



# Shkagamik-Kwe

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## HEALTH CENTRE

**2020**  
**CALENDAR**

*Honouring our*  
**Doodemag Ndinwemaagnag**  
*(Clan Relatives)*  
*who walk with us*





## FISH GIIGOONH

### *Fish and Reptiles*

Includes: Turtle, Snake, Frog,  
Mermaid/Merman, Catfish,  
Pike, Sturgeon, Sucker,  
Whitefish, all fish



## DEER WAAWAASHKESH

### *All Hoof Clan*

Includes: Moose, Elk,  
Caribou, Antelope, Ram,  
Buffalo, Sheep, Horse



## BEAR MKWA

### *Large Paws*

Includes: Brown,  
Black, Grizzly, Polar,  
Kodiak, Wolverine,  
Badger, Wolf



# Doodemag Ndinwemaagnag *Clan Relatives*



## BIRD BENESHIINH

### *Part of Talon Clan*

Includes: Eagles, Hawks,  
Owls, Falcons and other  
birds that fly



## MARTEN WAABZHESHII

### *Small Paws*

Includes: Mink, Weasel,  
Otter, Lynx, Bobcat, Fox,  
Beaver, Rabbit



## LOON MAANG

### *Part of Talon Clan*

Includes: Ducks,  
Geese and other  
birds that swim



## CRANE JIJAAK

### *Talon Clan*

Includes: Seagulls and  
other shorebirds





# The Forgotten Clans

Due to the ongoing effects of colonization, many sub-clans have been forgotten. Some of these include: Seagull, Skunk, Porcupine and Squirrel.

These teachings are from the lodges in this territory. We respect and acknowledge the knowledge keepers in these lodges and how they were given these teachings.

## ACKNOWLEDGEMENT TO:

- The Mishomis Book: The Voice of the Ojibway, Edward Benton-Banai, 1988
- Ojibway Heritage, Basil Johnston, 1987
- Sacred Water, North American Water Office



# Protocols

- Clan Relations
  - Clans are considered family (i.e. brothers/sisters) therefore clan members of the same family do not inter-marry or procreate.
  - Marriage among the same clan are forbidden.
  - In Anishnaabemowin, Ndoode stems from the word Ode, where the heart is (ndoodem).
  - The importance of extended family so we always have extended family.
  - As Anishnaabe, we carry our father's clan (patrilineal); if not known, the adoption clans come in.
- Other clan nations may follow different clan teachings (i.e. Cree, Haudenosaunee, Inuit, Lakota).
- Please take any opportunity to reach out and learn about our clan feasts.
- Please take any opportunity to learn about your clan songs and dances.
- There may be conflicts between some clans (i.e. Turtle/Eagle).
- For those that are searching for their clan, do own research, geneology/family tree line.
- Seek out knowledge keepers and ceremonies that can guide you about your clan.





# MAAHIINGAN (*Wolf*)

**IMPORTANT NOTE:** Your clan is not determined by what month you were born in therefore this is not a birth month calendar. The Anishinaabe Ojibway clan is determined by your father's family line and is passed down through his lineage.

Maahiingan teaches of family togetherness and setting boundaries, and is a strong teacher against family violence. Maahiingan walks with and carries teachings on family values, humility and playfulness. Maahiingan has the gift of seeing the truth and voicing honesty.



DECEMBER 2019  
S M T W T F S  
1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30 31

# JANUARY 2020

## MNIDOO GIIZIS (*Spirit Moon*)

FEBRUARY 2020  
S M T W T F S  
1  
2 3 4 5 6 7 8  
9 10 11 12 13 14 15  
16 17 18 19 20 21 22  
23 24 25 26 27 28 29

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			New Year's Day Offices closed 1	2	3	4
5	Yoga (CC) Weight Loss Support Group (CC) 6	Auntie's Table (MC) Beading Session (CC) Youth Drop-In (CC) 7	Good Food Box Order Deadline (CC) Diabetes Support Group (CC) 8	Men's Group (MC) 9	Full Moon Ceremony (LU) 10	11
12	Yoga (CC) Weight Loss Support Group (CC) 13	Auntie's Table (MC) Beading Session (CC) Youth Drop-In (CC) 14	Youth Thunderbirds Drum (MC) Good Food Box Pick-Up (CC) 15	Men's Group (MC) 16	Bowling (PB) Good Food Box Cooking Class (CC) 17	18
19	Yoga (CC) Weight Loss Support Group (CC) 20	Auntie's Table (MC) Youth Drop-In (CC) Evening Cooking (CC) 21	Youth Thunderbirds Drum (MC) Prenatal Group (MC) 22	Men's Group (MC) 23	24	25
26	Yoga (CC) Weight Loss Support Group (CC) 27	Auntie's Table (MC) Beading Session (CC) Youth Drop-In (CC) 28	Youth Thunderbirds Drum (MC) Prenatal Group (MC) 29	Men's Group (MC) 30	PA Day Friday Night Community Workshop (MC) Nutrition Bingo (CC) 31	

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## MKWA (*Bear*)

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Mkwa are protectors of the medicines. They walk with the medicines. Mkwa carry the responsibilities of law and security ensuring that there is order within the community. Through hibernation, Mkwa shows us teachings about fasting and how travel can take place between realms. In this moon, we hold the Bear Feast as this is the time that the female turns within her den and gives birth to her cubs. Mkwa carry the gifts of introspection, strength and courage.



JANUARY 2020  
S M T W T F S  
1 2 3 4  
5 6 7 8 9 10 11  
12 13 14 15 16 17 18  
19 20 21 22 23 24 25  
26 27 28 29 30 31

# FEBRUARY 2020

## MĶWA GIIZIS (*Bear Moon*)

MARCH 2020  
S M T W T F S  
1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30 31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 
Groundhog Day 2	Yoga (CC) Weight Loss Support Group (CC) 3	Auntie's Table (MC) Beaded Session (CC) Youth Drop-In (CC) 4	Youth Thunderbirds Drum (MC) Prenatal Group (MC) 5	Men's Group (MC) 6	Feasting the Bear (MC) 7	8
Full Moon Ceremony (LU) 9 	Yoga (CC) Weight Loss Support Group (CC) 10	Auntie's Table (MC) Beaded Session (CC) Youth Drop-In (CC) 11	Youth Thunderbirds Drum (MC) Good Food Box Order Deadline (CC) Diabetes Support Group (CC) Prenatal Group (MC) 12	Men's Group (MC) 13	Valentine's Day 14	15 
16	Family Day Offices closed Louis Riel Day 17	Auntie's Table (MC) Beaded Session (CC) Youth Drop-In (CC) Evening Cooking (CC) 18	Youth Thunderbirds Drum (MC) Good Food Box Pick-Up (CC) Prenatal Group (MC) 19	Men's Group (MC) 20	Bowling (PB) Good Food Box Cooking Class (CC) 21	22
23 	Yoga (CC) Weight Loss Support Group (CC) 24	Auntie's Table (MC) Beaded Session (CC) Youth Drop-In (CC) 25	Youth Thunderbirds Drum (MC) Prenatal Group (MC) 26	Men's Group (MC) 27	Friday Night Community Workshop (MC) Nutrition Bingo (CC) 28	29

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# WAABZHESHII (*Marten*)

**IMPORTANT NOTE:** Your clan is not determined by what month you were born in therefore this is not a birth month calendar. The Anishinaabe Ojibway clan is determined by your father's family line and is passed down through his lineage.

Waabzheshii are our defenders of the community. They are our warriors. They teach us to conduct ourselves in a peaceful and respectful way. They teach us about generosity and acceptance. Waabzheshii are the ones who stand up for those who do not know their clan or whether or not the father is of Anishnaabe ancestry. Waabzheshii carry the gifts of strategic and economic planning. They are known as hunters and providers and maintain the wellbeing of the people.



FEBRUARY 2020  
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2 3 4 5 6 7 8  
9 10 11 12 13 14 15  
16 17 18 19 20 21 22  
23 24 25 26 27 28 29

# MARCH 2020

NAABIDIN GIIZIS (*Snow Crust Moon*) | BOKWAAGMI GIIZIS (*Broken Snowshoe Moon*)

APRIL 2020  
S M T W T F S  
1 2 3 4  
5 6 7 8 9 10 11  
12 13 14 15 16 17 18  
19 20 21 22 23 24 25  
26 27 28 29 30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Yoga (CC) Weight Loss Support Group (CC)	2 Auntie's Table (MC) Beading Session (CC) Youth Drop-In (CC)	3 Youth Thunderbirds Drum (MC) Prenatal Group (MC)	4 Men's Group (MC)	5	6	7
Daylight Savings Begins 8	9 Full Moon Ceremony (LU) Yoga (CC) Weight Loss Support Group (CC)	10 Auntie's Table (MC) Beading Session (CC) Youth Drop-In (CC)	11 Youth Thunderbirds Drum (MC) Diabetes Support Group (CC) Good Food Box Order Deadline (CC) Prenatal Group (MC)	12 Men's Group (MC)	13 Bowling (PB)	14
15 March Break Weight Loss Support Group (CC)	16 March Break St. Patrick's Day Auntie's Table (MC) Beading Session (CC) Youth Drop-In (CC)	17 March Break Good Food Box Pick-Up (CC)	18 March Break First Day of Spring Men's Group (MC)	19 March Break Good Food Box Cooking Class (CC)	20	21
22 Yoga (CC) Weight Loss Support Group (CC)	23 Auntie's Table (MC) Beading Session (CC) Youth Drop-In (CC) Evening Cooking (CC)	24 Youth Thunderbirds Drum (MC)	25 Men's Group (MC)	26 Friday Night Community Workshop (MC) Nutrition Bing (CC)	27	28
29 Yoga (CC) Weight Loss Support Group (CC)	30 Beading Session (CC) Youth Drop-In (CC)	31				

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## BENESHIINH (*Bird*)

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Beneshiinh plant the seeds—both physical seeds and spiritual seeds of knowledge. They are spiritualists. Many Beneshiinh are learners and agriculturists. Beneshiinh have the gift of song and are carriers of songs. They have the ability to see from all levels, heights and angles therefore sight and perspective are inclusive in all things.



MARCH 2020  
S M T W T F S  
1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30 31

# APRIL 2020

MAY 2020  
S M T W T F S  
1 2  
3 4 5 6 7 8 9  
10 11 12 13 14 15 16  
17 18 19 20 21 22 23  
24 25 26 27 28 29 30  
31

BOKWAAGMI GIIZIS (*Broken Snowshoe Moon*) | ZIISIBAAKADAKE GIIZIS (*Sugar Moon*)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Youth Thunderbirds Drum (MC) 1	Men's Group (MC) 2	3	4
			☾			
5	PA Day Yoga (CC) Weight Loss Support Group (CC) 6	Full Moon Ceremony (LU) Auntie's Table (MC) Beading Session (CC) Youth Drop-In (CC) 7	Youth Thunderbirds Drum (MC) Diabetes Support Group (CC) Good Food Box Order Deadline (CC) 8	Men's Group (MC) 9	Good Friday Offices closed 10	11
		○				
Easter 12	Easter Monday Offices closed 13	Auntie's Table (MC) Beading Session (CC) Youth Drop-In (CC) 14	Youth Thunderbirds Drum (MC) Good Food Box Pick-Up (CC) Prenatal Group (MC) 15	Men's Group (MC) 16	Bowling (PB) Good Food Box Cooking Class (CC) 17	18
		☾				
19	Yoga (CC) Weight Loss Support Group (CC) 20	Auntie's Table (MC) Beading Session (CC) Youth Drop-In (CC) Evening Cooking (CC) 21	Youth Thunderbirds Drum (MC) Prenatal Group (MC) 22	Men's Group (MC) 23	PA Day Men's Spring Gathering Friday Night Community Workshop (MC) Nutrition Bingo (CC) 24	25
			●			
26	Yoga (CC) Weight Loss Support Group (CC) 27	Auntie's Table (MC) Beading Session (CC) Youth Drop-In (CC) 28	Youth Thunderbirds Drum (MC) Prenatal Group (MC) 29	Men's Group (MC) 30		
				☾		

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# GIIGOONH (*Fish*)

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Giigoonh have the responsibility to take care of the waters. Within this responsibility is attending and learning about the water offering ceremonies. The Turtle is the Chief of the Fish clan. Giigoonh are the philosophers and astronomers because they are always looking to the star realm. Their role is to mediate in a calm and graceful manner. Using the gifts of learning and depth, Giigoonh are visionaries, dreamers and thinkers of the people.



APRIL 2020  
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1 2 3 4  
5 6 7 8 9 10 11  
12 13 14 15 16 17 18  
19 20 21 22 23 24 25  
26 27 28 29 30

# MAY 2020

## NMEBINE GIIZIS (*Sucker Moon*)

JUNE 2020  
S M T W T F S  
1 2 3 4 5 6  
7 8 9 10 11 12 13  
14 15 16 17 18 19 20  
21 22 23 24 25 26 27  
28 29 30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Yoga (CC) Weight Loss Support Group (CC)	5 Auntie's Table (MC) Beading Session (CC) Youth Drop-In (CC)	6 Youth Drum (MC) Youth Thunderbirds Drum (MC) Prenatal Group (MC)	7 Full Moon Ceremony (LU) Men's Group (MC)	8 Bowling (PB)	9
Mother's Day 10	11 Yoga (CC) Weight Loss Support Group (CC)	12 Auntie's Table (MC) Beading Session (CC) Youth Drop-In (CC)	13 Medicine Walk Youth Thunderbirds Drum (MC) Diabetes Support Group (CC) Good Food Box Order Deadline (CC) Prenatal Group (MC)	14 Men's Group (MC)	15 Good Food Box Cooking Class (CC)	16
17	18 Victoria Day <i>Offices closed</i>	19 Youth Drop-In (CC) Evening Cooking (CC)	20 Spring Fast Camp Good Food Box Pick-Up (CC) Prenatal Group (MC)	21 Spring Fast Camp	22 Spring Fast Camp	23 Spring Fast Camp
24 Spring Fast Camp	25 Yoga (CC) Weight Loss Support Group (CC)	26 Auntie's Table (MC) Beading Session (CC) Youth Drop-In (CC)	27 Youth Thunderbirds Drum (MC) Prenatal Group (MC)	28 Men's Group (MC)	29 Friday Night Community Workshop (MC) Nutrition Bingo (CC)	30
31						

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# WAAWAASHKESH (*Deer*)

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Wawaashkesh are known to be artists, dancers, poets, singers and teachers of kindness. Wawaashkesh made an agreement with the Creator to provide sustenance to the people. They live in balance and total harmony in creation using the gifts of peace and kindness. Wawaashkesh are keen observers and are the strongest teachers of our youth.



MAY 2020  
S M T W T F S  
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3 4 5 6 7 8 9  
10 11 12 13 14 15 16  
17 18 19 20 21 22 23  
24 25 26 27 28 29 30  
31

# JUNE 2020

## WAABGONII GIIZIS (*Blossom/Flower Moon*)

JULY 2020  
S M T W T F S  
1 2 3 4  
5 6 7 8 9 10 11  
12 13 14 15 16 17 18  
19 20 21 22 23 24 25  
26 27 28 29 30 31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Yoga (CC) 1 Weight Loss Support Group (CC)	Auntie's Table (MC) 2 Youth Drop-In (CC)	Medicine Walk 3 Youth Thunderbirds Drum (MC) Prenatal Group (MC)	Full Moon Ceremony (LU) 4	5	6
7	Yoga (CC) 8 Weight Loss Support Group (CC)	Auntie's Table (MC) 9 Youth Drop-In (CC)	Youth Thunderbirds Drum (MC) 10 Diabetes Support Group (CC) Good Food Box Order Deadline (CC)	Men's Group (MC) 11	Bowling (PB) 12	13
14	PA Day 15 Sweatlodge (SC) Yoga (CC) Weight Loss Support Group (CC)	Auntie's Table (MC) 16 Youth Drop-In (CC)	Youth Thunderbirds Drum (MC) 17 Good Food Box Pick-Up (CC)	18	Good Food Box Cooking Class (CC) 19	First Day of Summer 20
Father's Day 21 National Aboriginal Day	Weight Loss Support Group (CC) 22	Auntie's Table (MC) 23 Youth Drop-In (CC) Evening Cooking (CC)	Youth Thunderbirds Drum (MC) 24	Men's Group (MC) 25	Last Day of School 26 Nutrition Bingo (CC)	27
28	Weight Loss Support Group (CC) 29	Auntie's Table (MC) 30 Youth Drop-In (CC)				

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# MSHIIKEHN (*Turtle*)

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Mshiikehn gave their back to carry the land of what we know as Turtle Island today. Mshiikehn are messengers and Chief (Ogimaa) to the Fish clan. Mshiikehn are intellectuals, philosophers and mediators, using the gifts of commitment, medicine and communication. As humans, it is our responsibility to take care of the Mshiikehn and help guide them safely across roads and help protect the female's eggs buried near the roads.



JUNE 2020  
S M T W T F S  
1 2 3 4 5 6  
7 8 9 10 11 12 13  
14 15 16 17 18 19 20  
21 22 23 24 25 26 27  
28 29 30

# JULY 2020

## MIIN GIIZIS (*Berry Moon*)

AUGUST 2020  
S M T W T F S  
1  
2 3 4 5 6 7 8  
9 10 11 12 13 14 15  
16 17 18 19 20 21 22  
23 24 25 26 27 28 29  
30 31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Canada Day Offices closed 1	2	3	4
5	Full Moon Ceremony (LU) Summer Cooking (CC) Weight Loss Support Group (CC)	6	7	8	9	10
			Medicine Walk Good Food Box Order Deadline (CC)			11
12	Summer Cooking (CC) Weight Loss Support Group (CC)	13	14	15	16	17
			Good Food Box Pick-Up (CC)		Good Food Box Cooking Class (CC)	18
19	Sweatlodge (SC) Summer Cooking (CC) Weight Loss Support Group (CC)	20	21	22	23	24
						25
26	Summer Cooking (CC) Weight Loss Support Group (CC)	27	28	29	30	31
					Nutrition Bingo (CC)	

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## NIGIG (*Otter*)

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Nigig brought the Midewiwin bundle to the Anishnaabe. Nigig reminded the people of the four sacred directions. They always carry a stone or a tool that will be kept for their lifetime. Nigig are known to carry their babies for a long time and bring them everywhere. They are excellent craftspeople, builders and organizers. The gifts of the Nigig are playfulness and medicine. They hold the 7 grandfather teachings.



JULY 2020  
S M T W T F S  
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5 6 7 8 9 10 11  
12 13 14 15 16 17 18  
19 20 21 22 23 24 25  
26 27 28 29 30 31

# AUGUST 2020

## MNOOMNI GIIZIS (*Rice Moon*)

SEPTEMBER 2020  
S M T W T F S  
1 2 3 4 5  
6 7 8 9 10 11 12  
13 14 15 16 17 18 19  
20 21 22 23 24 25 26  
27 28 29 30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	Civic Holiday Offices closed	3 Full Moon Ceremony (LU)	4	5	6	7
						8
9	Diabetes Support Group Summer Cooking (CC) Weight Loss Support Group (CC)	10	11	12	13	14
						15
16	Sweatlodge (SC) Summer Cooking (CC) Weight Loss Support Group (CC)	17	18	19	20	21
						22
23	Summer Cooking (CC) Weight Loss Support Group (CC)	24 Evening Cooking (CC)	25	26	27	28
						29
30	Summer Cooking (CC) Weight Loss Support Group (CC)	31				

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# MOOZ (*Moose*)

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Mooz teach us about strength. They give us their vessel to provide sustenance for the people. Mooz give us warmth through their hide for clothing and moccasins, and deliver the gift of the drum (daawegan). The food they provide is medicine for us. Mooz has the gift of listening so they are problem solvers and are community-oriented to guide us.



AUGUST 2020  
S M T W T F S  
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2 3 4 5 6 7 8  
9 10 11 12 13 14 15  
16 17 18 19 20 21 22  
23 24 25 26 27 28 29  
30 31

# SEPTEMBER 2020

## WAABAGAA GIIZIS (*Changing Leaves Moon*)

OCTOBER 2020  
S M T W T F S  
1 2 3  
4 5 6 7 8 9 10  
11 12 13 14 15 16 17  
18 19 20 21 22 23 24  
25 26 27 28 29 30 31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	Full Moon Ceremony (LU) 2	Men's Group (MC) 3	4	5
			○			
6	Labour Day Offices closed Sweatlodge (SC) 7	Auntie's Table (MC) 8	Medicine Walk Diabetes Support Group (CC) Good Food Box Order Deadline (CC) 9	Men's Group (MC) 10	11	12
				◐		
13	Yoga (CC) Weight Loss Support Group (CC) 14	Auntie's Table (MC) Youth Drop-In (CC) 15	Good Food Box Pick-Up (CC) 16	17	Bowling (PB) Good Food Box Cooking Class (CC) 18	19
				●		
20	Yoga (CC) Weight Loss Support Group (CC) 21	First Day of Autumn Youth Drop-In (CC) Evening Cooking (CC) 22	Fall Fast Camp Prenatal Group (MC) 23	Fall Fast Camp Men's Group (MC) 24	Fall Fast Camp Nutrition Bingo (CC) 25	Fall Fast Camp 26
			◐			
Fall Fast Camp 27	Yoga (CC) Weight Loss Support Group (CC) 28	Auntie's Table (MC) Beading Session (CC) Youth Drop-In (CC) 29	Youth Thunderbirds Drum (MC) Prenatal Group (MC) 30			

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## JIIAAK (*Crane*)

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Jijaak are natural born leaders/chiefs. They have a voice that calls attention of the people as they fly to heights above creation. The gifts of the Jijaak are negotiation and eloquence, both useful in being a leader/orator.



SEPTEMBER 2020  
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6 7 8 9 10 11 12  
13 14 15 16 17 18 19  
20 21 22 23 24 25 26  
27 28 29 30

# OCTOBER 2020

## BNAAKWII GIIZIS (*Falling Leaves Moon*)

NOVEMBER 2020  
S M T W T F S  
1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Full Moon Ceremony (LU) Men's Group (MC) 1	Friday Night Community Workshop (MC) Bowling (PB) 2	3
4	Yoga (CC) Weight Loss Support Group (CC) 5	Community Hunt Camp 6	Community Hunt Camp Prenatal Group (MC) 7	Community Hunt Camp 8	9	10
11	Thanksgiving Offices closed 12	Auntie's Table (MC) Beadng Session (CC) Youth Drop-In (CC) 13	Medicine Walk Youth Thunderbirds Drum (MC) Diabetes Support Group (CC) Good Food Box Order Deadline (CC) Prenatal Group (MC) 14	Men's Group (MC) 15	Bowling (PB) Good Food Box Cooking Class (CC) 16	17
18	Sweatlodge (SC) Yoga (CC) Weight Loss Support Group (CC) 19	Auntie's Table (MC) Beadng Session (CC) Youth Drop-In (CC) Evening Cooking (CC) 20	Youth Thunderbirds Drum (MC) Good Food Box Pick-Up (CC) Prenatal Group (MC) 21	Men's Group (MC) 22	23	24
25	Yoga (CC) Weight Loss Support Group (CC) 26	Auntie's Table (MC) Beadng Session (CC) Youth Drop-In (CC) 27	Youth Thunderbirds Drum (MC) Prenatal Group (MC) 28	Men's Group (MC) 29	Full Moon Ceremony (LU) Friday Night Community Workshop (MC) Nutrition Bingo (CC) 30	Halloween 31

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# MAANG (*Loon*)

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Maang were given the shared role of Chieftainship. Maang have the responsibility to notify all in creation to prepare for the change of season. Their voice is so beautiful the people will want to listen therefore it holds the attention of the people. They hold the responsibility of settling issues and disputes as a leader. Maang observe all of creation below the waterline to consult with the philosophers (Giigoohn). Maang are given the role as criers for the people hence their red eyes. Their gifts are eloquence and fidelity.



OCTOBER 2020  
S M T W T F S  
1 2 3  
4 5 6 7 8 9 10  
11 12 13 14 15 16 17  
18 19 20 21 22 23 24  
25 26 27 28 29 30 31

# NOVEMBER 2020

## BAASHKAAKODIN GIIZIS (*Freezing Moon*)

DECEMBER 2020  
S M T W T F S  
1 2 3 4 5  
6 7 8 9 10 11 12  
13 14 15 16 17 18 19  
20 21 22 23 24 25 26  
27 28 29 30 31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Daylight Savings Ends Taasenhwan – Feasting our Ancestors (CC) 1	All Souls Day Yoga (CC) Weight Loss Support Group (CC) 2	Auntie's Table (MC) Beading Session (CC) Youth Drop-In (CC) 3	Youth Thunderbirds Drum (MC) Prenatal Group (MC) 4	Men's Group (MC) 5	6	7
8 ☾	Yoga (CC) Weight Loss Support Group (CC) 9	Auntie's Table (MC) Beading Session (CC) Youth Drop-In (CC) 10	Remembrance Day Youth Thunderbirds Drum (MC) Diabetes Support Group (CC) Good Food Box Order Deadline (CC) Prenatal Group (MC) 11	Men's Group (MC) 12	Bowling (PB) 13	14
15 ●	Yoga (CC) Weight Loss Support Group (CC) 16	Auntie's Table (MC) Beading Session (CC) Youth Drop-In (CC) Evening Cooking (CC) 17	Youth Thunderbirds Drum (MC) Good Food Box Pick-Up (CC) 18	19	Good Food Box Cooking Class (CC) 20	21 ☾
22	Yoga (CC) Weight Loss Support Group (CC) 23	Auntie's Table (MC) Beading Session (CC) Youth Drop-In (CC) 24	Youth Thunderbirds Drum (MC) 25	Men's Group (MC) 26	Friday Night Community Workshop (MC) Nutrition Bingo (CC) 27	28
Shkagamik-Kwe Craft Market (CC) 29	Full Moon Ceremony (LU) Yoga (CC) Weight Loss Support Group (CC) 30 ○					

CC = COMMUNITY CENTRE, 105 ELM ST., SUITE E4 | MC = MAIN CENTRE, 161 APPLGROVE ST. | SC = ST. CHARLES | PB = PLAZA BOWL, 1799 GARDEN ST. | LU = LAURENTIAN UNIVERSITY





# MIGIZI (*Eagle*)

**IMPORTANT NOTE:** Your clan is not determined by what month you were born in therefore this is not a birth month calendar. The Anishinaabe Ojibway clan is determined by your father's family line and is passed down through his lineage.

Migizi are messengers of our truth and stand up for the people. Migizi is the Chief (Ogimaa) of the Bird (Beneshiinh) clan. Migizi go ahead first, and carry our asemaa and our prayers to the Creator. Their feathers teach us and show us our lifeline. Migizi are held with high esteem as it is of the highest honour to be gifted with an Eagle feather. The gifts of the Migizi are courage, strength, love and clarity.



NOVEMBER 2020  
S M T W T F S  
1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30

# DECEMBER 2020

## MNIDOO GIISOONS (*Little Spirit Moon*)

JANUARY 2021  
S M T W T F S  
1 2  
3 4 5 6 7 8 9  
10 11 12 13 14 15 16  
17 18 19 20 21 22 23  
24 25 26 27 28 29 30  
31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Auntie's Table (MC) 1 Beading Session (CC) Youth Drop-In (CC)	Youth Thunderbirds 2 Drum (MC)	Men's Group (MC) 3	4	5
6	Yoga (CC) 7 Weight Loss Support Group (CC)	Auntie's Table (MC) 8 Beading Session (CC) Youth Drop-In (CC)	Youth Thunderbirds 9 Drum (MC) Diabetes Support Group (CC)	Men's Group (MC) 10	Bowling (PB) 11 Holiday Cooking (CC)	12
13	Yoga (CC) 14 Weight Loss Support Group (CC)	Auntie's Table (MC) 15 Beading Session (CC) Youth Drop-In (CC)	Youth Thunderbirds 16 Drum (MC)	Men's Group (MC) 17	Nutrition Bingo (CC) 18 Winter Solstice Community Feast (CC)	19
20	First Day of Winter 21	22	23	24	Christmas 25 Offices closed	Boxing Day 26
27	28	29	30	New Years Eve 31		

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# Debenjiged, Gzhemnido, Gmishoomsina.

From the purple blanket of the sky nation to the first rays of dazzling light, when grandfather sun rises to shine his light on all of his children and creation.

Let us all embrace the Creator's love.

We are thankful for our mother Shkagamik-Kwe. Our father, father sky. Our grandparents, Nookomis—moon and grandfather sun.

We are thankful for the gifts of the Four Directions and for the combined successes they bring that we may continue to be of greater service to you and others.

We offer ourselves to you as instruments. We trust that you will guide us with the medicine of leading through example.

Teach us to nurture each other, and to encourage each other's growth, that will support the development of others abilities.

Help us to be humble and thankful, and to be proud of all our accomplishments, through self-esteem and not of self-importance.

We humbly ask for continued blessings of life and breath so that, the creator's love, our love, may be felt in the lives of all we meet.

Thank you for hearing our prayer.

Miigwetch,

*Elder Hilda Nadiwon*

## Who we serve

Shkagamik-Kwe Health Centre (SKHC) is an Aboriginal Health Access Centre (AHAC) dedicated to providing equal access to quality health care for all Aboriginal, Métis and Inuit people in the City of Greater Sudbury, and individuals and families from our partner First Nations: Wahnapiatae, Henvey Inlet and Magnetawan.

We are a culturally based holistic health centre dedicated to balanced and healthy lifestyles. Programs and services support traditional Aboriginal values encompassing the connectedness of emotional, spiritual, physical and mental well-being. In meeting our mandate and honouring the ancestors and the seven generations we have an intake process to access services of SKHC.

## Service delivery philosophy

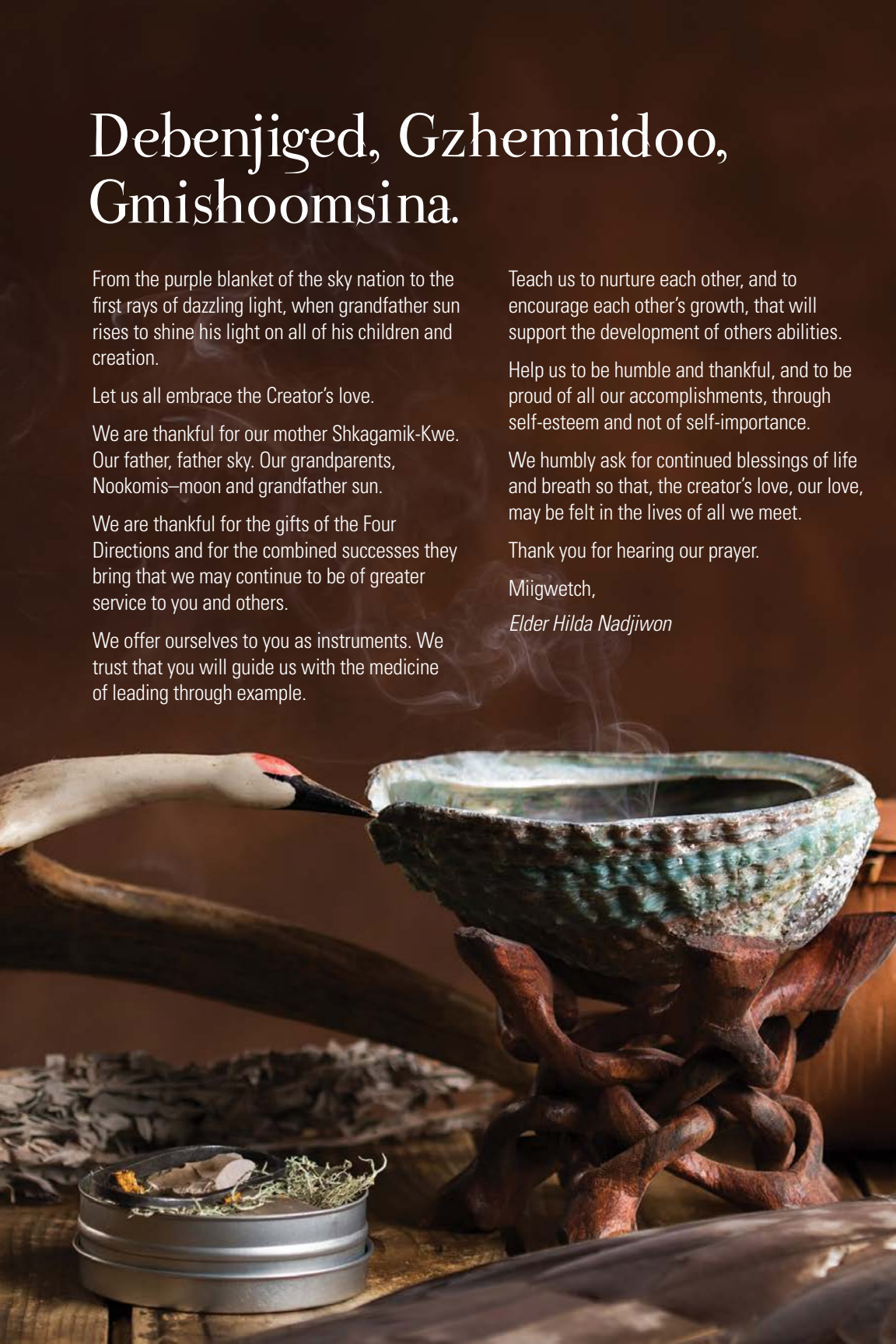
SKHC has a responsibility to promote and maintain health and provide therapeutic services, health promotion, disease prevention, support, community development and treatment programs. We offer an interprofessional team approach to the care of the community members because we believe that health care is best when planned with professionals from many disciplines. We believe that the maintenance of client confidentiality is of utmost importance.

We recognize that a client is a worthwhile person and has the right to be treated with dignity while maintaining his/her identity. We believe that the client should be assured equal access to integrated services that incorporate the unique values, beliefs and traditions as we strive to maintain a balance of understanding by practicing Traditional healing ways and adopting good Western healing practices.

SKHC respects the value and contribution of all employees, and we strive to uphold the highest professional and ethical standards. We recognize that health services must be provided as economically as possible while striving to obtain sufficient resources to meet our service objectives.

We believe in and value the teachings of the Seven Sacred Grandfathers: **WISDOM, LOVE, RESPECT, BRAVERY, HONESTY, HUMILITY and TRUTH.**

We strive to integrate these principles in our work and in our lives.





# Seven Grandfather Teachings

## WISDOM NIBWAAKAWIN

To cherish knowledge is to know **Wisdom**. Wisdom is given by the Creator to be used for the good of the people. In the Anishinaabe language, this word expresses not only "wisdom," but also means "prudence" or "intelligence." In some communities, Gikendaasowin is used; in addition to "wisdom," this word can also mean "intelligence" or "knowledge."

## LOVE ZAAGI'IDIWIN

To know **Love** is to know peace. Love must be unconditional. When people are weak they need love the most.

In the Anishinaabe language, this word with the reciprocal theme /idi/ indicates that this form of love is mutual. In some communities, Gizhaawenidiwin is used, which in most context means "jealousy" but in this context is translated as either "love" or "zeal." Again, the reciprocal theme /idi/ indicates that this form of love is mutual.

## RESPECT MINAADENDAMOWIN

To honor all creation is to have **Respect**. All of creation should be treated with respect. You must give respect if you wish to be respected. Some communities instead use Ozhibwaadenindiwin or Manazonidiwin.

## BRAVERY AAKODE'EWIN

**Bravery** is to face the foe with integrity. In the Anishinaabe language, this word literally means "state of having a fearless heart." To do what is right even when the consequences are unpleasant. Some communities instead use either Zoongadikiwin (state of having a strong casing) or Zoongide'ewin (state of having a strong heart).

## HONESTY GWAYAKWAADIZIWIN

**Honesty** in facing a situation is to be brave. Always be honest in word and action. Be honest first with yourself, and you will more easily be able to be honest with others. In the Anishinaabe language, this word can also mean "righteousness."

## HUMILITY DABAADENDIZIWIN

**Humility** is to know yourself as a sacred part of Creation. In the Anishinaabe language, this word can also mean "compassion." You are equal to others, but you are not better. Some communities instead express this with Bekaadiziwin, which in addition to "humility" can also be translated as "calmness," "meekness," "gentility" or "patience."

## TRUTH DEBWEWIN

**Truth** is to know all of these things. Speak the truth. Do not deceive yourself or others.





# Programs & Services



## TRADITIONAL

- Beading Workshop
- Youth Big Drum Group
- Ceremony By Request
- Community Workshops (once a month)
- Cross Cultural Training
- Cultural/Medicine Workshops
- Feasts
- Full Moon Ceremony
- Hospice Visits
- Hunt Camps
- Long Term Care Visits
- Medicine Walk
- Men's Wellness (bi-annual)
- Nada Gii Kendum Program
- Sweat Lodge Ceremonies (May-November)
- Traditional Cooking
- Traditional Doctors Program
- Weekly Men's Group
- Wild Food Bank
- Youth Cultural Camps
- Youth Cultural Teachings
- Youth Sharing Circles
- Youth Summer Program (July-August)

## COMMUNITY PROGRAMS

### Health Promotion

- Bowling
- Cranberry Marsh
- Diabetes Education
- Diabetes Prevention Activities
- Exercise RX
- Fitness Health
- Kids Cooking
- Life Style Coaching (drop-in)
- Nutrition Bingo
- Quit Smoking Café and Finding Balance
- School Year – Professional Development (PD) Day Activities
- Smoking Cessation
- Strawberry Picking
- Urban Pole Walking
- Yoga
- Youth Programs

## PRIMARY CARE

### Support Groups

- Menopause Group
- Prenatal Group

### Specialized Clinics

- Annual Pre-School Clinic
- Annual World Diabetes Day
- Breastfeeding Support
- Diabetes Care
- Flu Vaccine Clinic
- Foot Care (diabetic)
- OB/GYN Specialist – Dr.Jocko
- Phlebotomy
- Physiotherapy
- Registered Massage Therapy
- Well Woman

## ADMINISTRATION

- Accountability Systems
- Financial Management
- Funder Relations
- Funder Reporting
- Government Relations
- Human Resources
- Information Systems
- Marketing and Promotion
- Privacy and PHIPA Compliance
- Public Relations
- Research and Development
- Strategic Planning

### External Partnerships

- Aboriginal Peoples Alliance of Northern Ontario
- Alliance for Healthier Communities
- Cambrian College
- Canadian Mental Health Association
- City of Greater Sudbury
- Community Mobilization
- Gezhtoojig Employment & Training
- Health Sciences North





### Mental Wellness

- Art/Craft Drop-In
- Meditation
- Men's Support Groups and Workshops
- Mindful Way Workshop
- Scheduled Counselling Session

### Healthy Choices Program

- Bounce Back and Thrive Resiliency Classes
- Children's Drum Circle
- Community Kitchen
- Cultural Workshops
- Family Activities
- Family Drop-In (in partnership with the Aboriginal Hub)
- Home and Office Visits
- Nutrition Workshops
- Parent Support Circle
- Prenatal Classes
- Sharing and Caring FASD Family Support Group
- Resource Library
- Triple P Parenting (individual sessions)

### Choices Program

- Life Choices Program (10 weeks, ages 12-17)

### Mishko-Deh-Wendam

*In partnership with the Rainbow District School Board*

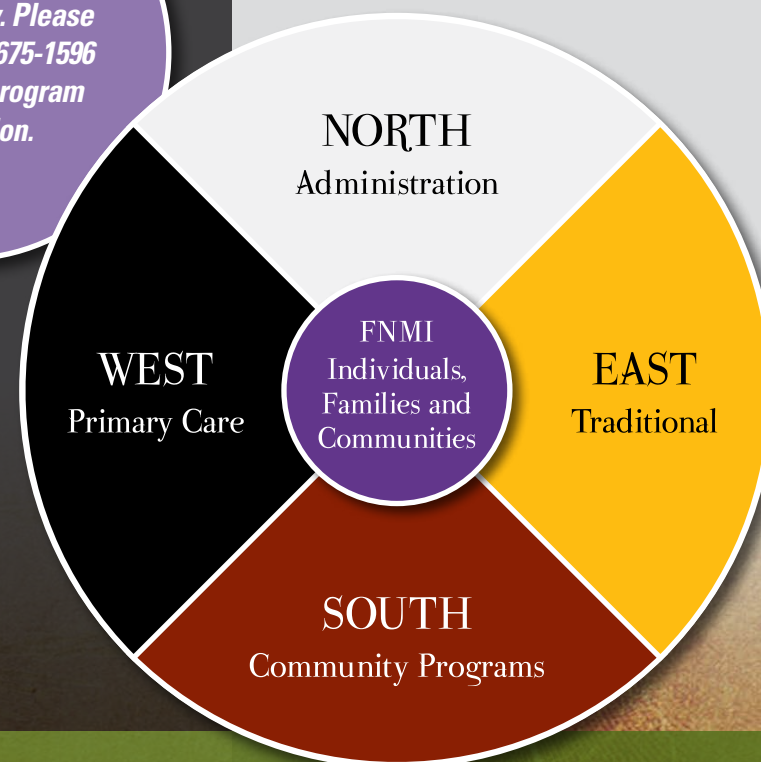
- Alternative School for Youth (ages 12-17)
- Experience Anishinaabe Culture, Language and Ceremony
- One-on-One Guidance Sessions
- Support students who struggle in mainstream education institutions, heal, gain confidence, gain identity, and motivate to thrive in their journey
- Youth Programming

### Clinical Support (Client Centered)

- Co-Op Placements for High School
- Diabetes Education
- Dietitian
- NOSM – Laurentian University Partnerships for Learners
- Ontario Telemedicine Network Equipped
- Primary Care Navigator
- Summer Youth Programs

- Henvey Inlet, Magnetawan, Wahgoshig, Constance Lake and Taykwa Tagamou First Nations
- Indigenous Primary Health Care Council
- Jubilee Heritage Family Resources
- Kina Gbezhgomi Child and Family Services
- Laurentian University
- Local Aboriginal Health Committee
- Metis Nation of Ontario
- Ministry of Attorney General
- N'Swakamok Native Friendship Centre
- Native People of Sudbury Development Corporation
- Nogdawindamin Family and Community Services
- North East Fetal Alcohol Spectrum Disorder
- Northern Ontario School of Medicine
- Rainbow District School Board
- Under/Never Screened Cancer Care

*Dates and times of programs vary. Please call us at 705-675-1596 for detailed program information.*







Shkagamik-Kwe  
HEALTH CENTRE

**Building Healthy Communities – Respecting Traditional Values**  
161 Applegrove Street, Sudbury, Ontario P3C 1N2 Tel. 705-675-1596 Fax. 705-675-8040 [skhc.ca](http://skhc.ca)

Shkagamik-Kwe Health Centre honours the **sacred four stages of life** through the delivery of programs and services. They are as follows:



These four stages of life correspond to the four directions of the medicine wheel, the four seasons and the four components of self.

## **POLICE, AMBULANCE, FIRE: 911**

Police (non-emergency): 705-675-9171  
Poison Control: 705-674-3636  
Health Sciences North (hospital): 705-523-7100  
Crises Intervention Program: 705-675-4760  
Health Care Connect (if no family physician): 1-800-461-2919  
Telehealth Ontario: 1-866-797-0000  
Sudbury And District Health Unit: 705-522-9200  
Employment Support, Ontario Works: 705-674-4455  
Ontario Disability Support Plan (ODSP): 705-564-4515  
Gezhtoojig Employment and Training: 705-692-0766  
Suicide/Self-Harm Prevention: 1-800-366-8288  
N'Swakamok Native Friendship Centre: 705-674-2128



Shkagamik-Kwe Health Centre is a **multi-funded agency** and would like to acknowledge the ongoing support from our funders.

North East **LHIN**  
**RISS** du Nord-Est

