



# Shkagamik-Kwe

---

## HEALTH CENTRE

**2021**  
**GIISOG**  
**CALENDAR**





# CELEBRATING CULTURE *as* TREATMENT

The Shkagamik-Kwe Health Centre (SKHC) celebrates the significance of cultural resiliency. We use culture as treatment in all our services and programs. We honour our inherent right to self-determination while breaking down the Indigenous social determinants of health by respecting Indigenous health in Indigenous hands as our priority.

This year we celebrate 9 years of the Shkagamik-Kwe Health Centre calendar. At SKHC, we utilize every opportunity to educate through culture and provide space for our true stories.

In 2021, we celebrate our relationship with Leland Bell and Nikki Manitowabi. We had the opportunity to commission both artists to celebrate the roles

and responsibilities of individuals in community. These pieces are teachings on the reclamation of culture and the resiliency of our nationhood.

We trust that you will celebrate with us the connectiveness of all our relations.







# The Woven Blanket Model of Care

In 2011, the Shkagamik-Kwe Health Centre developed and implemented a Model of Care known as the Woven Blanket.

In this Model of Care, clients are attached to a team of providers rather than an individual physician or nurse practitioner. Team members have flexible roles so they can cross cover and back up others when required, so when a client's principal provider or any other team member is away, another provider from that team or from another team will fill in. This prevents a client from being orphaned should their principal provider cease practicing. Clients continue to be a member of their team.

Like other primary care models, clients have a principal primary care provider (e.i. nurse practitioner, physician assistant or physician), but there are no *my* clients or *your* clients, only *our* team. The Centre's Traditional, Mental Health and Community Programs are essential components of the team, ensuring that clients and families receive holistic and comprehensive care.

Unique to the Woven Blanket Model of Care are client navigators. In addition to coordinating an individual's care, they are the point people for communication and advocacy. The principal providers and other team members are resources to be called on by the navigators. Regular team meetings, involving the Traditional, Mental Health and Community Programs, are conducted in a case management fashion. Priority cases will be discussed in the circle of care thereby allowing team members to become aware of the issues and to offer their unique resources and suggestions.

Most significantly, the Woven Blanket Model of Care offers a culturally safe environment that respects traditional values and embraces an individual's unique needs within the context of their family and community.



# Leland Bell

Leland Bell was born in 1953 in Wiikwemkoong Unceded First Nation on Manitoulin Island, Ontario.

Raised in both Wiikwemkoong and Toronto, Leland later graduated from Laurentian University in Sudbury where he majored in Native Studies.

His spirit name is Bebaminojmat, he is of the Loon Clan, and is a second degree member of the Three Fires Midewiwin Society.

An Ojibway-Odawa, Leland prefers to identify himself as an Anishinaabe, an Ojibway word for North America meaning literally "from whence man was lowered."

**Leland "firmly believes in the notion that Anishinaabe culture contains all the necessary paradigms of knowledge to nurture the survival of the Anishinaabe people."**

As an artist, he believes that the way that "colours, lines, shapes and compositions are perceived" can be understood in the context of that culture.

Leland's wonderful paintings frequently use stylized human figures sharing the affinity

of family or friends, often depicting imagery of nurturing, sharing, learning, peace and serenity.

He was influenced in his youth through teachings, ceremonies and art instruction at Cultural Arts Camps on Manitoulin Island, and it was there that his distinctive style first emerged.

Leland has been painting professionally since 1976 and in addition to his painting, he devotes much of his creative energy to writing and music. He has collaborated often with Shirley Cheechoo and her husband Blake Debassige on writing music for Shirley's film projects.

Leland has been part of Group Exhibitions in Ontario, British Columbia and Switzerland. He has had literally dozens of commissions, chiefly from organizations in Ontario.







# Nikki Manitowabi

Nikki Manitowabi, Shke Nohngohns Kwe (New Star Woman) is of the Bear Clan and is an Anishinaabe Kwe.

She is a member of Wiikwemkoong, descendant of Ojibway-Odawa-Pottawottomi Nations. She resides in Wikwemikong with her mother, children and grandchildren.

In the mid 1970s at the age of 13, Nikki was fortunate to be invited to the Ojibway Cultural Foundation summer camp at Rainbow Country Lodge in Birch Island. While at camp, Elders were brought in to offer teachings. The artists assisted and guided the younger ones with painting and developing work.

Nikki painted mostly acrylic on canvas and over time, her style and themes evolved to use soft colours and depict women, and their roles and relationships.

As time passed, Nikki reluctantly had to set aside the time to do her art. She was in school full time and then had additional responsibilities raising children over a 20-year span. The difference in age between her oldest and youngest child is 21 years. As each child grew independent, Nikki was able to return to her passion – the passion to create, an unfulfilled desire, always wanting and waiting to have time to finish the latest piece.

Today, Nikki's artwork features the vibrant colours of the Woodland style and she

continues to paint women and explore the role of women in our culture.

She strongly connects with the theme of women as her grandmother Violet was an inspiration and motivational role model.

Violet worked hard and always took the time to spend with her grandchildren. People were important to her. She spent hours talking about her childhood and life growing up with her mother, Nikki's great-grandmother, and two aunts, all strong independent women.

Violet's strength and role as a great-grandmother, grandmother, mother and provider was loving, special and caring.

Nikki has been so honoured and inspired by the gift of her grandmother and feels her Spirit continues to guide her.

**The role of women within the Anishinaabek Nation is one of strength and one of many duties and responsibilities.**

The Anishinaabe Kwe Series reflects the roles prominent in our society from birth to passing into the Spirit World.





# *The* SWEAT LODGE CEREMONY



## *Cultural Understanding*

We gather in ceremony in a safe place, these teachings guide us and heal us. They say the ancestors like it when we sing to them and when we can speak to them in our original languages. These songs, ceremonies and stories from ancient past, guide us in the use of what is in our bundles today. Look inside; colours, drums, rattles and medicines and are part of the sacred items. Listen carefully; song, prayers and stories of past, present and future.

Painting by Nikki Maniwabi



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

# JANUARY 2021

## MNIDOO GIIZIS (*Spirit Moon*)

FEBRUARY  
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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					New Year's Day Offices closed 1	2
3	Weight Loss Support Group (Z) Virtual Yoga (Z) 4	Virtual Beading Group (Z) 5	Health Education Promotion/Traditional Activity (TBD) 6 ☾	7	Boys Drum (SM) 8	9
10	Weight Loss Support Group (Z) Virtual Yoga (Z) 11	Virtual Beading Group (Z) 12	Good Food Box Order Deadline (TBD) DrumFIT (Z) 13 ●	Mens Group (TBD) Quit Smoking Group (Z) 14	Boys Drum (SM) Virtual Book Club (Z) Bowling (TBD) 15	16
17	Weight Loss Support Group (Z) Virtual Yoga (Z) 18	Virtual Beading Group (Z) 19	Good Food Box Order Pick Up (TBD) DrumFIT (Z) Prenatal Classes (TBD) 20 ☾	Mens Group (TBD) 21	Boys Drum (SM) 22	23
24	Weight Loss Support Group (Z) Virtual Yoga (Z) 25	Virtual Beading Group (Z) Winter Blues Workshop (Z) 26	DrumFIT (Z) Virtual Kids Cooking Class (Z) Prenatal Classes (TBD) 27	Quit Smoking Group (Z) Mens Group (TBD) 28 ○	Bell Let's Talk Day Boys Drum (SM) Virtual Book Club (Z) Virtual Friday Night Workshop (Z) 29	30
31						

SM = SOCIAL MEDIA | TBD = TO BE DETERMINED | Z = ZOOM (APP)





# MISHOMIS LEGACY



## *Cultural Understanding*

When we have the honour of sitting with an Elder, we get a glimpse into the past, present and future all at once. In the final stage of the life, you gather and share all that you have picked up and put in your bundle. Come sit close, be comfortable and still. Open your heart and mind, let my voice guide you on a journey.

Painting by Leland Bell



JANUARY  
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 2021

MKWA GIIZIS (*Bear Moon*)

MARCH  
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
	Weight Loss Support Group (Z) Virtual Yoga (Z) <b>1</b>	Groundhog Day Virtual Beading Group (Z) <b>2</b>	DrumFIT (Z) Health Education Promotion/Traditional Activity (TBD) Prenatal Classes (TBD) <b>3</b>	Mens Group (TBD) <b>4</b> 	PA Day Boys Drum (SM) <b>5</b>	<b>6</b>
<b>7</b>	Weight Loss Support Group (Z) Winter Diabetes Bingo Draw (SM) Diabetes Bingo (TBD) Virtual Yoga (Z) <b>8</b>	Virtual Beading Group (Z) <b>9</b>	Good Food Box Order Deadline (TBD) DrumFIT (Z) Prenatal Classes (TBD) <b>10</b>	Mens Group (TBD) Quit Smoking Group (Z) <b>11</b> 	Boys Drum (SM) Virtual Book Club (Z) Bowling (TBD) <b>12</b>	<b>13</b>
Valentine's Day <b>14</b>	Family Day Offices closed Louis Riel Day <b>15</b>	Virtual Beading Group (Z) <b>16</b>	Good Food Box Order Pick Up (TBD) DrumFIT (Z) Health Education Promotion/Traditional Activity (TBD) Prenatal Classes (TBD) <b>17</b>	Mens Group (TBD) <b>18</b>	Boys Drum (SM) <b>19</b> 	<b>20</b>
<b>21</b>	Weight Loss Support Group (Z) Virtual Yoga (Z) <b>22</b>	Virtual Beading Group (Z) <b>23</b>	Pink Shirt Day (Anti-Bullying) Virtual Kids Cooking Class (Z) Prenatal Classes (TBD) <b>24</b>	Mens Group (TBD) Quit Smoking Group (Z) <b>25</b>	Boys Drum (SM) Virtual Book Club (Z) Virtual Friday Night Workshop (Z) <b>26</b>	<b>27</b> 
<b>28</b>						

SM = SOCIAL MEDIA | TBD = TO BE DETERMINED | Z = ZOOM (APP)



# ≈ MOTHER'S LOVE



## *Cultural Understanding*

Long before a spirit chooses a human life to live, an agreement is made. Spirit sees its life and the family that will or will not be there for them. With ancestors in agreement, we start this human journey.

Painting by Nikki Maniowabi



FEBRUARY  
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

# MARCH 2021

APRIL  
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

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

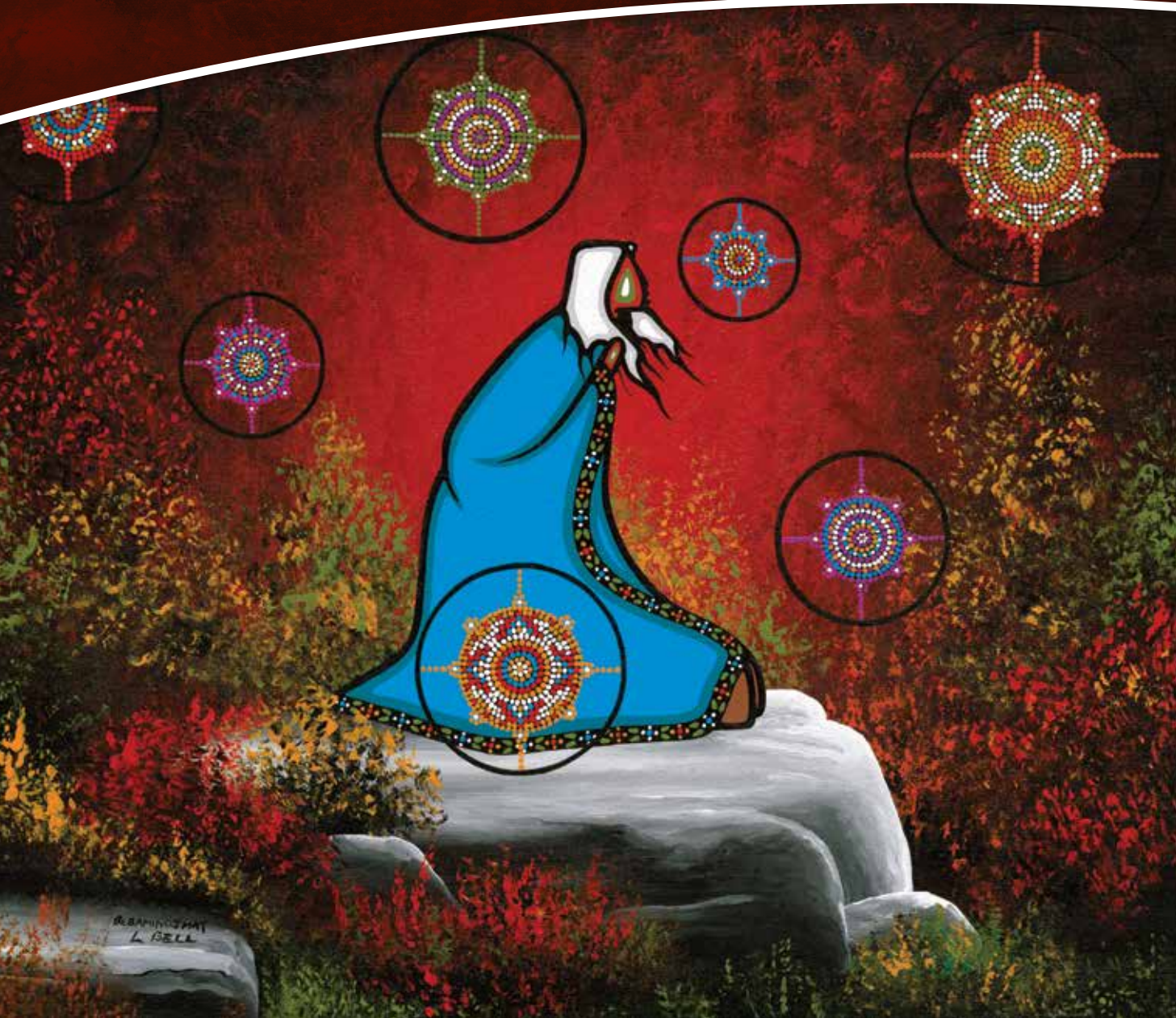
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Weight Loss Support Group (Z) Virtual Yoga (Z) <b>1</b>	Virtual Beading Group (Z) <b>2</b>	Health Education Promotion/Traditional Activity (TBD) <b>3</b>	Mens Group (TBD) <b>4</b>	Boys Drum(SM) <b>5</b>	<b>6</b>
<b>7</b>	Weight Loss Support Group (Z) Virtual Yoga (Z) <b>8</b>	Virtual Beading Group (Z) <b>9</b>	Good Food Box Order Deadline (TBD) <b>10</b>	Mens Group (TBD) Quit Smoking Group (Z) <b>11</b>	Boys Drum(SM) Virtual Book Club (Z) Bowling (TBD) <b>12</b>	<b>13</b>
Daylight Savings Begins <b>14</b>	March Break Weight Loss Support Group (Z) Virtual Yoga (Z) <b>15</b>	March Break Virtual Beading Group (Z) <b>16</b>	March Break St. Patrick's Day Good Food Box Order Pick Up (TBD) Prenatal Classes (TBD) <b>17</b>	March Break Mens Group (TBD) <b>18</b>	March Break Boys Drum(SM) <b>19</b>	First Day of Spring <b>20</b>
<b>21</b>	Weight Loss Support Group (Z) Virtual Yoga (Z) <b>22</b>	Virtual Beading Group (Z) Spring Craft Challenge Begins (SM) <b>23</b>	Health Education Promotion/Traditional Activity (TBD) Prenatal Classes (TBD) <b>24</b>	Mens Group (TBD) Quit Smoking Group (Z) <b>25</b>	Boys Drum(SM) Virtual Book Club (Z) Virtual Friday Night Workshop (Z) <b>26</b>	<b>27</b>
<b>28</b>	Weight Loss Support Group (Z) Virtual Yoga (Z) <b>29</b>	Virtual Beading Group (Z) <b>30</b>	Virtual Kids Cooking Class (Z) <b>31</b>			

SM = SOCIAL MEDIA | TBD = TO BE DETERMINED | Z = ZOOM (APP)





# VISION BORN



## *Cultural Understanding*

Humbly seeking guidance from the great mystery, sitting in silence with creation, both comforted and challenged by the elements. Like the rising and the setting of the sun, the cycles of how we live life continue. Fasting, feasting and sitting with Elders, we share the visions that spirit show us to help guide us along our journey.

Painting by Leland Bell



MARCH  
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 2021

MAY  
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
				1	Good Friday Offices closed	2
						3
Easter	4	5	6	7	8	9
	Easter Monday Offices closed	Virtual Beading Group (Z)	Health Education Promotion/Traditional Activity (TBD)	Mens Group (TBD) Quit Smoking Group (Z)	Boys Drum (SM) Virtual Book Club (Z) Bowling (TBD)	10
11	12	13	14	15	16	17
	Weight Loss Support Group (Z) Virtual Yoga (Z)	Virtual Beading Group (Z)	Good Food Box Order Deadline (TBD) Prenatal Classes (TBD)	Mens Group (TBD) Self-Care Workshop (TBD)	Boys Drum (SM)	
18	19	20	21	22	23	24
	PA Day Weight Loss Support Group (Z) Virtual Yoga (Z) Diabetes Bingo (TBD)	Virtual Beading Group (Z)	Good Food Box Order Pick Up (TBD) Health Education Promotion/ Traditional Activity (TBD) Prenatal Classes (TBD)	Mens Group (TBD) Quit Smoking Group (Z)	Boys Drum (SM) Virtual Book Club (Z)	
25	26	27	28	29	30	
	Weight Loss Support Group (Z) Virtual Yoga (Z)	Virtual Beading Group (Z)	Virtual Kids Cooking Class (Z) Prenatal Classes (TBD)	Mens Group (TBD)	Boys Drum (SM) Virtual Friday Night Workshop (Z)	

SM = SOCIAL MEDIA | TBD = TO BE DETERMINED | Z = ZOOM (APP)





# WATER WALKERS



## *Cultural Understanding*

Women are the caretakers of the water. We sing and pray with the drum and the sounds of these songs travel far and wide. When women pray for the water, we think about the life-giving waters where we all started in, the lifeblood of Mother Earth. It is our responsibility to be its caretaker, as it nourishes and heals us.

Painting by Nikki Maniowabi



APRIL  
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

# MAY 2021

## NMEBINE GIIZIS (*Sucker Moon*)

JUNE  
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	Mental Health Awareness Week Weight Loss Support Group (Z) Virtual Yoga (Z) Meditation Mondays (TBD) ☾	Virtual Beading Group (Z) 4	MMIWG National Day Good Food Box Order Deadline (TBD) Prenatal Classes (TBD)	Mens Group (TBD) 6	Boys Drum (SM) 7	8
Mother's Day 9	Weight Loss Support Group (Z) Virtual Yoga (Z) 10	Virtual Beading Group (Z) 11 ●	Health Education Promotion/Traditional Activity (TBD) Prenatal Classes (TBD) 12	Mens Group (TBD) Quit Smoking Group (Z) 13	Boys Drum (SM) Virtual Book Club (Z) Bowling (TBD) 14	15
16	Weight Loss Support Group (Z) Virtual Yoga (Z) 17	Virtual Beading Group (Z) 18	Good Food Box Order Pick Up (TBD) Prenatal Classes (TBD) 19 ☾	Mens Group (TBD) 20	Boys Drum (SM) Spring Craft Challenge Ends (SM) Diabetes Bingo (TBD) 21	22
23	Victoria Day <i>Offices closed</i> 24	Virtual Beading Group (Z) 25	Virtual Kids Cooking Class (Z) Health Education Promotion/Traditional Activity (TBD) Prenatal Classes (TBD) 26 ○	Mens Group (TBD) Quit Smoking Group (Z) 27	Boys Drum (SM) Virtual Book Club (Z) Virtual Friday Night Workshop (Z) 28	29
30	Weight Loss Support Group (Z) Virtual Yoga (Z) 31					

SM = SOCIAL MEDIA | TBD = TO BE DETERMINED | Z = ZOOM (APP)





# A FATHER'S PRESENCE



## *Cultural Understanding*

Here we see the male in his roles throughout his life: partner to partner, sibling to sibling, parent to child, child to parent and grandfather to grandchild. A man will pass on his teachings in how he conducts himself.

He will teach and strengthen roles as they continue from generation to generation.

Here we see the man and the balance in his shared responsibility of protector, provider and support for the family. He shows leadership, can give guidance, share wisdom and tend to the fire. Man can show us tenderness and strength, compassion, restraint and self-control.

Painting by Leland Bell



MAY  
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

# JUNE 2021

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

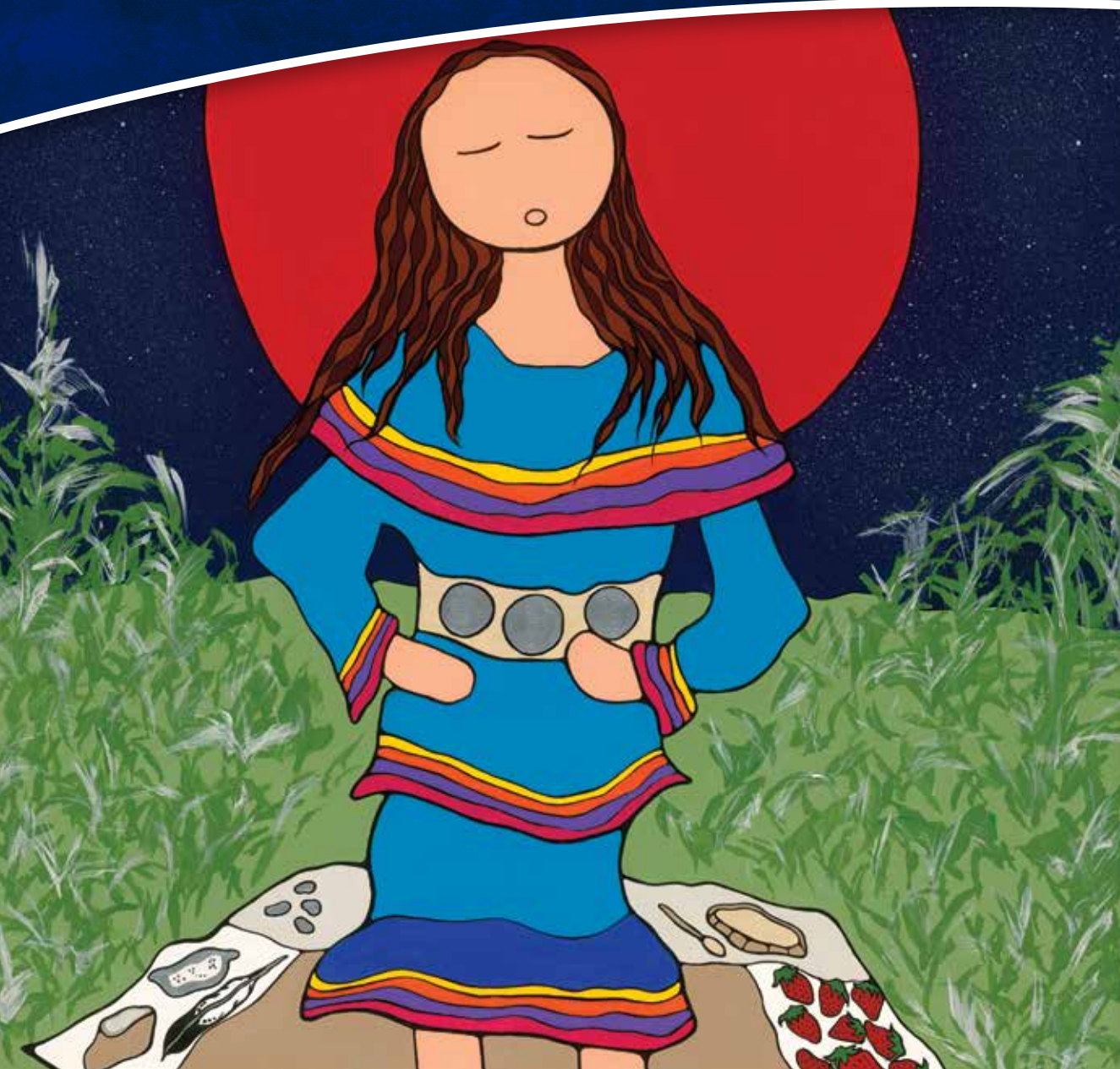
JULY  
S M T W T F S  
1 2 3  
4 5 6 7 8 9 10  
11 12 13 14 15 16 17  
18 19 20 21 22 23 24  
25 26 27 28 29 30 31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Virtual Beading Group (Z) 1	Prenatal Classes (TBD) 2	Mens Group (TBD) 3	Boys Drum (SM) 4	5
			☾			
6	Weight Loss Support Group (Z) Virtual Yoga (Z) Meditation Mondays (TBD) 7	Virtual Beading Group (Z) 8	Good Food Box Order Deadline (TBD) Health Education Promotion/ Traditional Activity (TBD) 9	Mens Group (TBD) Quit Smoking Group (Z) 10	PA Day Boys Drum (SM) Virtual Book Club (Z) Bowling (TBD) 11	12
				●		
13	Weight Loss Support Group (Z) Virtual Yoga (Z) 14	Virtual Beading Group (Z) 15	Good Food Box Order Pick Up (TBD) 16	Mens Group (TBD) 17	Boys Drum (SM) 18	19
				☾		
First Day of Summer Father's Day 20	National Aboriginal Day Offices closed 21	Virtual Beading Group (Z) Summer Craft Challenge Begins (SM) 22	Health Education Promotion/Traditional Activity (TBD) 23	Mens Group (TBD) Quit Smoking Group (Z) 24	Boys Drum (SM) Virtual Book Club (Z) Virtual Friday Night Workshop (Z) 25	26
				○		
27	Weight Loss Support Group (Z) Yoga in the Park (BP) 28	Virtual Beading Group (Z) 29	Last day of school Virtual Kids Cooking Class (Z) 30			

BP = BELL PARK | SM = SOCIAL MEDIA | TBD = TO BE DETERMINED | Z = ZOOM (APP)



# ≈ BERRY PICKING



## *Cultural Understanding*

As we travel through the stages of life, we at times meet obstacles that will change and challenge us. This prepares us for our role within life and our families. Grandmother Moon guides us through each stage of life, as we build our bundle; spirit name, colours and medicines will gather around you to use as you need them. These sacred gifts will help you on your journey.

Painting by Nikki Manitowabi



JUNE  
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 2021

## MIIN GIIZIS (*Berry Moon*)

AUGUST  
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

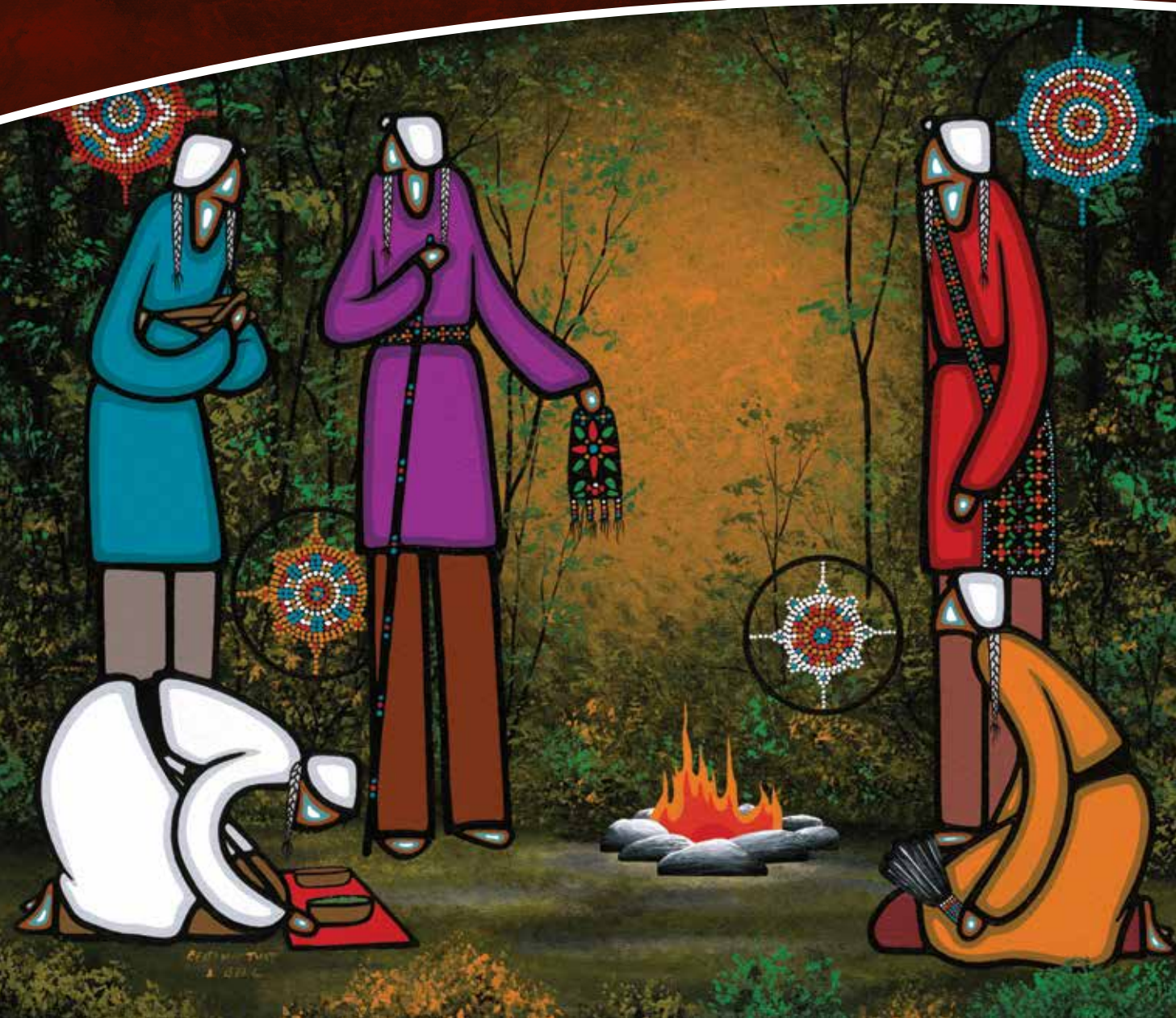
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Canada Day Offices closed 1	Boys Drum(SM) 2	3
4	Yoga in the Park (BP) Meditation Mondays (TBD) 5	Virtual Beading Group (Z) 6	7	Mens Group (TBD) Quit Smoking Group (Z) 8	Boys Drum(SM) Virtual Book Club (Z) 9	10
11	Yoga in the Park (BP) 12	Virtual Beading Group (Z) 13	Good Food Box Order Deadline (TBD) 14	Mens Group (TBD) Self-Care Workshop (TBD) 15	Boys Drum(SM) 16	17
18	Yoga in the Park (BP) 19	Virtual Beading Group (Z) 20	Good Food Box Order Pick Up (TBD) 21	Mens Group (TBD) Quit Smoking Group (Z) 22	Boys Drum(SM) Virtual Book Club (Z) 23	24
25	Yoga in the Park (BP) 26	Virtual Beading Group (Z) 27	Virtual Kids Cooking Class (Z) 28	Mens Group (TBD) 29	Boys Drum(SM) Virtual Friday Night Workshop (Z) 30	31

BP = BELL PARK | SM = SOCIAL MEDIA | TBD = TO BE DETERMINED | Z = ZOOM (APP)





# FIRE KEEPERS SUNRISE



## *Cultural Understanding*

Before for the sun rises, just as the birds begin to sing, a fire keeper's day is about to begin. Out into the darkness as dawn is approaching, the bundle is laid out in preparation. The gathering of the sacred medicines must be assembled together by the fire keepers to meet in the new day. Prayers of gratitude and acknowledgement for the new life that is to be greeted are offered. Tending to this fire is also tending to the fire within, to burn strong and sure. Your heart and mind must be true and strong.

Painting by Leland Bell



JULY  
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

# AUGUST 2021

## MNOOMNI GIIZIS (*Rice Moon*)

SEPTEMBER  
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

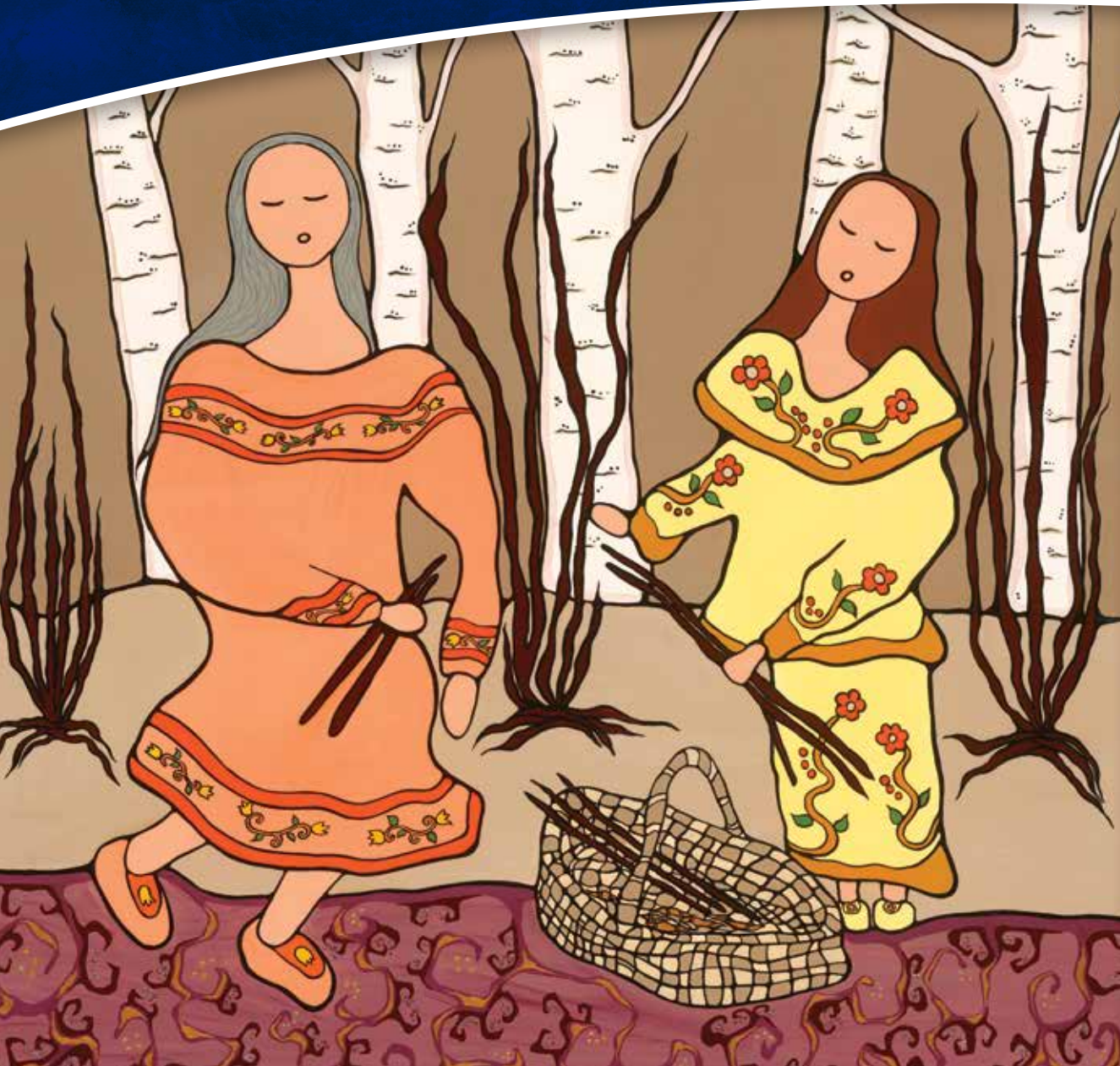
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Civic Holiday <i>Offices closed</i>	3 Virtual Beading Group (Z)	4	5 Mens Group (TBD)	6 Boys Drum (SM) Virtual Book Club (Z)	7
8 ●	9 Yoga in the Park (BP) Meditation Mondays (TBD)	10 Virtual Beading Group (Z)	11 Good Food Box Order Deadline (TBD)	12 Mens Group (TBD) Quit Smoking Group (Z)	13 Boys Drum (SM)	14
15 ◐	16 Yoga in the Park (BP)	17 Virtual Beading Group (Z)	18 Good Food Box Order Pick Up (TBD)	19 Mens Group (TBD)	20 Boys Drum (SM) Virtual Book Club (Z) Summer Craft Challenge Ends (SM)	21
22 ○	23 Yoga in the Park (BP)	24 Virtual Beading Group (Z) Preschool Clinic (TBD)	25 Virtual Kids Cooking Class (Z)	26 Mens Group (TBD) Quit Smoking Group (Z)	27 Boys Drum (SM) Virtual Friday Night Workshop (Z)	28
29	30 ◐	31 Virtual Beading Group (Z)				

BP = BELL PARK | SM = SOCIAL MEDIA | TBD = TO BE DETERMINED | Z = ZOOM (APP)





# PICKING MEDICINES



## *Cultural Understanding*

When we look into the forest we can see all the families that are there. They teach us diversity, adversity and resiliency. We see how to live together in multi-generational groups and how each one of us, with our similarities and differences, are unique and part of the collective. We see how that balance is so fragile, from the delicate summer breeze to the harshest of winter nights.

Painting by Nikki Manitowabi



AUGUST  
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

# SEPTEMBER 2021

## WAABAGAA GIIZIS (*Changing Leaves Moon*)

OCTOBER  
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

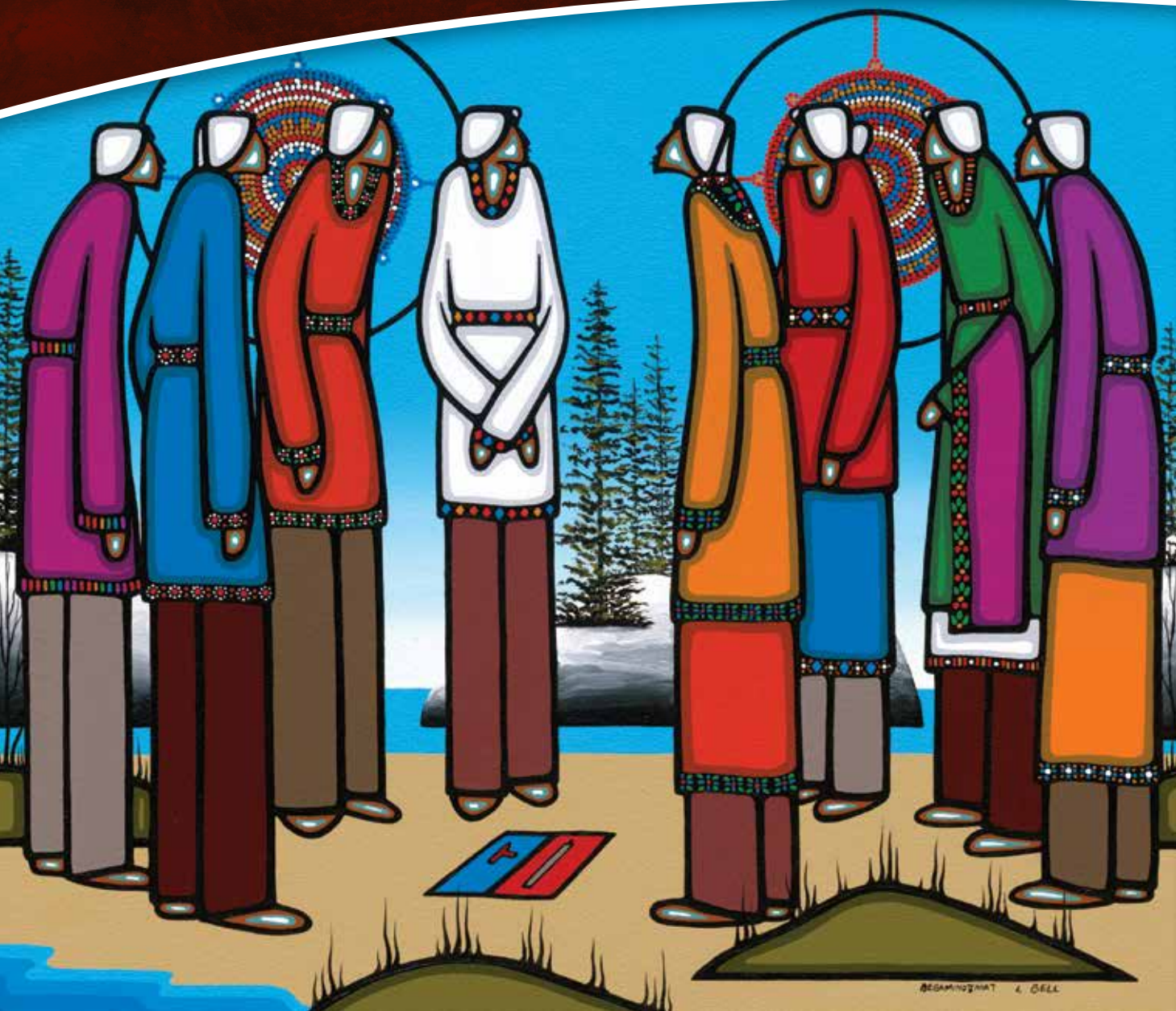
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	Mens Group (TBD) 2	Boys Drum (SM) 3	4
5	Labour Day Offices closed 6	Virtual Beading Group (Z) 7	Good Food Box Order Deadline (TBD) 8	FASD Awareness Day Mens Group (TBD) Quit Smoking Group (Z) 9	World Suicide Prevention Day Boys Drum (SM) Virtual Book Club (Z) Bowling (TBD) 10	11
12	Virtual Yoga (Z) Meditation Mondays (TBD) 13	Virtual Beading Group (Z) 14	Good Food Box Order Pick Up (TBD) Health Education Promotion/ Traditional Activity (TBD) 15	Mens Group (TBD) 16	Boys Drum (SM) 17	18
19	Virtual Yoga (Z) 20	Virtual Beading Group (Z) 21	First Day of Autumn 22	Mens Group (TBD) Quit Smoking Group (TBD) 23	Boys Drum (SM) Virtual Book Club (Z) Virtual Friday Night Workshop (Z) 24	25
26	Fall Craft Challenge Begins (SM) Virtual Yoga (Z) 27	Virtual Beading Group (Z) 28	Virtual Kids Cooking Class (Z) 29	Mens Group (TBD) 30		

SM = SOCIAL MEDIA | TBD = TO BE DETERMINED | Z = ZOOM (APP)





# RECIPROCAL RESPECT



## *Cultural Understanding*

Men and women have an equal share in the decision making. Men and women share a role in the balance of all things. Men have an understanding and hold some of the women's teachings for the women; women have an understanding and hold some men's teachings for the men. There will be times when both may be required.

Painting by Leland Bell



SEPTEMBER  
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

# OCTOBER 2021

## BNAAKWII GIIZIS (*Falling Leaves Moon*)

NOVEMBER  
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

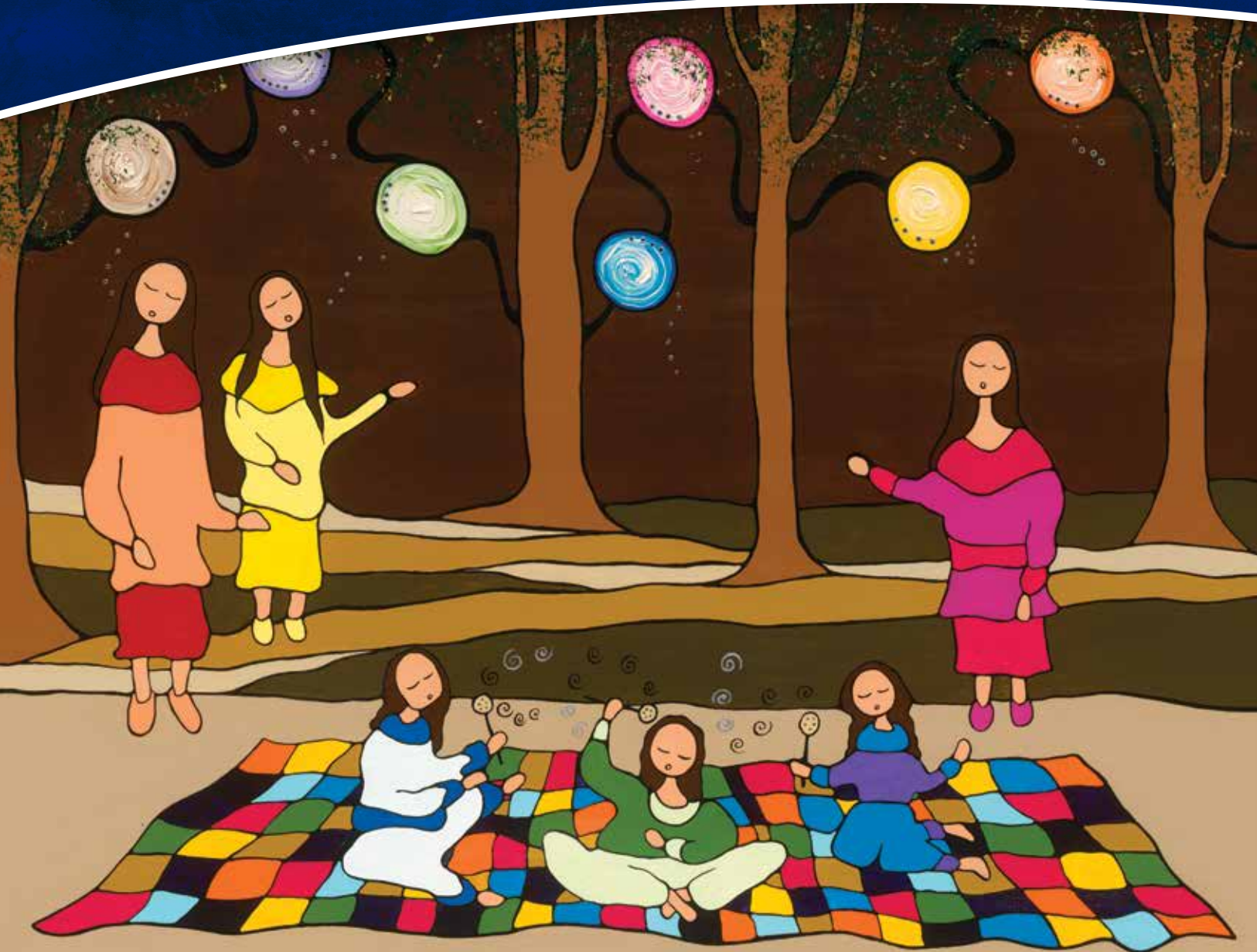
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Boys Drum(SM) Art Drop-In (TBD) 1	2
3	Virtual Yoga (Z) Meditation Mondays (TBD) 4	Virtual Beading Group (Z) 5	Health Education Promotion/Traditional Activity (TBD) 6	Mens Group (TBD) 7	Boys Drum(SM) Virtual Book Club (Z) 8	9
World Mental Health Day 10	Thanksgiving Offices closed 11	Virtual Beading Group (Z) 12	Good Food Box Order Deadline (TBD) 13	Mens Group (TBD) Quit Smoking Group (TBD) 14	Boys Drum(SM) Art Drop-In (TBD) 15	16
17	Virtual Yoga (Z) Diabetes Nutrition Bingo 18	Virtual Beading Group (Z) 19	Good Food Box Order Pick Up (TBD) Health Education Promotion/ Traditional Activity (TBD) 20	Mens Group (TBD) Self-Care Workshop (TBD) 21	Boys Drum(SM) Virtual Book Club (Z) 22	23
24	Virtual Yoga (Z) 25	Virtual Beading Group (Z) 26	Virtual Kids Cooking Class (Z) 27	Mens Group (TBD) Quit Smoking Group (TBD) 28	Boys Drum(SM) Virtual Friday Night Workshop (Z) Art Drop-In (TBD) 29	30
Halloween 31						

SM = SOCIAL MEDIA | TBD = TO BE DETERMINED | Z = ZOOM (APP)





# CHILDREN AT PLAY – *The Aunties*



## *Cultural Understanding*

Women in our lives share wisdom in many forms. Throughout our lives, aunties comes to us both related and as trusted friends. The stories, songs and teachings are shared with loving guidance. We need to surround ourselves with strong positive people, making good choices are easier when you have good role models.

Painting by Nikki Maniowabi



OCTOBER  
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 2021

## BAASHKAAKODIN GIIZIS (*Freezing Moon*)

DECEMBER  
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
	Virtual Yoga (Z) 1 Meditation Mondays (TBD)	All Souls Day 2 Virtual Beading Group (Z)	3	Mens Group (TBD) 4	Boys Drum(SM) 5 Art Drop-In (TBD)	6
Daylight Savings Ends 7	National Aboriginal Veterans Day 8 Virtual Yoga (Z)	Virtual Beading Group (Z) 9	Good Food Box Order Deadline (TBD) 10 Health Education Promotion/ Traditional Activity (TBD)	Remembrance Day 11 Mens Group (TBD) Quit Smoking Group (TBD)	Boys Drum(SM) 12 Virtual Book Club (Z) Flu Clinic (TBD)	13
World Diabetes Day 14	Virtual Yoga (Z) 15	Virtual Beading Group (Z) 16	Good Food Box Order Pick Up (TBD) 17	Mens Group (TBD) 18	Boys Drum(SM) 19 Art Drop-In (TBD)	20
21	Virtual Yoga (Z) 22	Virtual Beading Group (Z) 23	Virtual Kids Cooking Class (Z) 24 Health Education Promotion/ Traditional Activity (TBD)	Mens Group (TBD) 25 Quit Smoking Group (TBD)	Boys Drum(SM) 26 Virtual Book Club (Z) Virtual Friday Night Workshop (Z) Fall Craft Challenge Ends (SM) Flu Clinic (TBD)	27
28	Virtual Yoga (Z) 29	Virtual Beading Group (Z) 30				

SM = SOCIAL MEDIA | TBD = TO BE DETERMINED | Z = ZOOM (APP)





# DEFENDERS



QEGAHNOOTPIAT  
L. BELL

## *Cultural Understanding*

Nothing is taken away, nothing is added; the songs, stories and teachings are passed on. They are to be learned word for word before you add it to your bundle. The keepers of these songs stay strong and true. Being gifted with these teachings is a great responsibility and honour.

Painting by Leland Bell



NOVEMBER  
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 2021

## MNIDOO GIISOONS (*Little Spirit Moon*)

JANUARY 2022  
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 Mens Group (TBD)	2 Boys Drum(SM) Art Drop-In (TBD)	3	4
5 Virtual Yoga (Z) Meditation Mondays (TBD)	6 Virtual Beading Group (Z)	7 Health Education Promotion/Traditional Activity (TBD)	8 Mens Group (TBD) Quit Smoking Group (TBD)	9 Boys Drum(SM) Virtual Book Club (Z) Bowling (TBD)	10	11
12 Virtual Yoga (Z)	13 Virtual Beading Group (Z) Surviving the Holidays Workshop (TBD)	14	15 Mens Group (TBD)	16 Boys Drum(SM) Art Drop-In (TBD)	17	18
19	20 First Day of Winter Virtual Beading Group (Z)	21	22	23	24 Christmas Eve	25 Christmas Offices closed
Boxing Day 26	27	28	29	30 New Years Eve	31	

SM = SOCIAL MEDIA | TBD = TO BE DETERMINED | Z = ZOOM (APP)



# PREPARATION *for the* SPIRIT WORLD



## *Cultural Understanding*

At the western door, the ancestors wait for you on the other side, calling to guide you on this final part of this human journey. For those of us who are still here, it is our human job to encourage the spirit to leave, to celebrate the life that was lived and that we had the honour of being part of their story and them part of ours. Again we use the songs and ceremonies that bring us guidance and strength as we gather together in the celebrations of life on the red road.

Painting by Nikki Maniowabi





# HUNTER'S JOURNEY



## *Cultural Understanding*

Man must be skillful and provide for his family and community. Navigating the waters and living in the land, you need to understand the cycles of nature. Your gathering and harvesting is done with awareness. Sky turns red, silver maple flutters in the breeze as the clouds move in, and far in the distance, loon announces the coming rain.

Painting by Leland Bell





## *Debenjiged, Gzhemnidoo, 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 Nadjjwon*

## *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

## NIBWAAKAAWIN WISDOM

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."

## ZAAGI'IDIWIN LOVE

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.

## MINAADENDAMOWIN RESPECT

To honour 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 Manazoonidiwin.

## AAKODE'EWIN BRAVERY

**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 use either Zoongadikiwin (state of having a strong casing) or Zoongide'ewin (state of having a strong heart).

## GWAYAKWAADIZIWIN HONESTY

**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."

## DABAADENDIZIWIN HUMILITY

**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."

## DEBWEWIN TRUTH

**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
- Diabetes Education
- Diabetes Prevention Activities
- Exercise RX
- Fitness Health
- Kids Cooking
- 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
- Indigenous Victims Support Worker.
- 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-Ode-Wendam**

*In partnership with the Rainbow District School Board*

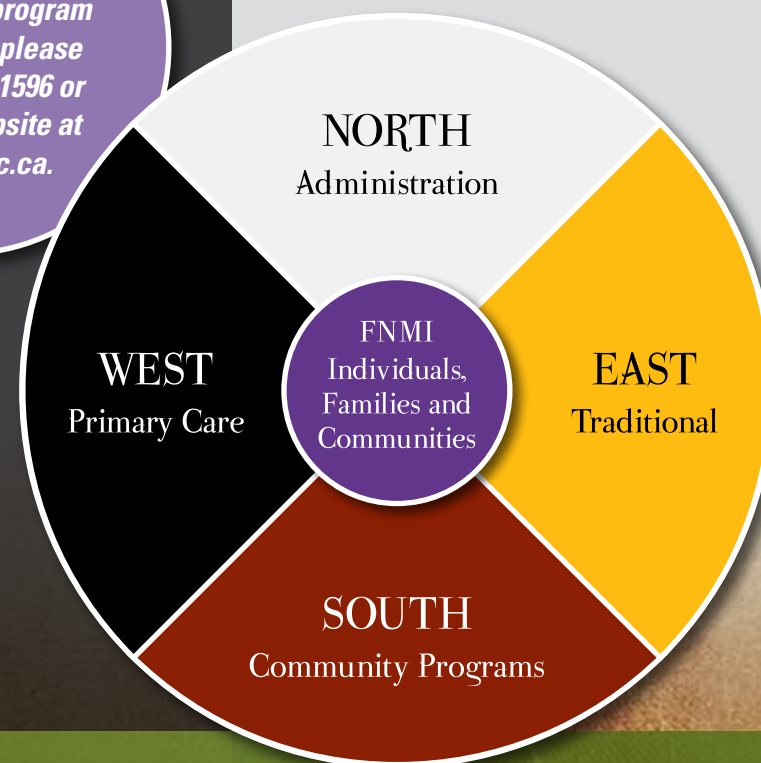
- Alternative School for Youth (ages 12-18)
- Experience Anishinaabe Culture, Language and Ceremony
- One-on-One Guidance Sessions
- Support students who struggle in mainstream education institutions, heal, gain confidence, gain identity, and motivate to thrive in their journey
- Youth Programming

### **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
- Métis 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

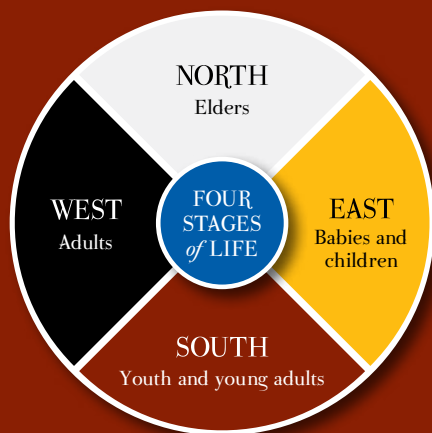
*Dates and times of programs may vary. For detailed program information, please call 705-675-1596 or visit our website at [www.skhc.ca](http://www.skhc.ca).*







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:** 1-800-268-5900

**Health Sciences North (hospital):** 705-523-7100

**Crises Intervention Program:** 705-675-4760

**Health Care Connect – Find a Doctor:** 1-800-445-1822

**Telehealth Ontario:** 1-866-797-0000

**Public Health Sudbury & Districts:** 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.



Ministry of Children, Community and Social Services

Ministry of Health

Ministry of the Attorney General

Ontario Health, Northern Region



**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**