



Dilico

Anishinabek Family Care



DB



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## Cover Artwork

# BY YOUTH FOR YOUTH

The sweetgrass (Weskwu mashkoseh) braid represents the importance of having a safe space for Anishinaabe youth, eliminating any negative energy and only inviting kindness into our circles. The braid represents us as a community and how strong we can be working together rather than individually. The Medicine wheel hides in the back, but serves as a gentle reminder for us to live by our sacred teachings and how we must honour ourselves by taking care of our emotional, mental, physical and spiritual well-being. The hands symbolize how life-saving it can be to reach out and ask for help when we are struggling.

Desiree Towedo, our Peer Coordinator, has a great sense of wisdom and courage, making her the first person to reach out and lend a hand. Her help comes from a place of shared resiliency and love for others. The sage (Mushkodaywushk) that rests behind the hands, represents our Cultural Lead, Skyler Patayash, who is always the first to start our circles off with a smudge - cleansing us of energies we no longer need to carry. Skyler is a reminder to humble ourselves and to walk forward in truth. We honour ourselves best by doing so. The little stars in the background represent how our ancestors are always with us, watching over us, protecting us, and guiding us forward in our lives. Bethany Koostachin, our Peer Art Lead, firmly believes this, and wishes to remind us one thing: we are our Ancestors prayers in flesh; everything they fought for and hoped we would become, we are. We should view ourselves as divine, sacred beings deserving of love, because we have been and always will be.



*Artwork by: Skyler Patayash*

**Skyler Patayash** or Kwa-Ke-ga-bow, Turn Around of Weagamow First Nation, is a 23 years old male and the Cultural Youth Peer Leader for By-Youth-For-Youth (BYFY.) Originally couch surfing he is now housed and working to self-independence. He is working on his High school credit with WAHSA Distance Education and was a former student of Dennis Franklin Cromarty. His work with the BYFY North Project has built upon his cultural/professional life and has developed his artistic abilities.



*Photo Left to Right: Bethany Koostachin, Skyler Patayash, Desiree Towedo*

## **Bethany Koostachin**

(Wabinoongikwe) is a young two-spirit Anishinaabeg living in Thunder Bay Ontario. They spent their life in the child welfare system, which sparked a deep desire to ensure the healing of similar youth who were forced into vulnerability and shamed for it. They are working to help and protect these youths. They are a self-taught artist from Treaty 9 working as a peer mentor with RMYC & BYFY to ensure the safety of our future generation.

## **Desiree Towedo**

is a 22 year- old Indigenous woman from Long Lake #58 First Nation. She recently graduated from the Child and Youth Care program at Confederation College. She now plans on continuing her education at Lakehead University in the new year. Desiree has a deep desire to create change within her community for this generation along with generations to come.





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## MNIDO GIIZIS ***SPIRIT MOON***

The first moon of Creation is Spirit Moon (Mnido Giizis). It is manifested through the northern lights. It is a time to honour the silence and realize our place within all of Great Mystery's creatures.

The 13 Grandmother Moon teachings are from "Kinoomaadiewinan  
Anishinabek Bimaadinzinwin, Book Two. Author Arlene Berry.

# JANUARY

MNIDO GIIZIS  
SPIRIT MOON

SUNDAY					
SATURDAY					
FRIDAY					
THURSDAY					
WEDNESDAY					
TUESDAY					
MONDAY					



# JANUARY

## MNIDO GIIZIS SPIRIT MOON

### TOBACCO - AHSAYMA

*Tobacco is the most sacred medicine and connects us with spirits and the Creator. Tobacco is very powerful when used in offerings to elders, in smudges, and other ceremonies. It should be handled with great respect. You do not need to smoke tobacco to use it. Smoking tobacco is very sacred and is like sending an alarm to the spirits.*

*-Skyler P.*

### WHY DO WE SMUDGE?

- We cleanse our eyes so that they will see the truth, beauty and gifts of the Creator.
- We cleanse our mouths so that all we speak will be in a truthful, empowering and positive way.
- We cleanse our ears so that we will hear spiritual truths given to us by the Creator and Grandfathers.
- We cleanse our hearts so our hearts will feel the truth, harmony and compassion for others.
- We cleanse our feet so that our feet will seek to walk the true path, seek balance and love.

## Identification Documents

These documents must include your legal name, date of birth and signature. Identification documents that you will need are:

1. Birth Certificate
2. SIN (Social Insurance Number)
3. Ontario Health Card
4. Canadian Passport
5. Certificate of Indian Status Card
6. Ontario Driver's License
7. Ontario Photo Card

*Expired documents are not acceptable. All documents must be originals, valid in French or English.*

## Where can I get Identification Documents?

**ServiceOntario**

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

- Ontario Photo Card
- Ontario Health Card
- Ontario Driver's License
- Birth Certificate

**Service  
Canada**

[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

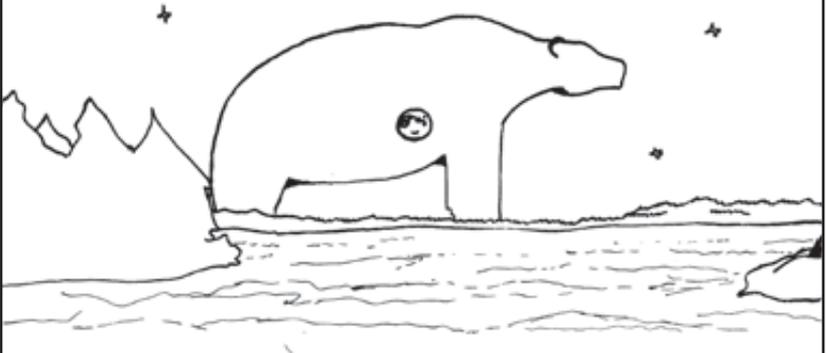
- Canadian Passport
- SIN (Social Insurance Number)

### **Indian Status Card:**

[www.aadnc-aandc.gc.ca](http://www.aadnc-aandc.gc.ca)

### **Awenen Niin Identification Program:**

Kinna-aweya Legal Clinic  
[www.kaic.ca](http://www.kaic.ca)





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## MKWA GIIZIS BEAR MOON

The second moon of Creation is Bear Moon (Mkwa Giizis), 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.

The 13 Grandmother Moon teachings are from "Kinoomaadiewinan  
Anishinabek Bimaadinzinwin, Book Two. Author Arlene Berry.

# FEBRUARY

MKWA GIIZIS  
BEAR MOON

SUNDAY					
SATURDAY					
FRIDAY					
THURSDAY					
WEDNESDAY					
TUESDAY					
MONDAY					

# FEBRUARY

MKWA GIIZIS

BEAR MOON



## COURAGE / BRAVERY

*To have COURAGE is to have the mental and moral strength to listen to the heart. It takes courage to do what is morally right. First Nations people were told to be proud of who they are and never to deny the way of life the Great Spirit gave to them.*

## WALKING THE GOOD RED ROAD

Basically, it is living a life of truth, humbleness, respect, friendship, and spiritually. Those on this road are by no means walking a perfect path, but are in search of self-discovery. Seek out an Elder, offer tobacco (Ahsayma) and respectfully ask for guidance. Read books written by Indigenous writers, Elders and medicine individuals, as they provide a vast amount of knowledge.



### Teachings:

- Making your own Medicine Bundles: Sage (Mushkodaywushk), Sweetgrass (Weskwu mashkoseh), Cedar (Gisheekandug) and Tobacco (Ahsayma).
- Making your own hand drum and rattle

### Following the Red Road:

- Give gratitude daily to the Creator for all your blessings
- Begin each day with a smile, grateful for a new day
- Become involved and seek out daily and community ceremonies
- Cleansing Ceremonies: Smudging and Sweat Lodge
- Healing Ceremonies: Circles, Sacred Fire, Pow Wow
- Guiding Ceremonies: Birthing, Naming, Vision Seeking, Berry Fasting (Women's)
- Thanking Ceremonies: Pipe Ceremony, Moon Ceremony (Women's), Feast, Giveaway

Turtle Lodge: International Centre for Indigenous Education and Wellness, Sagkeeng First Nation, MB. We give credit to Nii Gaani Aki Inini (Dave Courchene Jr.), an Anishnabe (Ojibway) Elder, for earning and sharing these Seven Sacred Teachings with us.

## Ontario Works (OW)

Ontario Works (OW) helps people in financial need in two ways:

- Financial Assistance
- Employment Assistance

Emergency Assistance is also available if you are in crisis or an emergency situation.

**To get started or for more information go to:** [www.mcsc.gov.on.ca](http://www.mcsc.gov.on.ca) or call your local Ontario Works office.

## Ontario Disability Support Program (ODSP)

Ontario Disability Support Program (ODSP) helps people living with a disability in two ways:

- Income Supports
- Employment Supports

**For information on eligibility and applying to Ontario Disability Support Program go to:** [www.mcsc.gov.on.ca](http://www.mcsc.gov.on.ca)

## Tax Services

### Turbo Tax

19 Cumberland St. S  
(807) 788-1892

### H&R Block

1186 Memorial Ave. (McIntyre Centre)  
(807) 623-0131

**For more detailed information on how to do your taxes go to:**  
[www.canada.ca](http://www.canada.ca)





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## ZIISBAAKDOKE GIIZAS SUGAR MOON

The third moon of Creation is Sugar Moon (Ziisbaakdoke Giizas), as the maple sap begins to run, we learn of one of the main medicines given to the Anishnaabe which balances our blood and heals us. During this time, we are encouraged to balance our lives as we would our blood sugar levels. This moon also teaches us the time of year when the sap is running for maple sugar harvest. This is celebrated as the Anishinaabe new year.

The 13 Grandmother Moon teachings are from "Kinoomaadiewinan  
Anishinabek Bimaadinzinwin, Book Two. Author Arlene Berry.

# MARCH

ZIISSBAAKDOKE GIIZAS  
SUGAR MOON

SUNDAY					
SATURDAY					
FRIDAY					
THURSDAY					
WEDNESDAY					
TUESDAY					
MONDAY					

# MARCH

## ZIISSBAAKDOKE GIIZAS

### SUGAR MOON

#### **WOLF / HUMILITY**

*Always carry out actions in HUMILITY. Think of your family, your fellow human beings and your community before you think of yourself. To know humility is to understand that you are not more or less important than anyone else. Being humble is surrendering to the Great Spirit, who has created and who directs all life.*



## 5 STEPS TO MINDFULNESS



- 1** Let go of past and future thoughts. If you let your mind wander into the past, you may waste your energy on regrets.
- 2** Accept the present moment
- 3** Meditate
- 4** Get in touch with your senses
- 5** Practice mindfulness during routine activities

Source: <https://www.activewellness.com/blog/5-steps-to-mindfulness>

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## **Before Your Rental Home Search**

Make a list of your wants and needs for a rental. Be specific and realistic. Is the unit furnished? How many bedrooms and bathrooms do you need? Is it shared with other renters? Does the unit include utilities like heat, hydro, internet/cable tv and water or do you have to pay extra? Are laundry and parking included? Are you near public transit? Can you have pets? Are you allowed to smoke?

## **Keep The Following Credit Realities In Mind**

Most landlords look for tenants with good credit. They usually require a deposit equal to one month's rent plus the first month's rent at minimum (commonly known as first and last). Some landlords will allow you to negotiate the timing of paying the deposit.

## **Best Places To Search Rental House Listing**

Search through newspaper and online classified ads like Kijiji, local FB groups, or real estate websites like Rentpanda.ca, Rent.ca and Realtor.com. Check out local property management companies. Universities and colleges have housing listings for students. Also check "House for Rent" postings on community bulletin boards, typically found in grocery stores, coffee shops and community centers. Real estate agents know the neighborhoods and can show you houses listed for rent in the multiple listing service, or MLS. Tell people in your personal network what you are looking for as they may be able to connect you with a housing unit not yet advertised.

## **Leases & Renter's Rights**

A rental unit lease is no different than any other type of rental lease. The usual minimum time is one year. Some landlords will allow you to sub-let your unit if you need to move out before a year is up. You have to give 2 months of notice to your landlord when you do decide to move out. See [www.Ontariotenants.ca](http://www.Ontariotenants.ca) for more information about housing renter's rights.

## **Subsidized & Specialized Housing**

Check out the web sites below for information about cooperative and social housing. Keep in mind that survivors of domestic violence and human trafficking are priorities on housing wait lists.

[www.ontario.ca/page/affordable-housing-ontario](http://www.ontario.ca/page/affordable-housing-ontario)

## **Geared to Income Housing**

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



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## NAMEBINE GIIZIS SUCKER MOON

The fourth moon of Creation is Sucker Moon (Namebine Giizis), when sucker goes to the Spirit World in order to receive cleansing techniques for this world. It returns to this realm and purifies a path for the Spirits and cleanses all our water beings. During this time we can learn to become healed healers. Another teaching is that the sucker gave up his life for the Ojibwe in the month of February. The previous month, January, is the hardest time of year to get food because of the scarceness of game. In February it is easier to net these fish and it is believed that the sucker is giving his life for the Anishinaabe.

# APRIL

NAMEBINE GIIZIS  
SUCKER MOON

SUNDAY					
SATURDAY					
FRIDAY					
THURSDAY					
WEDNESDAY					
TUESDAY					
MONDAY					



# APRIL

## NAMEBINE GIIZIS SUCKER MOON



### SWEETGRASS WESKWU MASHKOSEH

Sweetgrass with its sweet scent attracts good spirits and positive energy to people, objects, and areas. Usually braided in three sections, it has mental, physical, and spiritual meanings. Sweetgrass can be placed in homes to help purify and bring in good spirits.

-Skyler P.

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### 10 SIMPLE THINGS YOU CAN DO TO REDUCE STRESS:

- 1 Breath
- 2 Visualize Calm
- 3 Smile
- 4 Affirmations "I can handle this"
- 5 Take Responsibility
- 6 Write your thoughts down
- 7 Just say NO
- 8 Exercise
- 9 Say a Little Prayer
- 10 Stretch

Source: Self-Esteem-Experts.com 2012,  
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# NAMEBINE GIIZIS

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

WATER  
ANISHINAABE  
FOURTH  
LIFE  
SUCKER MOON  
WORLD  
OJIBWE  
GAME  
CLEANSING  
HEALERS  
CREATION  
SPIRIT  
PATH  
FEBRUARY

## Food Bank Information

Food banks provide food items on an emergency basis to individuals and families in need. Food banks usually provide a one to three day supply of food, once a month to once every three months, per individual or family. Identification for each family member and proof of residency may be required. Most food banks distribute baby food.

**Thunder Bay Food Bank**  
(807) 626-9231  
129 Miles St E, Thunder Bay, ON

**Redwood Park Opportunities Centre**  
(807) 577-3463  
532 Edward St N, Thunder Bay, ON

**Shelter House-Thunder Bay**  
(807) 623-8182  
420 George St N, Thunder Bay, ON  
[www.shelterhouse.on.ca](http://www.shelterhouse.on.ca)

**St. Andrew's Dew Drop Inn Soup Kitchen**  
(807) 346-0809  
292 Red River Rd, Thunder Bay, ON  
[www.dewdropinnthunderbay.ca](http://www.dewdropinnthunderbay.ca)

**Thunder Bay District Health Unit**  
(807) 625-5900  
999 Balmoral St, Thunder Bay, ON  
[www.tbdhu.com](http://www.tbdhu.com)



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## WAAWAASKONE GIIZIS **FLOWER MOON**

The fifth moon of Creation is Flower Moon (Waawaaskone Giizis), where all plants display their Spirit sides for all the world to see. This life giving energy is one of the most powerful healing medicines on Mother Earth. During this moon we are encouraged to explore our Spiritual essences.

The 13 Grandmother Moon teachings are from "Kinoomaadiewinan  
Anishinabek Bimaadinzinwin, Book Two. Author Arlene Berry.

# MAY

WAAWAASKONE GIIZIS  
FLOWER MOON

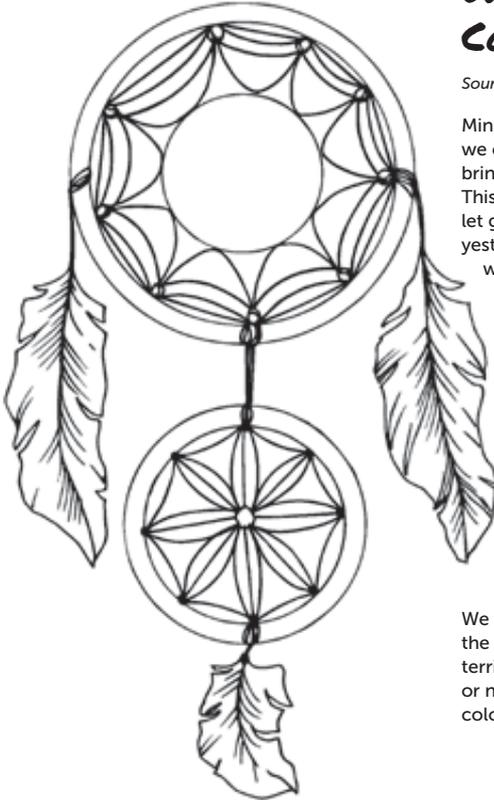
SUNDAY					
SATURDAY					
FRIDAY					
THURSDAY					
WEDNESDAY					
TUESDAY					
MONDAY					

# MAY

## WAAWAASKONE GIIZIS FLOWER MOON

### HONESTY

*To be HONEST with yourself is to live in the spirit of how you were created. Never lie or gossip about each other. The more honest you are the bigger you become as a person.*



**COLOUR IN THE  
DREAM CATCHER!**

## WHAT IS MINDFUL COLOURING?

Source: [passthefeather.org](http://passthefeather.org)

Mindful colouring asks us to focus on how we choose and apply colour to a picture to bring our awareness to the present moment. This process is similar to meditation, we let go of any thoughts about tomorrow or yesterday, or what we are going to do when we finish.

"In this current moment, I am colouring in this picture."

If we catch ourselves thinking about the past or the future, we can gently bring our awareness back to what we are doing in the present moment by describing what we are doing.

"I am picking up a red pencil crayon and will use it on all of the hearts in the picture"

We need to let go of judging whether the colouring is good or bad, amazing or terrible, and whether we are good at it or not. There is no right or wrong way to colour, it is a form of self-expression.

Turtle Lodge: International Centre for Indigenous Education and Wellness, Sagkeeng First Nation, MB. We give credit to Nii Gaani Aki Inini (Dave Courchene Jr.), an Anishnabe (Ojibway) Elder, for earning and sharing these Seven Sacred Teachings with us.

## Find A Job In Ontario

1. Proper Identification; Social Insurance (SIN) Number, identification such as Birth Certificate, Passport, Driver's License
2. Updated resume and cover letter including list of references from previous employers (\*if it's your first job, you can use Teacher or other professionals as reference)
3. Look for jobs on-line (Indeed, The Job Bank) and Employment Service Agencies
4. Current Criminal Record and Child Abuse Registry checks (if needed for job)
5. A copy of Certificates, Diplomas, Degrees and all documents received from training and schooling

## Employment Centres in Thunder Bay

**YES Employment**  
1116 Waterford St  
(807) 623-0768

**Northwest Employment Centre**  
Whalen Building  
34 Cumberland St N  
(807) 473-3829

**Anishinabek Employment  
And Training Services**  
285 Red River Rd (Lower Level)  
(807) 346-0307

**March of Dimes**  
237 Camelot St  
(807) 345-6595



## HOW TO PREPARE FOR A JOB INTERVIEW:

- 1 Have answers ready for common interview questions such as:
  - *Tell me about yourself*
  - *Why did you apply for this job?*
  - *What are your strengths/weaknesses?*
- 2 Research the employer and understand what they do.
- 3 Do a practice interview with someone. Have someone ask you the 3 questions listed in point 1.
- 4 Look your best. Clean clothes and clean appearance.



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## ODE'MIIN GIIZIS **STRAWBERRY MOON**

The sixth moon of Creation is Strawberry Moon (Ode'miin Giizis). The medicine of the strawberry is reconciliation. It was during this moon cycle that communities usually held their annual feasts, welcoming everyone home, regardless of their differences over the past year, letting go of judgment and/or self righteousness. The strawberry is the first berry to ripen it is thought to be a good medicine for the heart and the teeth.

The 13 Grandmother Moon teachings are from "Kinoomaadiewinan  
Anishinabek Bimaadinzinwin, Book Two. Author Arlene Berry.



# JUNE

## ODE'MIIN GIIZIS STRAWBERRY MOON



### SAGE - MUSHKODAYWUSHK

*Sage smoke can purify the body and keep you in good health offering strength, wisdom, and clarity. During smudges wafting the smoke over yourself will be a purifying experience and help you dedicate yourself to whatever it is you're doing. Sage is usually used to symbolize the life-giving power of women and as simply a woman's medicine.*

-Skyler P.

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## THE ANISHNABE WAY TO LIVE

- Treat the Earth, and all that dwells upon it, with respect.
- Remain close to The Creator.
- Show great respect for your fellow beings.
- Work together for the benefit of all Mankind.
- Give assistance and kindness wherever needed.
- Do what you know to be right.
- Look after the well-being of mind and body.
- Dedicate a share of your efforts to the greater good.
- Be truthful and honest at all times.
- Take full responsibility for your actions.



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# ODE'MIIN GIIZIS

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

SIX  
STRENGTH  
WISDOM  
SMUDGE  
LIFE  
STRAWBERRY  
SAGE  
SMOKE  
HEALTH  
RECONCILE  
WOMEN  
WELCOME  
CREATION  
HEART  
PURIFY  
MEDICINE  
DEDICATE  
CLARITY  
POWER

## Opening a Bank Account

You can open chequing or savings accounts at financial institutions:

- Banks/on-line banks
- Credit unions/caisse populaire
- Trust companies

You will need two pieces of identification:

- Birth Certificate
- Passport
- SIN (Social Insurance Number)
- Status Card
- Credit or Debit Card

In Canada, Basic banking accounts are available for \$4 per month, and at no cost to youth, students, seniors receiving the Guaranteed Income Supplement, and Registered Disability Savings Plan (RDSP) beneficiaries. At a minimum, these accounts have the following features:

1. A minimum of 12 debit transactions per month, at least two of which can be done in-branch (if available),
2. Cheque writing privileges, and
3. Authorized payments, monthly printed statement and either cheque image return or online cheque imaging



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## MSKOMINI GIIZIS RASPBERRY MOON

The seventh moon of Creation is Raspberry Moon (Mskomini Giizis), when great changes begin. By learning gentleness and kindness, we may pass through the thorns of its brush and harvest its fruit, as we gain knowledge that will help in raising our families.

The 13 Grandmother Moon teachings are from "Kinoomaadiewinan  
Anishinabek Bimaadinzinwin, Book Two. Author Arlene Berry.

# JULY

MSKOMINI GIIZIS  
RASPBERRY MOON

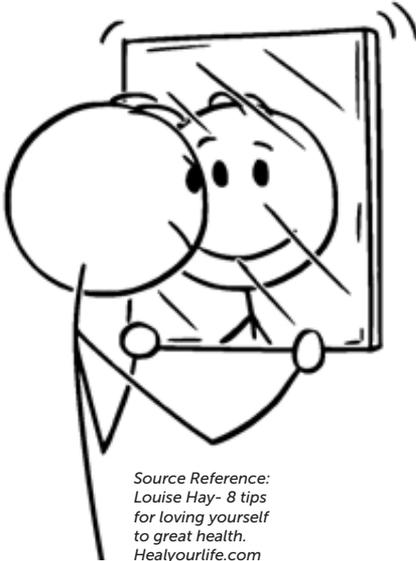
SUNDAY					
SATURDAY					
FRIDAY					
THURSDAY					
WEDNESDAY					
TUESDAY					
MONDAY					

# JULY

## MSKOMINI GIIZIS RASPBERRY MOON

### EAGLE / LOVE

The First Peoples of Turtle Island (North America) were to always carry out actions in LOVE. To feel true love is to know the Creator. One's first love is to be the Great Spirit. You express love for the Great Spirit by loving yourself and how the Great Spirit made you. Only then can you truly love others. Children are to be loved, for children are gifts from the Great Spirit.



Source Reference:  
Louise Hay- 8 tips  
for loving yourself  
to great health.  
Healyourlife.com

### AFFIRMATION

If you feel resistant to change,  
look in the mirror and affirm:

**"It is only a thought, and a  
thought can be changed."**

**"I am open to change."**

**"I am willing to change."**

**"I greet the new with open arms."**

**"I am willing to learn  
new things every day."**

**"Each problem has a solution."**

**All experiences are opportunities  
for me to learn and grow."**

**"I am safe."**

Turtle Lodge: International Centre for Indigenous  
Education and Wellness, Sagkeeng First Nation, MB.  
We give credit to Nii Gaani Aki Inini (Dave Courchene  
Jr.), an Anishnabe (Ojibway) Elder, for earning and  
sharing these Seven Sacred Teachings with us.

# MSKOMINI GIIZIS

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

SEVENTH  
HARVEST  
GREAT SPIRIT  
CHANGE  
KINDNESS  
GENTLENESS  
CHILDREN  
GIFTS  
KNOWLEDGE  
RASPBERRY  
CREATOR  
LOVE  
FAMILY

## Free Clothes in Toronto, Ontario

- Churches
- Salvation Army
- Clothing Banks
- Shelter Services

## Free Clothes in Thunder Bay, Ontario

### Clothing Assistance Program

404 May St N, Thunder Bay, ON  
807-474-3583  
By Referral only

### The Gathering Place

239 Amelia St W, Thunder Bay  
807-623-8184

### Shelter House

420 George St, Thunder Bay  
807-623-8182

### Grace Place

235 Simpson St, Thunder Bay  
807-473-3538



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## MDAAMIIN GIIZIS CORN MOON

The eighth moon of Creation is the Corn Moon (Mdaamiin Giizis), during which time we learn about the cycle of life. Each cob of corn has thirteen rows of multicoloured seeds which represent all the spirits waiting to begin their Earth Walk. These will be the future generations for whom we must prepare.

The 13 Grandmother Moon teachings are from "Kinoomaadiewinan  
Anishinabek Bimaadinzinwin, Book Two. Author Arlene Berry.

# AUGUST

MDAAMIIN GIIZIS  
CORN MOON

SUNDAY					
SATURDAY					
FRIDAY					
THURSDAY					
WEDNESDAY					
TUESDAY					
MONDAY					

# AUGUST

## MSKOMINI GIIZIS CORN MOON

### RESPECT

*First Nations people were told to always RESPECT all life on Mother Earth. To show real respect is to share and give of yourself for the benefit of all life. Respect the Elders from all races of people who uphold the sacred teachings of the Great Spirit*

Turtle Lodge: International Centre for Indigenous Education and Wellness, Sagkeeng First Nation, MB. We give credit to Nii Gaani Aki Inini (Dave Courchene Jr.), an Anishnabe (Ojibway) Elder, for earning and sharing these Seven Sacred Teachings with us.



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### BUDGETING:



A budget allows you to create a spending plan for your money, and ensures that you will always have enough money for things you need and are important to you. Following a budget or spending plan will also keep you out of debt or help you work your way out of debt if you are currently in debt.

#### Six steps to get you started:



1. Figure out how much money comes in (pay cheques from jobs, OW, ODSP, Band funding, etc.)
2. Calculate required expenses (rent, utilities, food, cell phone bill, transportation, etc.)
3. Do a little math (subtract your expenses from your income)
4. Talk about the fun stuff (put money aside for your wants – snacks, movies, games, etc.)
5. Help get what you want (set a saving goal for the bigger things – new cell phone, bike, car, etc.)
6. Balance your budget (Spending should not exceed your income. You can boost income by taking on extra jobs).

## My Monthly Budget (Example)

\$ Total Income	\$ Amount Budgeted	\$ Goal Savings
Monthly Expenses	\$ Amount Budgeted	\$ Amount Spent
Rent	\$	\$
Utilities	\$	\$
Cable / Telephone	\$	\$
Food	\$	\$
Cell Phone	\$	\$
Transportation (Bus Pass, Gas, Car Payment, Other Transportation)	\$	\$
Laundry	\$	\$
Toiletries	\$	\$
Pets (Food, Toys, Vet)	\$	\$
Dining Out (Snacks, Coffee Restaurants)	\$	\$
Debt Payments	\$	\$
Miscellaneous (Cigarettes)	\$	\$
<b>TOTAL</b>	<b>\$</b>	<b>\$</b>
<b>GRAND TOTAL (Expenses minus Incomes)</b>	<b>\$</b>	<b>\$</b>

### Transportation

When seeking transportation you will need to connect with the local transportation services available in your area. It will show you schedules, times and fares.

- Taxi
- Streetcars/subway
- Uride/Uber
- Bus
- Trains

### Transportation Service:

**Thunder Bay Transit**  
570 Fort William Rd  
(807) 684-3744



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## BIINAAKWE GIIZIS **FALLING LEAVES MOON**

The tenth moon of Creation is the Falling Leaves Moon (Biinaakwe Giizis), a time when Mother Earth is honoured with the grandest of colours. As all of Creation makes their offerings to her, we become aware of all the miracles of Creation before us and our spiritual energies are once again awakened.

The 13 Grandmother Moon teachings are from "Kinoomaadiewinan  
Anishinabek Bimaadinzinwin, Book Two. Author Arlene Berry.

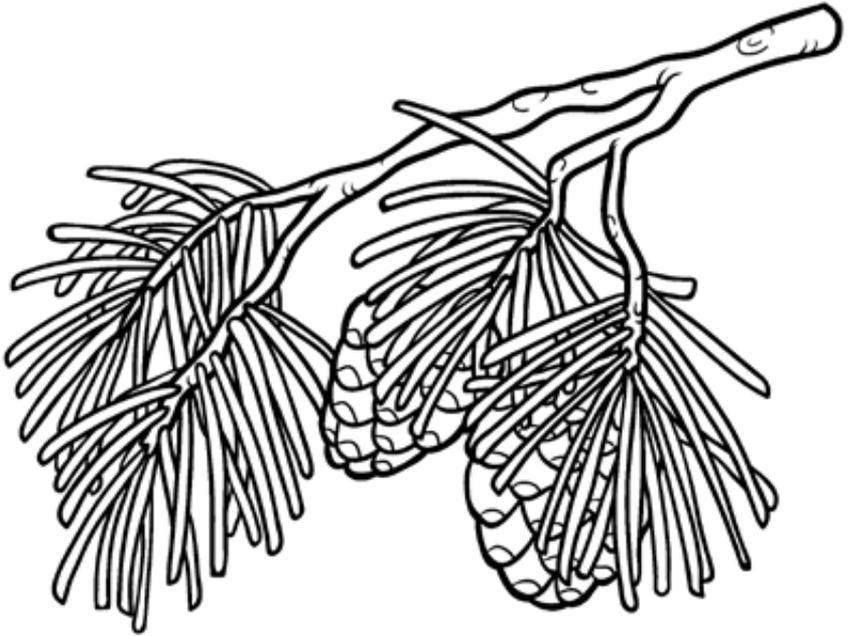
# SEPTEMBER

BIINAAKWE GIIZIS  
FALLING LEAVES MOON

SUNDAY					
SATURDAY					
FRIDAY					
THURSDAY					
WEDNESDAY					
TUESDAY					
MONDAY					

# SEPTEMBER

## BIINAAKWE GIIZIS FALLING LEAVES MOON



### **MEDICINE / CEDAR (GISHEEKANDUG)**

*Cedar is a protective and purifying medicine. Cedar tea (when properly made) can help cleanse your system and is great for healing. Cedar can be hung above doorways and windows, to offer protection from illness and bad spirits. You can also put a little in your shoes for protection as well.*

*-Skyler P.*

# BIINAAKWE GIIZIS

T	D	S	R	S	N	O	I	T	A	E	R	C	E
E	P	H	T	R	A	E	R	E	H	T	O	M	E
N	R	C	Y	U	A	A	A	N	I	O	A	E	E
T	O	C	Y	O	O	E	E	L	N	I	I	G	V
H	T	E	L	L	T	T	G	N	I	L	A	E	H
R	E	D	E	O	Y	C	T	O	N	R	T	L	E
O	C	A	T	C	C	E	I	N	R	H	C	E	L
M	T	R	T	R	S	T	I	R	I	P	S	O	O
F	A	L	L	I	N	G	L	E	A	V	E	S	S
O	H	H	A	T	L	O	E	E	C	R	N	C	F
O	D	I	N	H	O	C	Y	T	L	M	S	A	I
R	T	I	E	O	H	S	E	S	O	W	O	E	I
S	O	E	E	O	C	S	Y	A	W	R	O	O	D
T	T	A	I	M	E	D	I	C	I	N	E	T	C

FALLING LEAVES  
 MEDICINE  
 MOTHER EARTH  
 HEALING  
 COLOURS  
 TEA  
 TENTH  
 CREATION  
 CEDAR  
 DOORWAYS  
 SPIRITS  
 PROTECT

## Register for School

Must be 19+ to attend Adult Education Centres

To register for High School or an Adult Education Centre you will need:

1. Identification (Birth Certificate, Passport)
2. Transcript(s) (from past school(s) where you have earned credits at)
3. Emergency contact form (to be filled out during registration)
4. Updated immunization forms

Contact High Schools you are interested in for more information on registration.

To find an Adult Education Centre near you go to:  
[www.ontario.ca/page/adult-learning](http://www.ontario.ca/page/adult-learning)



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## **MSHKAWJI GIIZIS FREEZING MOON**

The eleventh moon of Creation is the Freezing Moon (Mshkawji Giizis), a time when the Star Nation is closest to us. As every creature being prepares for the coming fasting grounds, we are reminded to prepare ourselves for our spiritual path by learning the sacred teachings and songs that will sustain us.

The 13 Grandmother Moon teachings are from "Kinoomaadiewinan  
Anishinabek Bimaadinzinwin, Book Two. Author Arlene Berry.

# OCTOBER

MSHKAWJI GIIZIS  
FREEZING MOON

SUNDAY					
SATURDAY					
FRIDAY					
THURSDAY					
WEDNESDAY					
TUESDAY					
MONDAY					

# OCTOBER

MSHKAWJI GIIZIS

## FREEZING MOON

### WISDOM / BEAVER

*To live in WISDOM is to know that the Great Spirit gave everyone special gifts. Showing wisdom is using your gifts to build a peaceful and healthy family and community. When we know and use our gifts, we become an instrument of the Great Spirit, helping to bring peace to the world.*

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### WAYS TO COPE WITH STRESS

- Pay attention to your body
- Avoid situations that can cause you stress
- Get rest and plenty of sleep when you can
- Manage your time
- Express your feelings and think positively
- Be flexible and make changes in your life
- Keep active and do something you enjoy
- Identify, take action, accept things you cannot change
- Focus on today, your goals and aspirations
- Take little steps each day, and take deep breaths
- Be thankful for little things, everything has value, as you do too

## Health Care Resources in Thunder Bay

Name	Description	Contact
<b>Lakehead Social Planning Council</b>	List of local emergency health care providers and most health and social services in the district	Dial 211 www.211ontario.ca
<b>Tele-Health Ontario</b>	Free, confidential advice from a practical nurse	1-866-797-0000
<b>Nurse's Registry</b>	Find a doctor/nurse practitioner	1-807-623-7451
<b>Thunder Bay District Health Unit</b>	Pregnancy & STI testing, birth control, immunization	1-807-625-5900 www.tbdhu.com
<b>Umbrella Medical Clinic</b>	LGBTQ/Disables sexual and general health care	1-807-344-4077 www.umbrellaclinic.com
<b>Norwest Community Health Centre Clinics</b>	Transgender & general health care and promotion	1-807-622-8236 www.norwestchc.org
<b>Community Midwives Thunder Bay</b>	Pregnancy Health Care	1-807-622-2229 www.communitymidwives.net
<b>Maternity Care Midwives</b>	Pregnancy Health Care	1-807-344-2229 www.mcmidwives.ca
<b>St. Joseph's Care Group: Diabetes Health Thunder Bay</b>	Diabetes Health Care Addictions, adult mental health, rehab, long term and spiritual care	1-807-344-3422 www.sjcg.net
<b>Dr. Brad Wkagijig</b>	Optometrist/eyewear	1-807-622-7500
<b>Healthy Smiles Program</b>	Free dental care for youth under 18	www.ontario.ca/healthysmiles
<b>Superior Hearing Centre</b>	Hearing Health Care	1-807-346-8410 www.superiorhearing.ca
<b>Expert Hearing Solutions</b>	Hearing Health Care	1-807-623-7877 www.experthearingsolutions.com



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## **MNIDOONS GIIZISOONHG LITTLE SPIRIT MOON**

The twelfth moon of Creation is the Little Spirit Moon (Mnidoons Giizisoonhg), a time of healing. By receiving both vision of the spirits and good health, we may walk the Red Road with purest intentions, and we can share this most positive energy with our families and friends for the good of all.

The 13 Grandmother Moon teachings are from "Kinoomaadiewinan Anishinabek Bimaadinzinwin, Book Two. Author Arlene Berry.

# NOVEMBER

MNIDOONS GIIZISOONHG  
LITTLE SPIRIT MOON

SUNDAY					
SATURDAY					
FRIDAY					
THURSDAY					
WEDNESDAY					
TUESDAY					
MONDAY					

# NOVEMBER

## MNIDOONS GIIZISOONHG

### LITTLE SPIRIT MOON

#### MINDFULNESS

*"Mindfulness is not about being positive all the time. It's about noticing what happens moment to moment, the easy and the difficult, and the painful and the joyful. It's about building a muscle to be present and awake in your life."*

*Not saying that mindfulness is not about stopping thoughts or emotions, but instead about noticing them without judgment."*

- Harvard Gazette - Mindfulness, Life's in the moment.



#### THE MEDICINE WHEEL

The Medicine Wheel teaches us all about balance. When one of our mental, spiritual, emotional, or physical ways of being is off balance, it puts our whole self into a state of instability.

Using these medicine wheels to list some goals to help you get centred and balanced for your journey to wellness.

# THE MEDICINE WHEEL

The diagram is a large circle divided into four equal quadrants by two diagonal lines that intersect at the center. Each quadrant is labeled with a goal category: 'Mental Goals' at the top, 'Physical Goals' on the left, 'Spiritual Goals' on the right, and 'Emotional Goals' at the bottom. Each of the four quadrants contains several horizontal lines for writing, with approximately 5 lines in each quadrant.

## Legal Services

If you require legal assistance in Ontario, the fastest way to get legal aid help is to call Legal Aid Ontario, toll-free. You should always call before visiting any office. Legal Aid Ontario accepts collect calls.

### **Legal Aid Ontario**

**Toll Free:** 1-800-668-8258

[www.legalaid.on.ca](http://www.legalaid.on.ca)

### **Nishnawbe-Aski Legal Services**

**Toll-Free:** 1-800-465-5581

[www.nanlegal.on.ca](http://www.nanlegal.on.ca)

### **The Office of the Independent Police Review Director (OIPRD)**

**Toll-Free:** 1-877-411-4773

[www.oiprd.on.ca](http://www.oiprd.on.ca)



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## MNIDOONS GIIZIS **BLUE MOON-BIG SPIRIT MOON**

The thirteenth moon of Creation is Blue Moon or Big Spirit Moon (Mnidoons Giizis). Its purpose is to purify us, and to heal all of Creation, a process which may take a three month long spiritual journey. During this time, we receive instructions on the healing powers of the universe and transform into our own vision of the truth.

The 13 Grandmother Moon teachings are from "Kinoomaadiewinan  
Anishinabek Bimaadinzinwin, Book Two. Author Arlene Berry.

# DECEMBER

MNIDOONS GIIZIS  
BLUE MOON-BIG SPIRIT MOON

SUNDAY					
SATURDAY					
FRIDAY					
THURSDAY					
WEDNESDAY					
TUESDAY					
MONDAY					

# DECEMBER

MNIDOONS GIIZIS

## BLUE MOON-BIG SPIRIT MOON

### ELDER

*Elder, isn't a title native peoples consider a part of their teachings. For me and my regional teachings I learnt that knowledge keepers and elders are different things. An Elder is someone who has gone through enough of life to know many things, while a Knowledge Keeper is someone who practices Indigenous culture and passes it onto future generations. You don't assume the title of Knowledge Keeper or an Elder— you are acknowledged of your wisdom during your journey.*

*-Skyler P.*



### CATCHING THE BLUES

*When I catch the blues I take a second out of my day and reflect on myself. Then I think about the good things I can do and accomplish that day. Sometimes it's not something to "accomplish" but just something fun to do later that day"*

*What makes you the happiest?*

*What will make you happy in this moment?*

*What will make you happy today?*

*-Skyler P.*

# MNIDOONS GIIZIS

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

CREATION  
 UNIVERSE  
 THIRTEEN  
 PURIFY  
 SPIRIT MOON  
 TEACHING  
 BIG MOON  
 BLUE MOON  
 TRANSFORM  
 JOURNEY  
 ELDER  
 HEAL  
 POWERS  
 INDIGENOUS  
 KNOWLEDGE  
 KEEPER  
 WISDOM

## How To Handle The Holiday Blues

- Take care of your body
- Be financially responsible
- Forgive
- Don't isolate
- Schedule ahead-make plans in advance
- Avoid holiday triggers
- Don't focus on perfection
- Schedule sleep

## Where to get CRISIS support?

**Yourlifecounts.org**

**Crisis Services Canada:**

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

**Canadian Association For Suicide Prevention:**

[www.suicideprevention.ca/Need-Help](http://www.suicideprevention.ca/Need-Help)

**Canadian Mental Health Association:**

[www.thunderbay.cmha.ca](http://www.thunderbay.cmha.ca)

**Thunder Bay Counselling Centre:**

[www.tbaycounselling.com](http://www.tbaycounselling.com)



JOYPOP App: Includes activities to increase awareness of emotions and changes in mood & engage in self reflection. Can be accessed via iphone/android devices.

# Addictions & Harm Reduction Support Services

## **NorWest Community Health Centres**

### **Clean Needle Exchange Site**

525 Simpson St.

**Tel:** (807) 622-8235

**Toll Free:** 1-866-357-5454

Mobile Service Available:

**Tel:** (807) 626-8474

**Toll Free:** 1-866-357-5454 ext.8474

### **Path525**

Supervised, safe injection site. Also offers safe consumption education, harm reduction supplies and overdose response. Located inside NorWest Community Health Centres.

525 Simpson St. (Lower Level)

**Tel:** (807) 626-8518

[www.norwestchc.org](http://www.norwestchc.org)

## **Warming Shelter Site**

510 Victoria Ave location

### **Superior Points Harm Reduction Program**

999 Balmoral Ave.

**Tel:** (807) 621-7862

**Site:** 502 Victoria Ave E.

### **Street Outreach Nurses- Superior Points Harm Reduction Program**

**Tel:** (807) 625-5900

[www.tbduh.com](http://www.tbduh.com)

## **Harm Reduction Tips For Users:**

- Do not use alone
- Never share equipment
- Carry Naloxone, starting with small doses
- Attending a supervised consumption site

## **Naloxone Kits**

Naloxone is a medication used to treat someone who has overdosed on opioids. It is a nasal spray that reverses the effects of an overdose until medical help arrives.

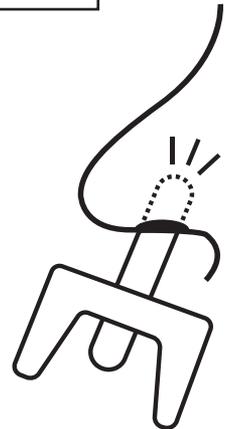
### **Free Naloxone Kits are available at:**

#### **Superior Points Harm Reduction Program**

**Tel:** (807) 621-7861

**Toll Free:** 1-888-294-6630

Kits are also available at no charge at some pharmacies. Not all pharmacy's have kits/free injection sites available. Visit the link below to find a pharmacy that does offer free kits: [www.ontario.ca/page/where-get-free-naloxone-kit](http://www.ontario.ca/page/where-get-free-naloxone-kit)



The above graphic shows how a Naloxone nasal spray works.



LEAH.O 2018  
To: Bimaabdziiwin  
Dilico

