 14, 21, 28**

**November 4, 18, 25**

**December 2, 9,**

**FAMILY WELLNESS BUILDING**

**329 NORTH SHORE RD.**

**ALL AGES  
WELCOME**

**TO REGISTER CONTACT  
FAMILYWELLNESS@SAGKEENGCFNS.CA  
204-527-8286**

**GAMES | FOOD | PRIZES**



**We acknowledge the financial support of  
the Government of Canada**



SAGKEENG CHILD & FAMILY SERVICES

back to  
school

BBQ  
party



PETTING ZOO  
IN SAGKEENG

**TUESDAY AUGUST 25, 2026**  
IN PARTNERSHIP WITH SAGKEENG PREVENTION  
**SAGKEENG ARENA GROUNDS**  
**SOUTHSHORE RD (HWY 11)**



&

**THURSDAY AUGUST 27, 2026**  
**KILDONAN PARK**  
**WINNIPEG**



**11:00-1:30**

**FREE LUNCH**

- **FREE school supplies with backpack OR binder** (children must be present to claim)
- Priority to Sagkeeng band members
- Limited seating feel free to bring chairs or blankets

**FACE PAINTING**  
**TATTOOS**  
**POPCORN**  
**COTTON CANDY**  
**BOUNCERS**  
**BALLOON ANIMALS**  
**READING TENT**  
**SPORTS MB GAMES**  
**OJIBWE SING-ALONGS**

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

# COLOURING CONTEST WINNERS

Aiyana  
Age: 18



Lizzy  
Age: 17



Ari  
Age: 14



# Summer NIIBIN

NAGWEYAAB  
(RAINBOW)

GIIZHIG  
(SKY)

OJIIG  
(FISHER)

BAGWAANEGAMIG  
(TENT)

ZHIISHIIB  
(DUCK)

GWAASHKWEBIJIGAN  
(FISHING ROD)

OJIIG  
(FISHER)

ININI  
(MAN)

IKWE  
(WOMAN)

JIIMAAN  
(CANOE)

GIGOO  
(FISH)



## Word SEARCH

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

FIND THE WORDS IN OJIBWE AND ENGLISH

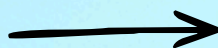


Niibin

*means*

Summer

Miinan



Blueberries

Waabigwaniin

Flowers

Bagizog

Swim

Gabeshiwin

Camp

Giizis



Sun

Mikinaak

Turtle

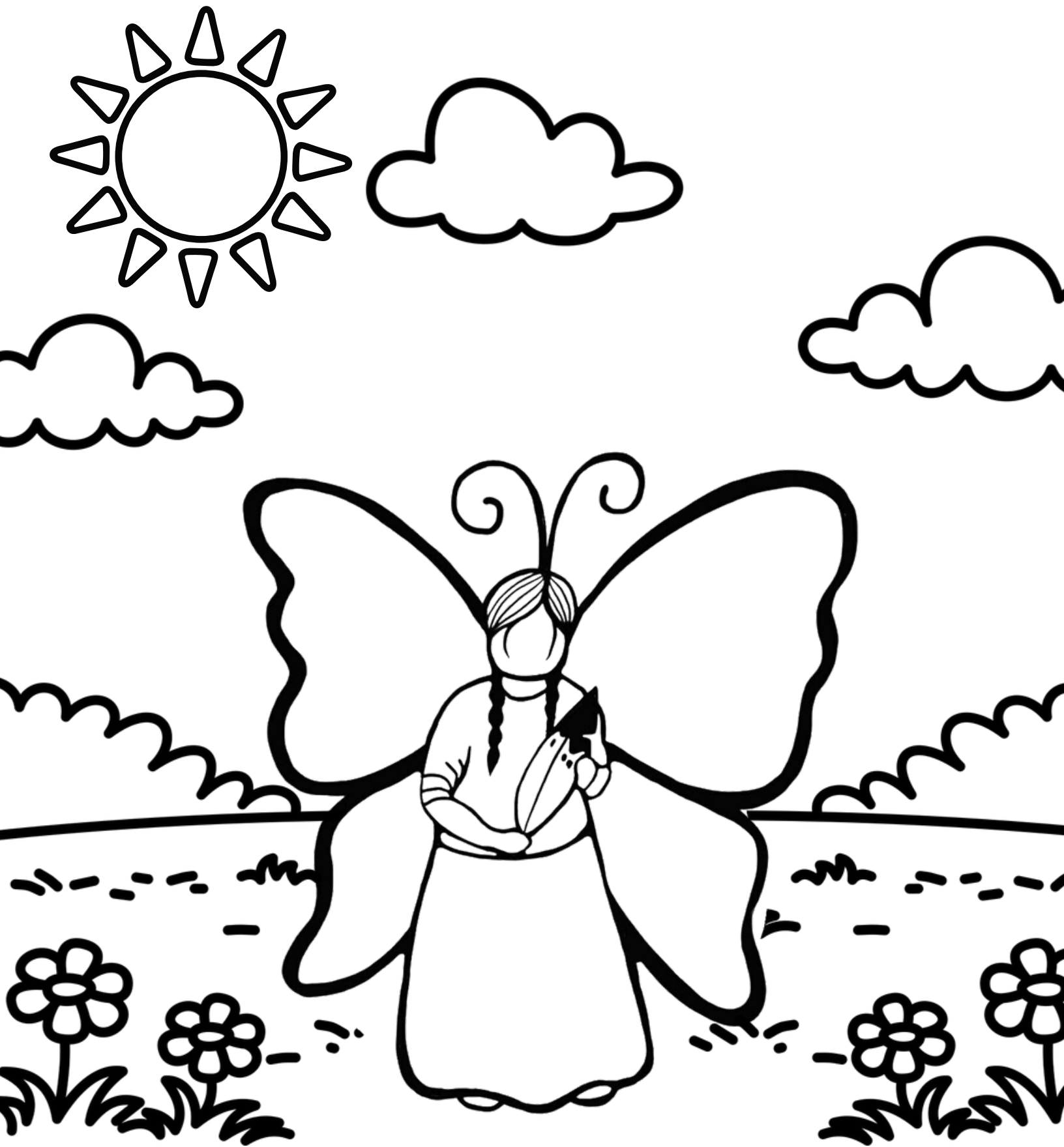
### Colouring Contest: How to Enter:

- Colour the picture on the next page.
- Take a picture and email it to [familywellness@sagkeengcfs.ca](mailto:familywellness@sagkeengcfs.ca) OR
- Drop it off at the office (Winnipeg, Selkirk or Sagkeeng)
- All age categories welcome!

**\*Submit by: September 15, 2026**

**Winners will be announced in the next newsletter.**

**WIN \$50 GIFT CARD TO WALMART!**



Name: \_\_\_\_\_

Age: \_\_\_\_\_

Ph #: \_\_\_\_\_



## Upcoming Training

### June

June 2/26: Autism Awareness (900am to 1200pm via Microsoft Teams, facilitated by Biidaaziiway Gamik unit)

June 4/26: First Aid/CPR (900am to 400pm at 51 Main St in Selkirk, facilitated by Core First Aid)

Jun 17/26: Within Arms Reach (200pm to 400pm via Microsoft Teams, facilitated by Lifesaving Society)

Jun 19/26: Lunch and Learn – Bullying and Its Impacts (1130am to 100pm via Microsoft Teams, facilitated by Biidaaziiway Gamik unit)

### August

Aug 13/26: First Aid/CPR (900am to 400pm at 51 Main St in Selkirk, facilitated by Core First Aid)

### September

Sept 16/26: Therapeutic Crisis Solutions (900am to 400pm, virtually via Microsoft Teams, facilitated by Jeff Lujan)

Sept 23/26: SafeTALK (930am to 400pm at 51 Main St in Selkirk, facilitated by Fiona England)

### CONTACT YOUR ALTERNATIVE CARE WORKER FOR REGISTRATION

IF YOU ARE NOT A CARE PROVIDER AND ARE INTERESTED IN BECOMING ONE  
PLEASE CONTACT US AT [FAMILYWELLNESS@SAGKEENGCFSS.CA](mailto:FAMILYWELLNESS@SAGKEENGCFSS.CA) AND  
WE WILL FORWARD YOUR INFORMATION TO OUR ALTERNATIVE CARE TEAM



# TRAINING AND DEVELOPMENT

Sagkeeng Child and Family Services continues to be grateful for the support provided through various grants, which allow us to offer additional programs and supports to those we serve including:

## Bell Let's Talk Diversity

The funds allow for the provision of the Bounce Back and Living Life to the Full programs through the Biidaaziway Gamik unit and to adapt these programs to be more culturally relevant and appropriate.

## Department of Canadian Heritage

- **Celebrate Canada:** This fund will partially support the Honouring Our Children powwow scheduled on June 20<sup>th</sup> to recognize National Indigenous Peoples Day.
- **Indigenous Languages Component:** This fund supports the Geyaabiningagwe-nitaa-anishinaabemin: We are still learning the language project, which includes the development of a language plan that will incorporate community-wide language revitalization strategies, as well as deliver languages classes in Anishinaabemowin. These funds have supported various opportunities including Ojibwe Circle (both in Sagkeeng and Selkirk/virtually) and Tiny Tots language classes.

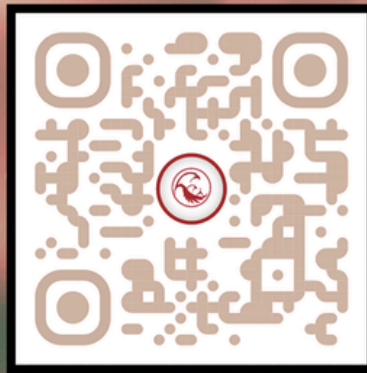
## The Children's Aid Foundation of Canada

- **Back to the Land:** This grant provides funds for the supports offered by Niigaan Asemaa in the delivery of land-based programs. This allows children, youth, and families to connect and reconnect with their Ojibway culture.
- **CIBC Miracle Fund:** This grant provides support for enrichment opportunities that will enhance the physical, mental, social, and developmental wellbeing of children and youth. This includes supports within Arts and Culture, Sports and Recreation, and Education and Leadership activities.
- **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.
- **Safe at Home:** This grant provides funds to offer the Caring Dad program to fathers as well as an after-care program and men's wellness circles.
- **Scotia Stay at School:** This grant provides funds to support children and youth in care and/or involved with child welfare achieve academic success and recognize their current efforts and achievements.
- **Ted and Loretta Comfort Care Kit:** This grant provides a backpack including personal items for children and youth in care.



Canadian  
Heritage  
Patrimoine  
canadien





**How to Scan this QR Code:**

- 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.

# Annual Report 2024-2025

**Sagkeeng Health Centre:**

(204) 367-9990

**Medical Transportation:**

(204) 367-9442

**Medical Clinic - Dr's Office :**

(204) 367-2208

**Headstart :**

(204) 367-2716

**Sagkeeng Prevention:**

431-964-0084

**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

**Suicide Crisis Line**

call or text 9-8-8

**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)



**SCAN FOR MORE RESOURCES, HELP IS ONLY A CALL AWAY!**



**VISIT US AT [WWW.SAGKEENGCFSS.CA](http://WWW.SAGKEENGCFSS.CA) OR FOLLOW US ON FACEBOOK AT WIIJIYAMAAGANAG MINOAYAWIN: FAMILY WELLNESS**

**Board of Directors**

- Glenna Henderson
- Shirley Laforte
- Vacant
- Donna Sais
- Steve Courchene



**Executive Director**

Frank Daniels



WIIJIIYAMAAGANAG MINOAYAWIN,  
SAGKEENG PREVENTION DEPARTMENT  
&  
SAGKEENG EDUCATION AUTHORITY



# CELEBRATING OUR CHILDREN POW WOW

LUNCH 12:00

GRAND ENTRY 1:30PM

FEAST 5:00PM

FIREWORKS 9:30PM

## CHILDREN'S ACTIVITIES:

12:00-6:00PM

FACE PAINTING

BOUNCERS

COLOURING STATION

ACTIVITY BOOTH

PHOTO BOOTH

FAMILY DRAW:

ENTER TO WIN

A TRAMPOLINE

OR POOL

DRAW AT 6PM

- DANCE DEMONSTRATIONS
- INTERTRIBAL DANCES
- HONORARIUMS FOR DANCERS IN REGALIA
- DRUM HONORARIUMS FIRST 3 DRUM GROUPS



## SATURDAY JUNE 20, 2026

SAGKEENG POW WOW ARBOUR  
99299 MB-11 #60, SAGKEENG, MB  
(BESIDE SAGKEENG ARENA COMPLEX)

FOR MORE INFORMATION CONTACT  
Family Wellness 204-527-8286  
familywellness@sagkeengcfs.ca



THIS PROJECT IS FUNDED IN PART BY THE GOVERNMENT OF CANADA

# Become an Alternative Care Provider



At **Sagkeeng Child & Family Services**, we believe children are our gifts and want to ensure that all children are safe, protected and given opportunities to reach their full potential.



**We are currently seeking care providers for Sagkeeng, Winnipeg, and the Interlake area.**



Should you be interested in opening your home and your heart to children in need, please contact Sagkeeng Child & Family Services.



SAGKEENG CHILD &  
FAMILY SERVICES INC.

Our Caring  
Community  
Working  
TOGETHER

Sagkeeng Child & Services Inc. is dedicated to supporting the well-being of children and families of the Sagkeeng First Nation community. We offer a range of culturally sensitive services including family support, child protection, alternative care and prevention programs. Our work aims to strengthen families, ensure the safety and healthy development of children and promote community wellness by honoring the traditions and values of the Sagkeeng First Nation.

**Please Contact:**

Alternative Care Admin 204-949-1649 or 204-367-2215