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Contact Newsletter Team

newsletter@nrnc.ca

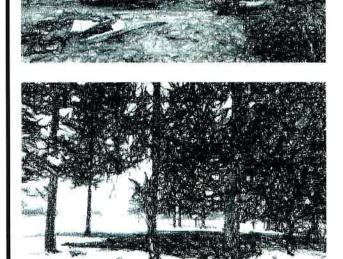


To advance, foster, encourage and promote the cultural and social interests of Aboriginal peoples, both collectively and individually.

the community.

To organize projects and carry out programs to alleviate and minimize, wherever possible, adverse social and economic conditions encountered by Aboriginal people in order to affect a general improvement in their overall welfare and well-being.

To promote native leadership in the native community.



### "Advance, Foster, Encourage & Promote"

#### **Supportive Transitional Housing**

#### Abbey House Transitional Home

Abbey House is a 5 bedroom secured residence in a quiet residential area. It is transitional living for Indigenous women, with or without children, who are experiencing crisis in their lives. Abbey House will support women and their children to overcome crisis and homelessness by assisting them to achieve emotional, spiritual, mental, and physical well-being.

#### Urban Indigenous Homeward Bound

An integrated, innovative wrap-around model of support to help inadequately housed or homeless Indigenous mother-led families earn college diplomas, start careers and achieve economic self-sufficiency. The 4-year program is in early stages of implementation. The housing model includes on-site day care.

#### Family and Health

#### Aboriginal Healthy Babies/Healthy Children

Assist Indigenous families to provide the best opportunities for health development for children **0-6 years** of age through education, family home visiting, and service coordination and referrals. An equally important objective is to ensure that the program addresses the needs of children at risk, and to ensure that they have access to services and support that will address their needs.

#### Canada Prenatal Nutrition Program

Improve the health of Indigenous mothers, fathers and their **babies up to one year** of age. CPNP will provide food supplements, counselling, support, education, and referrals for at-risk pregnant women. Counselling can be on any lifestyle issues including substance, mental or physical abuse that can impact the baby.

#### Community Action Program for Children

Strengthen families, communities, support community development, and healing. CAP-C will assist organizations to design and deliver community based, culturally relevant programs that aim to improve the physical, mental, emotional and spiritual well-being of off-reserve Indigenous children.

#### Akwe:go - Urban Native Children

Provide urban Indigenous children between the ages of **7-12** with the support, tools and healthy activities which will build upon and foster their inherent ability to make healthy choices. Provision of social supports, outreach to children in care to increase support and culturally appropriate services to promote healthy mental and physical development. To support children with Fetal Alcohol Spectrum Disorder and other disabilities who are at risk.

#### Children's Mental Health Program

Serve self-identified Indigenous children and youth with their families between the ages of **7-15** who are at-risk. Including individuals diagnosed with mental illness or mental health conditions. Mental health initiatives involve to provision of community-based, non-residential services for individuals and/or families that are culturally appropriate and link to existing services or programs to support a holistic approach.

#### Wasa-Nabin

Provide urban Indigenous at-risk youth ages 13 - 18; with the support, tools and healthy activities which will build upon and foster their inherent ability to make healthy choices. Provision of social supports, outreach to children in care to increase support and culturally appropriate services to promote healthy mental and physical development. From the development of educational support through homework support, school suspension support, and have available direct access to computers and literacy program.

#### Ganigohi:yo (The Good Mind)

Dedicated to empower Indigenous children and youth to discover and honour all aspects of their mental well-being while promoting resiliency and positive self-efficacy. Includes voluntary holistic healing, therapeutic counselling for ages **7 – 17**, early intervention, crisis intervention and supportive services. Family support, plans of care, referrals, advocacy and one to one mental health support.



#### Urban Aboriginal Healthy Living Children

Designed to keep kids and youth active and learning healthy eating habits. Address barriers to organized community sports. All activities are inclusive of family and help to build healthy relationships/increase the participation of urban Indigenous children and youth 6-16.

#### Aboriginal Healing and Wellness

AHWS has three objectives: To improve the physical, mental, emotional and spiritual health of Indigenous people and our community; to address and respond to violence; and support the development of an Indigenous network of healing and wellness-related programs and services in Ontario that are designed, developed, delivered and governed by Indigenous people.

#### Kizhaay Anishinaabe Niin (I Am A Kind Man)

Kizhaay Anishinaabe Niin is an initiative created to provide an opportunity for communities to engage Indigenous men and youth in understanding violence against Indigenous women and support them in joining together to end the violence. Kizhaay Anishinaabe Niin is an Ojibway phrase that translates to "I Am a Kind Man". Includes peer counselling, justice support, traditional teachings and group based programs.

#### Aboriginal Health Outreach

The Health Outreach Worker is responsible for ensuring that the health needs of the Indigenous community are addressed by undertaking health promotion, education, referrals and linking with Indigenous cultural resource people and mainstream health providers.

#### Urban Aboriginal Healthy Living

The program is designed to increase the participation of urban Indigenous people in sports, physical fitness, physical recreation and other health promotion programs that promote healthy lifestyle behaviours.

#### Life Long Care

Community-based culturally appropriate long-term care community support services to urban Indigenous; elderly, frail, physically disabled, chronically ill individuals. Provides integrated responses, community participation, promotes independent living, and an improved quality of life. In addition, ensure quality of care and appropriate support systems for their caregivers.

#### **Education to Employment**

#### Alternative Secondary School Program

In partnership with the Niagara Catholic District School Board, NRNC launched this program for students aged **7–21** and is located at the St. John's Conservation site. Transportation is provided. Grades 2-12.

#### Literacy and Basic Skills

The program is designed to assist anyone who wishes to upgrade their skills to improve their independence, learn computer basics, obtain Secondary School credits, improve job training skills or further their education. We offer one-to-one or small group training, or online classes. Target population: **18 and older**, out of school for over a year.

#### <u>Apatisiwin</u>

Apatisiwin designs and delivers programmes to assist Indigenous people to find, obtain, and maintain employment, to assist in finding job placements, to assist financially to enable youth to stay in school, to assist with trades training, to assist with upgrading. Target population: Ages **15 and up**, College/university students, unemployed and El recipients.

#### **Justice**

#### Three Fires Community Justice

OFIFC developed in response to needs expressed by Indigenous people who have been through the courts (criminal, youth and family) and to the broad over-representation of Indigenous peoples in the mainstream justice system. The Community Justice Program is built on the Aboriginal Court-worker Council Support Coordinator Program. Target: **12 and up**, engaged in the justice system.

### Interim Executive Director

Introducing our interim Executive Director

### **Dawn Moughtin**

Dawn has been with the Niagara Regional Native Centre for a number of years and always a dedicated community member from the start. Before taking on the role of interim Executive Director she was working in the Healthy Babies, Healthy Children Program which will forever be her baby. With leadership as hers not only is the organization in good hands but so are our Employees. The only thing promised in life is Change and with her commitment progress is inevitable. Thank you Dawn for taking on this role!



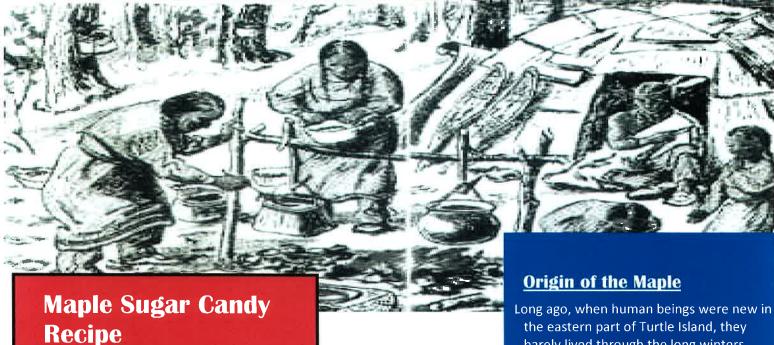


Photo from the Recognition Presentation, Dawn and Debbie accepted a plaque from the Trillium Foundation for the Homeward Bound Program Debbie is beginning. Congratulations Debbie! Awesome Job!



"In our every deliberation we must consider the impact of our decisions on the next seven generations"

- THE GREAT LAW



1 cup maple sugar 1/2 cup water 1/2 cup walnut halves (or any nut) and (or) 1 cup dried apricots or prunes

#### Directions:

- > Place maple syrup and water in a small, deep saucepan and heat slowly, without stirring, to the softball stage (238 F. on a candy thermometer.)
- > Remove from the heat.
- > Drop the walnuts into the hot syrup.
- > Turn gently with a spoon so they are evenly coated.
- > Remove to aluminum foil with a slotted spoon.
- > Repeat with the apricots.
- \* If the syrup begins to harden, heat just long enough to melt it again.
- > Cool nuts and fruit to room temperature and serve.



the eastern part of Turtle Island, they barely lived through the long winters, their bodies and spirits weakened by the cold and dark. Though they worked to gather and preserve enough food for the winter it was not enough to keep them well and strong. The Creator saw the sadness of the people so he decided to ask the tree nation if there was something which could be done to restore their happiness. The leader of the trees, the maple, offered to give its blood to the people so they may be restored to good health. So it was that at the end of the winter months the sap flowed freely from the maple.

By doing so they would come to appreciate this great gift. Since that time the Mohawks watch the maples and when they notice the sap is flowing during the last weeks of winter they will gather at the longhouse to celebrate this great gift which renews their bodies and lifts their spirits. In Mohawk, maple sap/syrup is called wahta ohses. The people are glad when this happens for they know spring is returning to the earth as the eldest brother (the sun) brings the warmer days.

### **Elements**

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Get Involved!

Potluck Community Drum Night
Monday's 5:00pm-8:00pm

Community Social
Thursday, February 15th (every 3rd Thursday)



Niagara Regional Native Centre

# **Monthly Social**



Thursday, February 15th, 2018

Potluck Dinner at 5:00 pm - Please bring a dish to share

Social 6:00pm-8:00pm

EVERYONE WELCOME! Come Dance with us!

k# II

Monthly Social will be held the 3rd Thursday of each month

\*\*\*

For More Information Contact the Niagara Regional Native Centre at (905) 688-6484



Winter has finally arrived...

On February 13, 2017 we will be holding our 9th Annual Women's Day of Pamper for Valentine's Day. Time is 9:30-3:00pm. Check out the flyer in the newsletter.

### **Congregate Dining Program**

The Life Long Care Program holds congregate dining program, which will include transportation, an activity and lunch, if you are interested in taking part in this program which runs *every Thursday from 10am-2pm* please contact me.

#### **Foot Care Clinic**

The program also holds Foot Care Clinics *every six (6) weeks* with MaryLiz Mitchell, Foot care specialist. Please contact me if you require foot care there are eligibility requirements.

#### The Goal

Provide community support services to urban Aboriginal people who are physically disabled, chronically ill, and/or frail elderly. In addition, the Life Long Care Program strives to ensure quality of care. If you know of someone who meets the criteria please call me to set up an appointment, I can provide advocacy for doctor appointments, filling out forms, can also provide limited transportation, hospital visits and home visits.

Ellene Hill (Coordinator)
llc@nrnc.ca – extension 224





#### **FEBRUARY:**

#### **Boxing Workout**

every **Monday** from 10:30am-11:30am at the Niagara Falls Boxing Club with Professional Boxer Scott Paul Workouts are modified to suit everyone's abilities

#### **HEAL Program**

This 8 week weight management program will be held **Monday Nights** from 5:56-6:30pm. Program will include nutrition learning and physical activity. Prizes will be awarded to individuals who met their goals.

#### **NRNC Co-Ed Volleyball League**

**Starting February 1**<sup>st</sup>, there will be a co-ed volleyball league games are from 6pm-9pm. If interested in submitting a team or signing up as an individual please contact me. Rules must be 18 years and older or a parent consent, if player with 6 players there must be 3 females on the court, 12 max on a roster and 3 games to 25 points.

#### MARCH:

#### Youth High School Basketball Tournament

NRNC's 1st Annual Youth Boys & Girls All Native Basketball Tournament March 2-4, 2018 Location is To Be Determined.

#### **Cardio Blast Workout**

For everyone! Come join us **Friday, March 2**<sup>nd</sup> and every Friday in March and get a quick 30 minute workout in, workouts will be held in the Centre's gymnasium from 12:30pm-1pm. Showers are available on site.

Shannon Hill (Coordinator) uahl@nrnc.ca – extension 242



### **Join Today and Get Active**



# UAHLP-Kids/Youth NOWS January-March

### <u>UAHLP-KIDS</u> Programming

Healthy Family
Activity Night
Starting Jan.30
Tuesday nights
Time: 4-7pm
Ages: 1-15yrs old

March Break Camp
Call for more details

NRNC U14 Ball Hockey Team Call for details Season starts in April

NRNC High school Basketball team plays in a Six Nations Tourney Feb.9-11!!

Taco Fundraiser/
Bingo Feb.2nd
5pm-6pm Tacos
6pm- Bingo
Support the NRNC
Basketball Team

Transportation is limited!!

Urban Healthy Living Program for Kids/ Youth



Kids/Youth Program 6-15yrs

Healthy meal is provided!

Hi, my name is
Blue Hill. I am the
UAHLP-Kids/
Youth coordinator!
The program is for
kids/youth ages 615yrs.
The program is de-

signed to keep the kids/youth active and learn healthy eating habits / nutrition. Also the program will assist participants, address the barriers to organize sports by assisting with registration fees or minor equipment purchases. Program will also have activities that are inclusive of the family. It will help build healthier relationships

### Objectives and Priorities

Increase awareness and provide
education on
healthy eating for
children/youth.
Ex. Healthy eating,
meal planning, and
traditional foods
workshops

Increase access and availability to healthy food for children/youth Ex. Maintaining a community garden

Provide opportunities to support healthy eating for families. Ex Food preservations workshop Increase recreational activities that incorporate traditional activities.

Ex la crosse camps, snow showing, snow snake games, and traditional social dancing. camping Increase children and youth physical activity through access to recreation facilities, education and program activities Ex. Waterparks, hiking trails, parks, sports and Pow-wows and socials

UAHLP -Kids Coordinator Blue Hill

Blue Hill (Coordinator)
uahlkids@nrnc.ca – extension 241





### **Prenatal News**



Hello Everyone.

We hope that everyone had a safe and happy holiday season, enjoying time with family and friends. It was great to see so many families attending all the events at the centre over the past few months. Many happy faces, big and small.

The <u>prenatal program</u> continues to run at the Centre on **Tuesday** from 10:00am to 1:30pm. There is also <u>ladies' drumming</u> at the centre on **Monday Nights** from 5:00pm to 8:00pm. After a bit of a slow start in January with the renovations going on, we are ready to look forward to some interesting and exciting programs and activities in February and March.

### **NIAGARA FALLS FAMILIES**

We were very pleased to have the opportunity to run a *weekly Pre /Postnatal class in Niagara Falls* since October. These classes are held in the <u>St Patrick Early ON Centre</u> on **Thursday mornings** from 9:00am to Noon. We were extremely fortunate to have the full use of this location at St. Patrick Elementary school on Victoria Ave. Families arrange their own transportation and so far there have been 6 families who regularly make use of this opportunity. Most find that through O.W. or FACS, they can get bus tokens that let them out at the front door. We look forward to welcoming any family to stop in, check out the toys and activities and enjoy a mid-morning snack with us.

Winter always seems to be a time when we feel like staying inside and keeping warm and so far this year we have had a great deal of cold and snow. Don't forget that one of the best ways to exercise is to keep walking. We will be restarting our <u>indoor Stroller Walks</u> within a few weeks so please call if you are interested.

Dianne Tomlinson (Coordinator) cpnppc@nrnc.ca - extension 223

#### CANADA PRENATAL NUTRITION PROGRAM Feb. 2018

DIANNE TOMLINSON C.P.N.P. COORDINATOR

CPNP ASSISTANT VACANT

(905) 688-6484 OFFICE (905) 688-4033 FAX

#### NIAGARA REGIONAL NATIVE CENTRE 382 Airport RD • NOTL • LOS 1J0

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 BABIES HANDPRINT PAINTING	2 ADMIN. DAY NO PROGRAMS	3
4	5 LADIES EVENING DRUM NIGHT 5PM	6 FOOD CHOICES WHEN \$ IS TIGHT	7 HOME VISITS BOOK IN ADVANCE	8 FOOD CHOICES WHEN \$ IS TIGHT	9	10
11	12	13 LADIES DAY TO BE PAMPERED	14 HAPPY VALENTINE DAY	15 CRAFT DREAM CATCHERS	16	17
18	19 FAMILY DAY CLOSED	20 CRAFT DAY DREAM- CATCHERS	21 HOME VISITS BOOK IN ADVANCE	22 PAREN- CLASS OUR SACRED JOURNEY	23	24
25	26 LADIES DRUMMING 6PM	27 PARENT CLASS OUR SACRED JOURNEY	28 HOME VISIT DAY		•	

CP.N.P. OFFERS PROGRAMMING FOUR
TIMES PER WEEK

MONDAY LADIES EVENING DRUMMING 6PM

TUESDAY
PARENT CLASSES AT NRNC
1030 to 130

WEDNESDAY HOME VISITS

THURSDAY
PROGRAMS IN NIAGARA FALLS
ST. PATS EARLY ON CENTRE
9 to 12 noon

LIGHT LUNCH OR SNACK IS PROVIDED TO PROGRAM PARTICIPANTS

TRANSPORTATION IS LIMITED SO YOU MUST CALL AHEAD TO BOOK





#### **Points of Interest**

Binding Circle Thursdays 10-2
Socials Every 3<sup>rd</sup> Thursday of the Month
Pampering Day for Valentine's Feb 13th

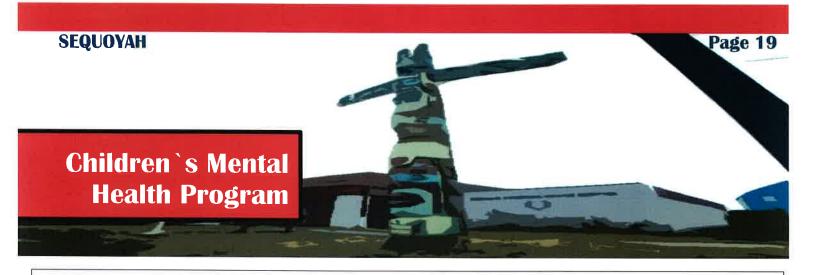
#### **HAPPY NEW YEAR**

Welcome to full out winter!! I hope everyone is staying warm and safe throughout this chilly winter. Please be careful out there and remember your fur babies keep them inside in freezing weather. Information on Hypothermia: Normal body temperature is 98.6 degrees F when it drops below 95 degrees F, hypothermia can occur. Symptoms include; shivering, numbness, drowsiness, muscle weakness, and disorientation, often marked by mumbling and stumbling. Hypothermia is an EMERGANCY which requires immediate medical attention. Do right away; warm up right away, warm up rapidly, don't thaw and then refreeze, stay warm & dry, huddle with a buddy, drink plenty of fluids, elevate the affected area, don't use snow, don't rub or massage frost bitten area, keep your feet up, and keep your fingers/toes apart.

HOW is in training: Pathways & Catalyst Community Mobilization Training Project January 22-26<sup>th</sup>. Always good to obtain awesome knowledge to bring back to the Community.

HOW program continues to work with all ages that involves one's overall health needs and aid with; a variety of medical appointments (advocacy and transportation), programming at the centre (Binding Circle Thursdays), Status card Runs, events at centre, home visits, awareness events, and networking (sitting on committees).

Wendy Jones how@nrnc.ca – extension 226



#### Sge':no'! de' niyoh doohogye' (hello, how's it going?)

Just a few updates from the program....

First let me say...No:ia No:ia! Welcome 2018! The Children's Mental Health Program has been busy during the past few months...seeing clients...facilitating a parenting program that addresses family and domestic violence...and teaching traditional Haudenosaunee social songs to <a href="The Little Red Tailed Hawks">The Little Red Tailed Hawks</a>, children and youth singing and dancing group! A lot of hard work gets done by the clients and program participants to achieve the goals they set for themselves and it a pleasure to see the look of contentment when they themselves realize a milestone has been met...oya':nre' (nice!!!) The children's singing group performed 2 esganye' (women's shuffle) songs and did a tremendous job...as their teacher my heart was filled and oh sooo proud of them!

We meet every Monday evening from 4:30 - 6:30, if you're interested in your child becoming a part of this program please give me a call!

On another note....if your child has had any issues regarding bullying...grief...depression...aggression or has been diagnosed with a mental health condition...please give me a call to discover how the CYMH program can assist you!

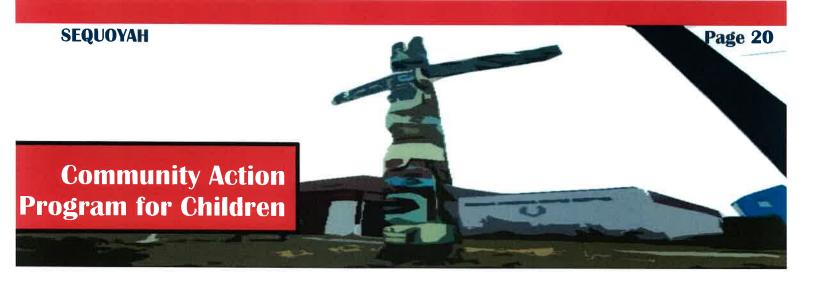
#### **HOW IT'S ACCOMPLISHED:**

Peer Supportive Services/referrals • Advocacy • Family support • Engagement of Aboriginal Resource People • Education and Awareness sessions for community and organizations • Participant Based Programming

#### **PROGRAM OBJECTIVES:**

Identify high risk children • Address barrier issues by providing assessment and referrals for services • Engagement of other service providers • inclusive of traditional resource people • Networking

Sandra Steeprock (Coodinator) acymh@nrnc.ca – extension 243



Hi, my name is Joan Burnham or as most of the community knows me, Pepsie; the Coordinator for CAP-C program, and the well known Stacy Cote who is my very helpful and busy assistant.

The CAP-C program offers regular **weekly programs** designed for parents with **children ages 1 to 6 years**. CAP-C focuses on making Indigenous families stronger by encouraging the development, of community-based and culturally appropriate services to support the development of young children.

These programs incorporate an Indigenous perspective into weekly programming or co-programming to address the mental, physical, spiritual and emotional needs of the children and their families.

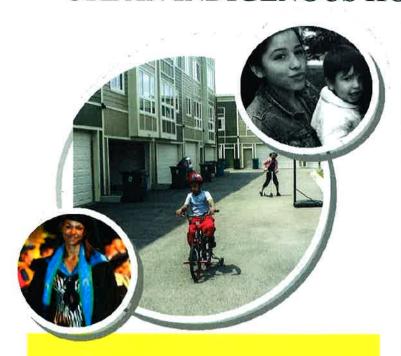
We also help families and communities increase their knowledge and empower parents by involving them in the design, implementation and decision-making of the program. This enables us as workers to provide the best programming needed.

#### CAP-C also;

- Encourage children & their families to develop and maintain culture through traditional stories, food, crafts and dance
- Community kitchen ,healthy meal planning/recipes
- Focus on strengthening parenting strategies, care giving skills, resources, child development
- Peer support
- Promote new and creative community programs where there is an identified need that is not addressed by other community programs or services eg. Raising the Children-Traditional Parenting
- CAP-C is not intended to duplicate or replace existing programs.
- Limited transportation offered

Joan Burnham "Pepsie" (Coordinator)
capcpc@nrnc.ca – extension 239
Stacy Cote
capcpcasst@nrnc.ca

### **URBAN INDIGENOUS HOMEWARD BOUND**



#### Applying and Eligibility

Indigenous women who want to join Homeward Bound must be/have:

- 19 years or older
- At least one child under the age of 18 in her care
- At least one referral from a community organization
- High School diploma preferred or capable of reaching College level academics within 6 to 8 months
- On or eligible for OW, ODSP or E.I.
- No current criminal proceedings or addictions
- Able to commit to participating in a full-time program



#### Niagara Regional Native Centre

#### **Debbie Sexsmith**

Urban Indigenous Homeward Bound Coordinator Phone: (905) 688-6484 ext 226 Email: homeward@nrnc.ca Address: 382 Airport Road

Niagara on-the-Lake, ON LOS 1J0

#### **Urban Indigenous Homeward**

**Bound** is a four-year, housing-based, postsecondary education and employment program that systematically addresses the barriers that Indigenous mothers face. The goal of the program is to improve the lives of Indigenous families.

Planting this is a time of preparation, healing and discovery. This phase will include:

- Academic upgrading
- Life skills training
- Transitional housing & child care
- Computer training
- Financial literacy

**Nurturing** begins with tending to the woman's personal and educational growth. During this phase the participants will:

- Begin a college program of their choice
- Continue with physical, emotional, and spiritual growth and development
- Maintain their supportive transitional housing & family supports

Harvesting is the last phase in the program, recognizing the hard work and achievements the women have done to reach their goals of: permanent affordable, housing; lifelong learning and wellness; and a career that sustains her family:

- Full time internship resulting in employment with our industry partners
- A supported transition into their new lives
- Ambassadors for our program for future women

# FEBRUARY 7, 2018

Sponsored by the

Silver Foxes of Niagara



WHERE: Niagara Regional Native Centre (382 Airport Rd. NOTL)

TIME: 11:00am – 1:00pm

Cost: \$6.00 per person

(Includes: pancakes, sausage or bacon, scrambled eggs and beverage)

50/50, RAFFLE & BAKE TABLES, BINGO (\$4 for 10 games)

**EVERYONE WELCOME!!!** 

Thank you for supporting your seniors!!!

# PANCAKE LUNCHEON

## THREE FIRES NEWS

Three Fires Community justice Program

Winter 2018

#### Welcome to 2018!

Your Three Fires Justice Team is here to help you on your journey through the Justice System...

Our Service is CONFIDENTIAL and FREE of CHARGE!

#### What is the Three Fires Community Justice Program?

\*A pre and post charge diversion process that is based on holistic healing approaches for Indigenous Youth and Adults charged with a criminal offence (class I & some class II)

\*Available for Indigenous People (First nations, Status, Non Status, Metis and Inuit) residing in the Fort Erie, Niagara and Hamilton areas

#### Our Mission...Our Vision.

Our Mission is to create a culturally significant plan of care for Indigenous people by providing an alternative to the Non-Indigenous legal system.

Our Vision is to guide the participants towards self-empowerment and personal success, using the seven grandfather teachings; **humility, bravery, wisdom, honesty, respect, truth and love.** 





140 Welland Ave #18, St. Catharines, ON 905-685-5246
Celeste Smith (Director)
tfcjppd@nrnc.ca – extension 31
Rebecca Toulouse (Assistant)
tfcjasst@nrnc.ca – extension 30
Kelsey Darnay (Court Worker)
courtwork@nrnc.ca – extension 31

# Three Fires Community Council Program

#### Want to make a difference? Looking for new Council Members!

**Objective:** Ensure the Three Fires Community Justice Program is functioning efficiently and consistently to assist the program in its mission.

Reports To: The Niagara Regional Native Centre via the Program Coordinator

Mission: To assist in the creation of a culturally significant plan of care for Aboriginal people, by providing an alternative to the Non Aboriginal legal system.

Vision: We seek to guide the participant towards self – empowerment and personal success, using the Seven Grandfather Teachings: Respect, Honesty, Truth, Wisdom, Love, Humility, and Bravery

Program Goals: To maintain a holistic justice program that is more meaningful to the Aboriginal participant, victims, and community rooted in culturally appropriate approaches. To restore greater responsibility to Aboriginal Communities for the administration of justice through traditional healing. The program will embrace all Aboriginal people with the philosophy of the Seven Grandfather teachings. To incorporate the seven gifts of the Grandfather teachings in the operation of the program.

Responsibilities: Council Members are trained volunteers who will be scheduled to hear diverted cases in their Fire. The council Members will come together as one with an open heart, mind, and ears. Assist the participant with the development of a disposition/healing plan and where applicable ensure the needs of the victim are addressed. They will assist with the development of an action plan that allows the participant to take responsibility for their offence(s) and to begin the path to a healthy lifestyle. The Council Members will collectively/individually perform the following activities: Take the initiative in facilitating the hearing process; Where available, to remain after the hearing for a debriefing session; Participate in the evaluation of the program. Council Members are encouraged to adhere to the following: Advocate the mission, vision, and goals for the program to the wider community; Advise Program Staff of their availability to attend scheduled meetings and changes thereof; Abide by the Code of Conduct and Professional Conduct guidelines as defined in the Terms of Reference; Comply with the Family Services Act (CFSA) detailing the criteria for a duty to report when there are reasonable grounds to believe a child or youth is being physically, emotionally, mentally, or sexually abused; Sign a confidentiality form and adhere to this confidentially while involved and following departure from the program; To declare any potential conflict of interest (see conflict of interest section); and Be familiar with the program Terms of Reference. Requirements/Qualifications/Skills: Be of Aboriginal descent and a minimum of 18 years old; Willing to submit personal references, and attend an interview with applicable Advisory Committee Members; Knowledge of community resources, including Aboriginal specific and social service programming in applicable Fire; Education or experience with justice issues affecting Aboriginal people; Basic understanding of the Non Aboriginal justice system; Knowledge of the socio-economic and historical issues effecting Aboriginal people (residential schools, addictions, youth in care, FAS/E, and mental health); and Willing to obtain a Canadian Police Information Clearance (CPIC) and provide current CPIC annually.

Lenora Gilbert (Council Coordinator) tfccc@nrnc.ca - 905-685-5246 extension 32



### THREE FIRES COMMUNITY JUSTICE PROGRAM



### **COUNCIL MEMBER APPLICATION**

	•				Phone:				
Addre	ess:								
	Street							Apartment/Unit	
	City							Postal Code	
E-mai	:								
							Sex:	Female	Male 🗌
Comn	nunity Coun	cil Fire	<u>:</u> :						
Please C	ircle One:			Niagara	Fort	Erie		Hamilton	
Availat	oility:				* English	1 - 1 A CC11-			
_	Sunday	am	pm		Aborig	inal Affilia	tion:		
	Monday	am	pm			Status			
	Tuesday		pm			Non-State	US		
	Wednesday		pm			Metis			
	Thursday	am	pm		_	Inuit			
	Friday	am	pm		MACON TO THE REAL PROPERTY.				
	Saturday	am	pm		Home	Reserve:			
Please	tell us why yo	u want	to be a	Three Fires Cou	ncil Member				
Please	e Provide 3 (								
Please	e Provide 3 (	Charac	cter Re	ferences:	Ph	one:			
Please Name	e Provide 3 (	Charac	ter Re	ferences:	Ph	one:			



Hello, from the new Wasa-Nabin Program Coordinator.

Wasa-Nabin is a self-development program for Urban Aboriginal at-risk youth (ages 13-17). By accessing the services and supports offered by the Wasa-Nabin program, youth will learn goal setting, leadership skills development, and how to make healthy choices, ultimately leading to healthier lifestyles and personal success. Activities are culturally appropriate, and directed to improve interpersonal skills, knowledge, attitudes, and enhance values, to promote personal well-being. Services and support are offered in the following categories; Social Support, Youth in Care, Healthy Eating and Physical Development, Education, Justice, and Preventing Violence. Eligible youth receive one-to-one support and services, as well as the opportunity to be involved in group activities.

Stay tuned for more information and events happening in the next few months.

Theresa Gillis (Coodinator) wasa@nrnc.ca -extension 240

# February—April 2018 Adult Learning & Essential Skills Program

Literacy is open Monday—Thursday 9:00—5:00 pm to anyone to use the computers, photocopy resumes or documents and for job searching online. We are always here to help you with any computer questions, online research or filling out forms.

Please just ask us, we're here to help!

Do you want to get your High School Credits? If yes, come in to talk to Marie and we can get you started quickly! There are plenty of options to get it done!

Come in to learn Computer Basics, Beginner or Intermediate skills. We can assess your present skills and upgrade to fit your individual needs!

See attached flyers for Fall/Winter Programs

Continuous Intake.

Do you need help deciding how and where to get started?

Come in and let's talk about your first step to a happier you!

We can assist you in moving
forward and reaching your goals and all it takes is walking
through that door.

Literacy & Wasa Nabin are hosting a Ribbon Skirt Workshop!
March 10th & 11th from 10:00—4:00 PM. Lunch will be
provided! Must register by February 28th as space is limited.

Call Jessica at 905-685-8547 to register or for more
information.

Call 905-685-8547 or
email: literacypc@nrnc.ca
All are Welcome here!
Drop by and chat, see how we can help you move forward.
140 Welland Ave., Unit 15B
\$t. Catharines









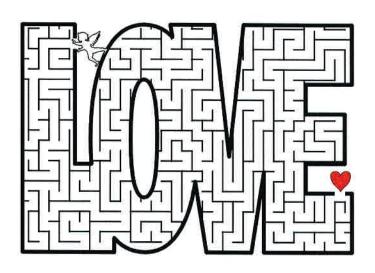
### **Employment and Literacy Calendar**

### FEBRUARY 2018

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1	2	3
				Class 10:00-3:00	No Class Staff Meeting Case Conferencing	<u>Closed</u>
3	4	<u>5</u>	<u>6</u>	<u>7</u>	8	<u>9</u> Closed
Closed	Class 10:00-3:00	Class 10:00-3:00	Class 10:00-3:00	Class 10:00-3:00	No Class	Closed
<u>10</u> Closed	Class 10:00-3:00	12 Class 10:00-3:00	13 Class 10:00-3:00 NRNC	14 Class 10:00-3:00	No Class	<u>16</u> <u>Closed</u>
			Pampering Day @ Centre			
<u>17</u> <u>Closed</u>	Class 10:00-3:00	Class 10:00-3:00	Class 10:00-3:00	21 Class 10:00-3:00	No Class Pink Shirt Day for Anti Bullying	23 Closed
24	<u>25</u>	<u>26</u>	<u>27</u>	28		
<u>Closed</u>	Class 10:00-3:00	Class 10:00-3:00	Class 10:00-3:00	Class 10:00-3:00		

Schedule is subject to Change.

Please Call to Confirm dates and times at 905-685-8547



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#### **Word Search**

Anicinabec (Algonquian): All Aboriginal people

Chiniskumitin (Cree): thank you

Gitwinksihlkw (Nisga'a): people of the place of the

lizard

Ikajurtaul (Inuktitut): help me

Kinauviit (Inuktitut): What's your name?

Kishnamawachik (Michif): youth

Laxkwalaams (Tsimshian): place of the wild roses

**Lustagooch** (Mi'qmaq): five-branched river **Mani-Utenam** (Montagnais): Mary's village

Matimekush (Montagnais): little trout

Mooskudoboogwek (Mi'qmaq): that which makes

foam

Natashkuan (Montagnais): where we hunt bear

Nawsyoon (Michif): nation

Onitariio (Huron): magnificent lake

Rimouski (Mi'qmaq or Malecite): land of the moose

Sandakwa (Huron): eagle

Sohkiciwahsipî (Cree): fast-flowing river

Sunaunaa (Inuktitut): What is it?

Wahdobekaung (Ojibway): where the alders grow



# Mkwa-giizis (Bear Moon)

The second moon of Creation is Bear Moon, when we honour the vision quest that began in the fall. During this time, we discover how to see beyond reality and to communicate through energy rather than sound. This moon also gives us a special teaching about the birth of bear cubs. In February, there is one morning when there is a heavy fog in the air and the traditional person knows that this is happening.

Our beautiful Grandmother Moon is shining in her fullness and here, in Ontario, our beautiful Earth Mother is blanketed with quiet, soft, beautiful fluffy snow.

With this blanket of snow and the medicine of Bear, reminding to root, ground, slow down and just be.

A time of integration

A time of reflection

Honouring that all is exactly as it should be

Breath gets deeper, spirit slows down and cradled in the beautiful Mother Bear energy that surrounds us all.

Wishing you all deeper breaths, time for sacred reflection and peace in your heart

# Staff List

Executive Director (Interm)	Dawn Moughtin
Financial Manager	Helen Sheppard
Financial Analyst	Andrea Aubin
Receptionist	To Be Determined
Maintenance	Dave Sault
Literacy Program Director	Marie Belliveau
Literacy Program Instructor	Jessica Riel-Johns
Apatisiwin Program Coordinator	To Be Determined
Aboriginal Healing and Wellness Coordinator	Liz Sault
Life Long Care Coordinator	Ellene Hill
Life Long Support Worker	To Be Determined
Health Outreach Coordinator	Wendy Jones
Aboriginal Children and Youth Wellness Coordinator	Sandra Steeprock
CAP-C Program Coordinator	Joan (Pepsi) Burnham
CAP-C Program Assistant	Stacy Cote
Canadian Prenatal Nutrition Program	Dianne Thomlinson
Canadian Prenatal Nutrition Program Assistant	To Be Determined
Aboriginal Healthy Babies Healthy Children Coordinator	Dawn Moughtin
Akwe:go Coordinator	To Be Determined
Three Fires Community Justice Coordinator	Celeste Smith
Three Fires Community Justice Assistant	Rebecca Toulouse
Three Fires Community Justice Council Coordinator	Lenora Gilbert
Court Worker	Kelsey Darnay
Homeward Bound Program Coordinator	Debbie Sexsmith
Homeward Bound Program Indigenous Case  Management Specialist	To Be Determined
Cultural Resource Coordinator	Phil Davis
Wasa-Nabin Coordinator	Theresa Gillis
Ganiyohi:yo Coordinator	Janine Morin
Abbey House Manager	Debbie Sexsmith
Abbey House Transitional Support Worker	Rosemery Cooper
Abbey House Transitional Support Worker	To Be Determined
In School Child and Youth Support Worker	To Be Determined
In School Child and Youth Support Worker	Angelica Hill
Kizhaay Anishinaabe Niin	Chris Kagesheongai
Urban Aboriginal Healthy Living Program	Shannon Hill
Urban Aboriginal Healthy Living Kids Program	Blue Hill



### **Staff Extensions and Emails**

### Niagara Regional Native Centre

382 Airport Road, Niagara on the Lake 905-688-6484

Executive Director	Dawn Moughtin (Interm)	executivedirector@nrnc.ca	222
Finance Manager	Helen Sheppard	finmanager@nrnc.ca	227
Financial Analyst	Andrea Aubin	financialanalyst@nrnc.ca	225
Receptionist	To be Determined	Reception.nrnc@nrnc.ca	221

### **Children's Programs**

Healthy Babies, Healthy children	Dawn Moughtin	ahbhc@nrnc.ca	233
CAP-C Program Coordinator	Joan (Pepsi) Burnham	capcpc@nrnc.ca	239
CAP-C Program Assistant	Stacy Cote	capcpcasst@nrnc.ca	239
Prenatal Program Coordinator	Dianne Tomlinson	cpnp@nrnc.ca	223
Prenatal Program Assistant	To be Determined	cpnpasst@nrnc.ca	239

### **Youth Programs**

Akwe:go Coordinator	To be Determined	akwego@nrnc.ca	229
UAHL Children's Coordinator	Blue Hill	Uahlkids@nrnc.ca	241
Wasa-nabin Coordinator	Theresa Gillis	wasa@nrnc.ca	240



### **Staff Extensions and Emails**

### **Health & Healing Programs**

Kizhaay Anishinaabe Niin (I Am A Kind Man)	Chris Kagesheongai	kizhaay@nrnc.ca	239
Aboriginal Child & Youth Mental Health Coordinator	Sandra Steeprock	cymh@nrnc.ca	243
Life Long Care	Ellene Hill	llc@nrnc.ca	224
Life Long Care Support Worker	To be Determined		
Aboriginal Healing & Wellness Coordinator	Liz Sault	ahws@nrnc.ca	228
Ganiyohi: yo Coordinator	Janine Morin	gani@nrnc.ca	225
Health Outreach Worker	Wendy Jones	how@nrnc.ca	226
Urban Aboriginal Healthy Living Coordinator	Shannon Hill	Uahl@nrnc.ca	242
Homeward Bound Program Coordinator	Debbie Sexsmith	homeward@nrnc.ca	246
Homeward Bound Program Indigenous Case Management Specialist	To be Determined		
Cultural Resource Coordinator	Philip Davis	CRC@nrnc.ca	245
	<del></del>		_

### Soaring Eagle Elementary & Secondary School

3054 Orchard Hill, Fonthill, L0S 1E6 Telephone: 905-892-9111

In School Child and Youth Support Worker	To be Determined		
In School Child and Youth Support Worker	Angelica Hill	soaringeagleselem@nrnc.ca	



### **Staff Extensions and Emails**

### **Three Fires Community Justice Program**

140 Welland Ave #18 St. Catharines, ON Telephone: 905-685-5246 Fax: 905-685-8990

Three Fires Community Justice Program Director	Celeste Smith	tfcjppd@nrnc.ca	31
Three Fires Community Justice Program Assistant	Rebecca Toulouse	tfcjasst@nrnc.ca	30
Court Worker	Kelsey Darnay	courtwork@nrnc.ca	33
Community Council Coordinator	Lenora Gilbert	tfccc@nrnc.ca	32

### **Literacy and Employment Centre**

140 Welland Ave, #15 B, St. Catharines, L2R 2N6 Telephone: 905-685-8547 Fax: 905-685-8990

Literacy Director	Marie Belliveau	literacypc@nrnc.ca	24
Literacy Instructor	Jessica Riel-Johns	literacyinstructor@nrnc.ca	22
Literacy Assistant	To be Determined	literacyasst@nrnc.ca	26
Apatisiwin Program Coordinator	To be Determined	Apatisiwin@nrnc.ca	23

### **Abbey House Transitional Housing**

Telephone: 905-684-9736

Abbey House Manager	Debbie Sexsmith	abbeyhousepd@nrnc.ca	
Abbey House Transitional Support Worker	Rosmery Cooper	abbeyhousetsw@nrnc.ca	
Abbey House Transitional Support Worker	To be Determined	abbeyhousetsw@nrnc.ca	

# **NOW HIRING**

For the most up to date information including Programs, Events, Job Postings, Bookings and more follow us on Facebook!

