



Shkagamik-Kwe

HEALTH CENTRE

2022
GIISOG
CALENDAR



CELEBRATING *the* NZIGOSAK (AUNTIES)



Nzigos ANNABELLE MCGREGOR

IN LOVING MEMORY OF ANNABELLE MCGREGOR
WAAB-AANKWADOO KWE, AIJIAAK DOODEM
MARCH 18, 1944 – OCTOBER 17, 2017

In this edition of the annual Shkagamik-Kwe Health Centre's calendar, we honour two of our Grandmothers who have contributed to the birth and life of SKHC.

They were both daughters, sisters, mothers, grandmothers, great-grandmothers, aunts and Elders to many.

Annabelle McGregor and Nookomis Hilda Nadjiwan two amazing spirits that dedicated themselves to community, cultural revitalization and fostering our youth to grow and gain their independences through teaching of the language and inspiring creativity. They were highly respected as Elders in our communities and as two of the long-standing members and elders of the Shkagamik-Kwe Health Centre.

The cover of this year's calendar celebrates eleven aunts. The ten sisters of Annabelle, the eleven daughters of Annie Recollet. We celebrate the women in our lives that provide us with the life teachings we require to both the nieces and nephews in our lives. This honours the duty of both men and women in our collective responsibility and resiliency of building healthy communities.



Nzigos HILDA NADJIWAN

IN LOVING MEMORY OF HILDA MARY NADJIWAN
MSKO - MIIGWAANII KWE
OCTOBER 18, 1942 – MARCH 25, 2021

In honour of our Nookii, we would like to
share her words of thanksgiving.

*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.

Miigwech,

Elder Hilda Nadjivan

Nzigos MARIETTA

AUNTIE MARIETTA SUTHERLAND



*What are your teachings surrounding being an auntie?
Share your stories of the sacred, proud and protective
role you hold in embracing the safety of family.*

Auntie is the one who was there all along to help guide and teach you, who you can call on for advice, help and support, whose cooking reminds you of home and Nookomis, whose loud laughter and kind words lift you when you need it most.

I try to be a good auntie to many in my circle whether that is in my extended family, my professional network, or the powwow trail. If I call you nephew or 'my girl', you know I have your back. I will share stories and teachings I may have learned along the way, help you get your regalia together or help you outfit your kids, and drop what I am doing to listen when you need me... Auntie is always up for a powwow road trip and long conversations as the miles roll on!



DECEMBER 2021
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JANUARY 2022

MNIDOO GIIZIS (*Spirit Moon*)

FEBRUARY
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						New Year's Day 1
2 ●	Wild Food Bank (MC) 3	Beading Workshop (Z, TBD) 4	Young Thunderbirds Drum (CC) 5	6	7	8
9 ◐	Wild Food Bank (MC) 10 Yoga Hybrid (Z, CC) Weight Loss Support Group (CC)	Beading Workshop (Z, TBD) 11 Mishko-Ode-Wendum Sharing Circle (CC)	Young Thunderbirds Drum (CC) 12 Good Food Box Order Deadline (CC)	Men's Group (MC) 13	14	15
16	Wild Food Bank (MC) 17 Full Moon Ceremony (TBD) Yoga Hybrid (Z, CC) Equine Therapy Program (TBD) Quit Smoking Café (CC) Youth Drop-In (CC) ○	Beading Workshop (Z, TBD) 18 Sacred Fire (L) Grief Group Workshop Begins (TBD)	Young Thunderbirds Drum (CC) 19 Good Food Box Order Pick-Up (CC) Lunch and Learn (CC)	20	Bowling (PB) 21 Wellness Topic Workshop Series (TBD)	22
23	Wild Food Bank (MC) 24	Beading Workshop (Z, TBD) 25 Mishko-Ode-Wendum Sharing Circle (CC) ◐	Young Thunderbirds Drum (CC) 26 Cooking with Kids (Z) Sharing and Caring FASD Family Support Group Virtual Speaker Series (Z)	Men's Group (MC) 27	Friday Night Community Workshop (Z) 28	29
30	Wild Food Bank (MC) 31 Equine Therapy Program (TBD) Youth Drop-In (CC)					

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Nzigos SHKEBE

AUNTIE SHKEBE GOWAN



*What are your teachings surrounding being an auntie?
Share your stories of the sacred, proud and protective
role you hold in embracing the safety of family.*

Being an auntie has been the best part of my life and I've been an auntie from a very young age. As a child, I was like a sister to my nieces and nephews, playing and protecting them. As we got older, I became a friend, sharing secrets, teasing and laughter. As an adult I became a mother, nurturing and guiding them along their path. Now I'll become a grandma to my great nieces and nephews. I'll share everything I know with patience and unconditional love.

So, for Anishinawbek, our aunties will grow, they will transform. For our nieces and nephews, we will become what they need.



JANUARY
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FEBRUARY 2022

MĶWA GIIZIS (*Bear Moon*)

MARCH
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Beading Workshop (Z, TBD) 1	Groundhog Day 2 Young Thunderbirds Drum (CC)	3	PD Day Activity 4	5
6	Wild Food Bank (MC) 7 Yoga Hybrid (Z, CC) Weight Loss Support Group (CC)	Beading Workshop (Z, TBD) 8 Mental Wellness Speaker Series Mishko-Ode-Wendum Sharing Circle (CC)	Young Thunderbirds Drum (CC) 9 Good Food Box Order Deadline (CC)	Men's Group (MC) 10	11	12
13	Valentine's Day 14 Wild Food Bank (MC) Yoga Hybrid (Z, CC) Equine Therapy Program (TBD) Quit Smoking Café (CC) Youth Drop-In (CC)	Beading Workshop (Z, TBD) 15 Sacred Fire (L)	Full Moon Ceremony (TBD) 16 Young Thunderbirds Drum (CC) Good Food Box Order Pick-Up (CC) Lunch and Learn (CC) Grief Group Workshop Ends (TBD)	17	Bowling (PB) 18 Wellness Topic Workshop Series (TBD)	19
20	Family Day 21 <i>Offices closed</i>	Beading Workshop (Z, TBD) 22 Mishko-Ode-Wendum Sharing Circle (CC)	Young Thunderbirds Drum (CC) 23 Cooking with Kids (Z)	Men's Group (MC) 24	Friday Night Community Workshop (Z) 25	26
27	Wild Food Bank (MC) 28 Yoga Hybrid (Z, CC) Equine Therapy Program (TBD) Weight Loss Support Group (CC) Youth Drop-In (CC)					

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Nzigos DEBORAH

AUNTIE DEBORAH FRANCIS NANIBUSH



*What are your teachings surrounding being an auntie?
Share your stories of the sacred, proud and protective
role you hold in embracing the safety of family.*

Being an auntie is to support your siblings and their children, also to support your community's extended family and non-relatives in the same manner. In the home where I was raised (my great-aunties), I was given safety, consistency, shelter, and the feeling I belonged. I believe in giving back what I was given. As a young adult, Olive McGregor gave her time to many and you could count on her to be honest with you.

I have come to learn to fully listen respectfully with the person talking to you. It is important to model strength, and compassion to others. Others need to be given recognition and encouragement in their personal growth and becoming strong. Sometimes others need an advocate until they can speak for themselves. Offer information on proven safe cultural resources and resource persons. Encourage a person to use helping resources, if the first one does not work, ask them to try again until they find one that works. Families can model for their children and relatives to create a net of helpers in their lives. It is alright to offer time limited shelter and refuge and then help one to seek longer term safety.



FEBRUARY
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MARCH 2022

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Beading Workshop (Z, TBD) 1	Young Thunderbirds Drum (CC) 2 Wellness Topic Workshop Series (TBD)	3	4	5
6	Yoga Hybrid (Z, CC) 7 Quit Smoking Café (CC) Equine Therapy Program (TBD)	Beading Workshop (Z, TBD) 8 Mishko-Ode-Wendum Sharing Circle (CC)	Young Thunderbirds Drum (CC) 9 Good Food Box Order Deadline (CC)	Men's Group (MC) 10	PD Day Activity 11	12
Daylight Savings Begins 13	March Break Youth Drop-In (CC) 14	March Break Beading Workshop (Z, TBD) 15 Sacred Fire (L)	March Break Young Thunderbirds Drum (CC) 16 Good Food Box Order Pick-Up (CC) Lunch and Learn (CC)	March Break St. Patrick's Day 17	March Break Full Moon Ceremony (TBD) 18 Bowling (PB) Wellness Topic Workshop Series (TBD)	19
First Day of Spring 20	Yoga Hybrid (Z, CC) 21 Weight Loss Support Group (CC) Equine Therapy Program (TBD)	Beading Workshop (Z, TBD) 22 Mishko-Ode-Wendum Sharing Circle (CC)	Young Thunderbirds Drum (CC) 23	Men's Group (MC) 24	Friday Night Community Workshop (Z) 25	26
27	Youth Drop-In (CC) 28	Beading Workshop (Z, TBD) 29	Young Thunderbirds Drum (CC) 30 Cooking with Kids (Z)	31		

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Nzigos LORIE

AUNTIE LORIE PELLETIER-BELL



*What are your teachings surrounding being an auntie?
Share your stories of the sacred, proud and protective
role you hold in embracing the safety of family.*

Being an auntie to me is the expansion of the sacred mother's role, to be close enough to know when you are needed and far enough to not interfere with the persons purpose in life.

One needs to have a deep understanding of our teachings to allow themselves to be guided by the 7 Grandfather Teachings when supporting a family.

There is a delicate balance in a family of spiritual, emotional, cognitive and physical needs, and one needs to walk with kindness and courage while supporting the restoration of this delicate interconnected balance.



MARCH
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APRIL 2022

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Mindful Way Meditation Program (TBD) 1	2
3	Yoga Hybrid (Z, CC) Quit Smoking Café (CC) Equine Therapy Program (TBD) 4	Beading Workshop (Z, TBD) Mishko-Ode-Wendum Sharing Circle (CC) 5	Young Thunderbirds Drum (CC) Grief Group Workshop Begins (TBD) 6	Men's Group (MC) 7	Mindful Way Meditation Program (TBD) 8	9
10	Yoga Hybrid (Z, CC) Weight Loss Support Group (CC) Youth Drop-In (CC) 11	Beading Workshop (Z, TBD) 12	Young Thunderbirds Drum (CC) Good Food Box Order Deadline (CC) 13	14	Good Friday Offices closed 15	16
Easter 17	Easter Monday Offices closed 18	Beading Workshop (Z, TBD) Sacred Fire (L) Medicine Camp (L) 19	Young Thunderbirds Drum (CC) Medicine Camp (L) Good Food Box Order Pick-Up (CC) Lunch and Learn (CC) 20	Men's Group (MC) 21	Mindful Way Meditation Program (TBD) Wellness Topic Workshop Series (TBD) 22	23
24	Youth Drop-In (CC) Equine Therapy Program (TBD) 25	Beading Workshop (Z, TBD) Mishko-Ode-Wendum Sharing Circle (CC) 26	Young Thunderbirds Drum (CC) Cooking with Kids (Z) 27	28	Friday Night Community Workshop (Z) Mindful Way Meditation Program (TBD) 29	30

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Nzigos MONICA

AUNTIE MONICA MEJAKI



*What are your teachings surrounding being an auntie?
Share your stories of the sacred, proud and protective
role you hold in embracing the safety of family.*

Boozhoo, aanii. Migizi AandwadoonKwe ndigoo. Nimkii-binesii ndoodem. My English name is Monica Mejaki registered with Sagamok Anishnaabek but I was raised in Wiikwemkoong Unceded Territory. Nzigos ndaaw. I am a traditional auntie to many children. Since I began this path called mno-bimaadziwan (the good life), I learned the importance of being an auntie. At ceremonies, lodges and gatherings, I observed, listened and learned to understand the Anishinaabe traditional way of life. From listening to the Grandmothers, aunties play a significant role to help girls with their transition into womanhood. This involves the provision of life guidance and direction. I cherish the role and responsibility of being an auntie to many children that come onto my path. Aahaaw, miigwech ndikid.



APRIL
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MAY 2022

NMEBINE GIIZIS (*Sucker Moon*)

JUNE
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12 13 14 15 16 17 18
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Mental Health Week Equine Therapy Program (TBD)	Mental Health Week Beading Workshop (Z, TBD) Mental Wellness Speaker Series	Mental Health Week Young Thunderbirds Drum (CC)	MMIWG National Day Mental Health Week Men's Group (MC)	Mental Health Week Mindful Way Meditation Program (TBD)	7
Mother's Day 8	Youth Drop-In (CC) 9	Beading Workshop (Z, TBD) Mishko-Ode-Wendum Sharing Circle (CC) 10	Young Thunderbirds Drum (CC) Medicine Walk (TBD) Good Food Box Order Deadline (CC) 11	12	Mindful Way Meditation Program (TBD) 13	14
15	Full Moon Ceremony (TBD) Yoga Hybrid (Z, CC) Quit Smoking Café (CC) Equine Therapy Program (TBD) 16	Beading Workshop (Z, TBD) Sacred Fire (L) Walking Out Ceremony 17	Young Thunderbirds Drum (CC) Fall Fast Camp (L) Good Food Box Order Pick-Up (CC) Lunch and Learn (CC) 18	Men's Group (MC) Fall Fast Camp (L) 19	Mindful Way Meditation Program (TBD) Wellness Topic Workshop Series (TBD) 20	21
22	Victoria Day Offices closed 23	Beading Workshop (Z, TBD) Mishko-Ode-Wendum Sharing Circle (CC) 24	Young Thunderbirds Drum (CC) Cooking with Kids (Z) Grief Group Workshop Ends (TBD) 25	26	Mindful Way Meditation Program (TBD) 27	28
29	Yoga Hybrid (Z, CC) Weight Loss Support Group (CC) Equine Therapy Program (TBD) 30	Beading Workshop (Z, TBD) 31				

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Nzigos CHERYL

AUNTIE CHERYL RECOLLET



*What are your teachings surrounding being an auntie?
Share your stories of the sacred, proud and protective
role you hold in embracing the safety of family.*

As long as I can remember, we have always been surrounded by our aunties. I come from a long line of powerful and beautiful aunties. We grow and share with love and laughter. Our aunties have emulated the kindness and caring of our Grandma's and they have honoured the role we have now inherited as aunties. I love being an auntie. My nieces, nephews, great nephews, godchildren and little cousins keep me happily busy and entertained. I love sharing experiences with them, teaching them, travelling with them and having fun. My friends always comment that they love hearing "Auntie, auntie, auntie" wherever we go, as our little ones are always close by. I will honour the teachings shared by our aunties and continue to care for our families as we grow together.



MAY
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JUNE 2022

WAABGONII GIIZIS (*Blossom/Flower Moon*)

JULY
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24 25 26 27 28 29 30
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Men's Group (MC) Setting Boundaries Workshop (TBD)	2	3	4
5	Yoga Hybrid (Z, CC) 6	Mishko-Ode-Wendum Sharing Circle (CC) 7 	8 Young Thunderbirds Drum (CC) Medicine Walk (TBD) Good Food Box Order Deadline (CC)	9 Setting Boundaries Workshop (TBD)	10	11
12	Yoga Hybrid (Z, CC) 13 Equine Therapy Program (TBD)	Full Moon Ceremony (TBD) 14 	15 Young Thunderbirds Drum (CC) Good Food Box Order Pick-Up (CC) Lunch and Learn (CC)	16 Men's Group (MC) Setting Boundaries Workshop (TBD)	17 Bowling (PB) Wellness Topic Workshop Series (TBD)	18
19	First Day of Summer Father's Day Yoga in the Park (TBD) Weight Loss Support Group (CC) 20	National Indigenous Peoples Day Sacred Fire (L) Mishko-Ode-Wendum Sharing Circle (CC) 21 	22 Young Thunderbirds Drum (CC)	23 Setting Boundaries Workshop (TBD)	24	25
26	Quit Smoking Café (CC) 27	28	29 Young Thunderbirds Drum (CC) Cooking with Kids (Z) 	30 Men's Group (MC)		

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Nzigos JULIE

AUNTIE JULIE OZAWAGOSH



*What are your teachings surrounding being an auntie?
Share your stories of the sacred, proud and protective
role you hold in embracing the safety of family.*

Auntie has a significant role in a family circle. An auntie is a special person who can fill in as a second mom. Her role is a unique where guidance and specialness to a person is protected and cherished.

As an auntie, I have the wisdom to give the perspective view and enhance a question concerning one's life—also the dignity to uphold truth, love, honesty, bravery, respect, love and wisdom in kindness and gentleness to one's spirit.



JUNE
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JULY 2022

MIIN GIIZIS (*Berry Moon*)

AUGUST
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Canada Day Offices closed 1	2
3	Yoga in the Park (TBD) 4	5	Medicine Walk (TBD) 6 ☾	7	8	9
10	11	Youth Culture Camp (L) 12	Full Moon Ceremony (TBD) 13 Medicine Walk Youth Culture Camp (L) Good Food Box Order Deadline (CC) ☉	Men's Group (MC) Youth Culture Camp (L) 14	15	16
17	18	Sacred Fire (L) 19	Good Food Box Order Pick-Up (CC) Lunch and Learn (CC) 20 ☾	21	Wellness Topic Workshop Series (TBD) 22	23
24	25	26	Cooking with Kids (Z) 27	Men's Group (MC) 28 ●	29	30
31						

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Nzigos EDNA

AUNTIE EDNA MANITOWABI



*What are your teachings surrounding being an auntie?
Share your stories of the sacred, proud and protective
role you hold in embracing the safety of family.*

Bozho nindawemaaganadok my relatives.

Asiniikwe niin Midewiwin kwe, Makwe ndinwema.

I am deeply honoured to come from a very large family—four brothers and four sisters and their offspring, numerous nephews and nieces. What a blessing to be called Auntie Edna and of course, there are my clan relatives, my Midewiwin lodge brothers and sister and their families. My medicine family in creation. Those ones I've formed a bond of sisterhood with, my own tribe, grandchildren know me as Kokum, great grandchildren know me as Chi-momaa. What an incredible responsibility to hold in supporting our relations in creation. Responsibility to all of creation is respect. This is vital respecting our relationships to one another is reciprocal.

Nindawemaaganadok (all my relatives).

Wenabozho, the original being, was instructed to go out and name everything in creation. He saw the incredible beauty of our mother the earth, gimama-aki. He was truly humbled as he saw and recognized himself a sacred part of creation. Mahingan/wolf was sent to walk with him they travelled together and became close and formed a strong bond—they were like brothers from this strong bond they saw how they were related and connected to all of creation

Niikaanigana (all my relations).

JULY
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AUGUST 2022

MNOOMNI GIIZIS (*Rice Moon*)

SEPTEMBER
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Civic Holiday <i>Offices closed</i> 1	2	3	4	5	6
7	Yoga in the Park (TBD) 8	Youth Culture Camp (L) Mental Wellness Speaker Series 9	Medicine Walk (TBD) Youth Culture Camp (L) Good Food Box Order Deadline (CC) 10	Men's Group (MC) Youth Culture Camp (L) 11	Full Moon Ceremony (TBD) 12	13
14	15	Sacred Fire (L) 16	Good Food Box Order Pick-Up (CC) Lunch and Learn (CC) 17	18	Wellness Topic Workshop Series (TBD) 19	20
21	22	Preschool Clinic (TBD) 23	24	Men's Group (MC) 25	26	27
28	PD Day Activity 29	30	Cooking with Kids (Z) 31			

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Nzigos CORINNE

AUNTIE CORINNE FLAMAND



*What are your teachings surrounding being an auntie?
Share your stories of the sacred, proud and protective
role you hold in embracing the safety of family.*

Becoming an Auntie is the best feeling ever. I just love being there for my nieces and nephews when they need me. I would encourage them to follow their dreams and to be themselves. Plus, I just love it when they call me auntie.

As a child growing up, I would visit my auntie who always did traditional craft work. My auntie would show me the different techniques of traditional crafting like beading, quill work, birchbark and leather work. To this day, I still use these traditions and pass them on to my friends, cousins, nieces and nephews. I am forever grateful. Miigwech.

AUGUST
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SEPTEMBER 2022

WAABAGAA GIIZIS (*Changing Leaves Moon*)

OCTOBER
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	Labour Day Offices closed	5	6	Young Thunderbirds Drum (CC) Medicine Walk (TBD)	7	Men's Group (MC)
				8	FASD Awareness Day Full Moon Ceremony (TDB)	9
11	Yoga Hybrid (Z, CC)	12	13	Young Thunderbirds Drum (CC) Good Food Box Order Deadline (CC) Prenatal Classes (TBD)	14	15
		Beading Workshop (Z, TBD) Mishko-Ode-Wendum Sharing Circle (CC)			Bowling (PB) Wellness Topic Workshop Series (TBD)	16
18	Yoga Hybrid (Z, CC) Quit Smoking Café (CC) Equine Therapy Program (TBD)	19	20	Young Thunderbirds Drum (CC) Fall Fast Camp (L) Good Food Box Order Pick-Up (CC) Lunch and Learn (CC) Prenatal Classes (TBD)	21	22
		Beading Workshop (Z, TBD) Sacred Fire (L) Fall Fast Camp (L)			First Day of Autumn Men's Group (MC)	23
25	Weight Loss Support Group (CC)	26	27	Young Thunderbirds Drum (CC) Cooking with Kids (Z) Prenatal Classes (TBD)	28	29
		Beading Workshop (Z, TBD) Mishko-Ode-Wendum Sharing Circle (CC)			National Day for Truth and Reconciliation	30

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Nzigos KELLY LEE

AUNTIE KELLY LEE ASSINIWE



*What are your teachings surrounding being an auntie?
Share your stories of the sacred, proud and protective
role you hold in embracing the safety of family.*

I was always told that as an auntie you treat every child as if they were your own and to always watch out for everyone. I was taught to take care of my sisters' children at all times. Growing up, our aunts were special and were a very important part of our lives. I have tried to continue that role and ensure that my nieces and nephews know that they can always come to me, for anything, when they need to. We have a close-knit family and as an auntie I have taken some of my nieces and nephews under my wing and watch over them continuously. All my nieces and nephews have special places in my heart just as my own children do. As a family we take care of each other and it's especially important as an auntie to keep our eyes and ears open to all the children to ensure they are safe, cared for, mentored, protected, spoiled and loved each and every day. I love all my nieces and nephews and am so proud that the Creator chose me to be auntie to all of them.



SEPTEMBER
S M T W T F S
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4 5 6 7 8 9 10
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OCTOBER 2021

BNAAKWII GIIZIS (*Falling Leaves Moon*)

NOVEMBER
S M T W T F S
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 ☾	3 Yoga Hybrid (Z, CC) Quit Smoking Café (CC) Equine Therapy Program (TBD)	4 Beading Workshop (Z, TBD) Mindful Way Meditation Program (TBD)	5 Young Thunderbirds Drum (CC) Grief Group Workshop Begins (TBD) Prenatal Classes (TBD)	6 Men's Group (MC)	7	8
9 ○	10 Thanksgiving Offices closed World Mental Health Day Full Moon Ceremony (TBD)	11 Beading Workshop (Z, TBD) Mishko-Ode-Wendum Sharing Circle (CC) Mindful Way Meditation Program (TBD)	12 Young Thunderbirds Drum (CC) Medicine Walk (TBD) Good Food Box Order Deadline (CC) Prenatal Classes (TBD)	13	14	15
16	17 Yoga Hybrid (Z, CC) Weight Loss Support Group (CC) Equine Therapy Program (TBD) ☾	18 Beading Workshop (Z, TBD) Sacred Fire (L) Mindful Way Meditation Program (TBD)	19 Young Thunderbirds Drum (CC) Good Food Box Order Pick-Up (CC) Lunch and Learn (CC) Prenatal Classes (TBD)	20 Men's Group (MC)	21 Bowling (PB) Wellness Topic Workshop Series (TBD)	22
23	24 Yoga Hybrid (Z, CC) Quit Smoking Café (CC)	25 Beading Workshop (Z, TBD) Mishko-Ode-Wendum Sharing Circle (CC) Mindful Way Meditation Program (TBD) ●	26 Young Thunderbirds Drum (CC) Cooking with Kids (Z)	27	28	29
30	31 Halloween Yoga Hybrid (Z, CC) Weight Loss Support Group (CC) Equine Therapy Program (TBD)					

CC = COMMUNITY CENTRE, 105 ELM ST., SUITE E4 | MC = MAIN CENTRE, 161 APPLEROVE ST. | L = SKHC LAND, LOCATION HERE | TBD = TO BE DETERMINED | Z = ZOOM (APP) | PB = PLAZA BOWL, 1799 GARDEN ST.



Nzigos THERESA

AUNTIE THERESA FLAMAND



*What are your teachings surrounding being an auntie?
Share your stories of the sacred, proud and protective
role you hold in embracing the safety of family.*

My role as a Nzigos to my family and community is helping our sister in the upbringing of their children. Nzigos teaches sacred teachings that were brought down from their family. Teaching to be a proud First Nation and respecting one another.

I was very lucky to have grown up where all my aunties and uncles spoke the language. I am very proud to have learned my culture and language from my family.

OCTOBER
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NOVEMBER 2021

BAASHKAAKODIN GIIZIS (*Freezing Moon*)

DECEMBER
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Beading Workshop (Z, TBD) 1 Sacred Fire (L) Mindful Way Meditation Program (TBD)	All Souls Day 2 Young Thunderbirds Drum (CC)	Men's Group (MC) 3	4	5
Daylight Savings Ends 6	Yoga Hybrid (Z, CC) 7	Aboriginal Veterans Day 8 Beading Workshop (Z, TBD) Full Moon Ceremony (TBD) Mental Wellness Speaker Series Mishko-Ode-Wendum Sharing Circle (CC) Mindful Way Meditation Program (TBD)	Young Thunderbirds Drum (CC) 9 Good Food Box Order Deadline (CC)	10	Remembrance Day 11	12
13	World Diabetes Day 14 Rock Your Mocs Week Equine Therapy Program (TBD)	Beading Workshop (Z, TBD) 15 Rock Your Mocs Week Mindful Way Meditation Program (TBD)	Young Thunderbirds Drum (CC) 16 Rock Your Mocs Week Good Food Box Order Pick-Up (CC) Lunch and Learn (CC)	Men's Group (MC) 17 Rock Your Mocs Week	Wellness Topic Workshop Series (TBD) 18	Rock Your Mocs Week 19
Rock Your Mocs Week 20	Quit Smoking Café (CC) 21	Beading Workshop (Z, TBD) 22 Mishko-Ode-Wendum Sharing Circle (CC) Mindful Way Meditation Program (TBD)	Young Thunderbirds Drum (CC) 23 Grief Group Workshop Ends (TBD)	24	25	26
27	Weight Loss Support Group (CC) 28 Equine Therapy Program (TBD)	Beading Workshop (Z, TBD) 29	Young Thunderbirds Drum (CC) 30 Cooking with Kids (Z)			

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Nzigos GLORIA

AUNTIE GLORIA OSHKAWBEWISENS-MCGREGOR



*What are your teachings surrounding being an auntie?
Share your stories of the sacred, proud and protective
role you hold in embracing the safety of family.*

I love the relationship my children have with their aunties—they laugh, they cry, they disagree to agree. An auntie's place is a safe place to fall when ones life path becomes difficult. Aunties are like second mothers, they are mothers helpers.

Community aunties had a role to protect the children of the community. They had a responsibility to be an extended parent to help discipline with care, to advise with wisdom and to nurture with love. Aunties have a crucial role in providing a sense of family within our communities.



JANUARY 2022
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DECEMBER 2022

MNIDOO GIISOONS (*Little Spirit Moon*)

JANUARY 2022
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30 31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Men's Group (MC) 1	2	3
4	Yoga Hybrid (Z, CC) 5 Quit Smoking Café (CC) Equine Therapy Program (TBD)	Beading Workshop (Z, TBD) 6 Mishko-Ode-Wendum Sharing Circle (CC)	Full Moon Ceremony (TBD) 7 Young Thunderbirds Drum (CC)	8	Bowling (PB) 9	10
11	Yoga Hybrid (Z, CC) 12 Weight Loss Support Group (CC)	Beading Workshop (Z, TBD) 13 Sacred Fire (L)	Young Thunderbirds Drum (CC) 14	15	Wellness Topic Workshop Series (TBD) 16	17
18	19	20	First Day of Winter 21	22	23	Christmas Eve 24
Christmas 25	Boxing Day 26	27	28	29	30	New Years Eve 31

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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, intelligence or knowledge. In some communities, Gikendaasowin is used.

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.'

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
- 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 Big Drum Group
- Youth Cultural Camps
- Youth Cultural Teachings
- Youth Sharing Circles
- Youth Summer Program (July-August)

COMMUNITY PROGRAMS

Health Promotion

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

Choices Program

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

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
- Centre de santé Communautaire du Grand Sudbury
- City of Greater Sudbury
- Collège Boréal



Mental Wellness

- Art/Craft Drop-In
- Equine Therapy Program
- Grief Group Workshop
- Hand Drum Making and Social
- Indigenous Victims Support Worker
- Men's Support Group and Workshops
- Mindful Way Workshop
- Mishko-Ode-Wendum Sharing Circle
- Quarterly Speaker Series
- Scheduled Counselling Session
- Wellness Topic Workshop Series
- Youth Drop-In

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
- Parent Support Circle
- Prenatal Classes
- Sharing and Caring FASD Family Support Group
- Resource Library
- Triple P Parenting (individual sessions)

Mishko-Ode-Wendum

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

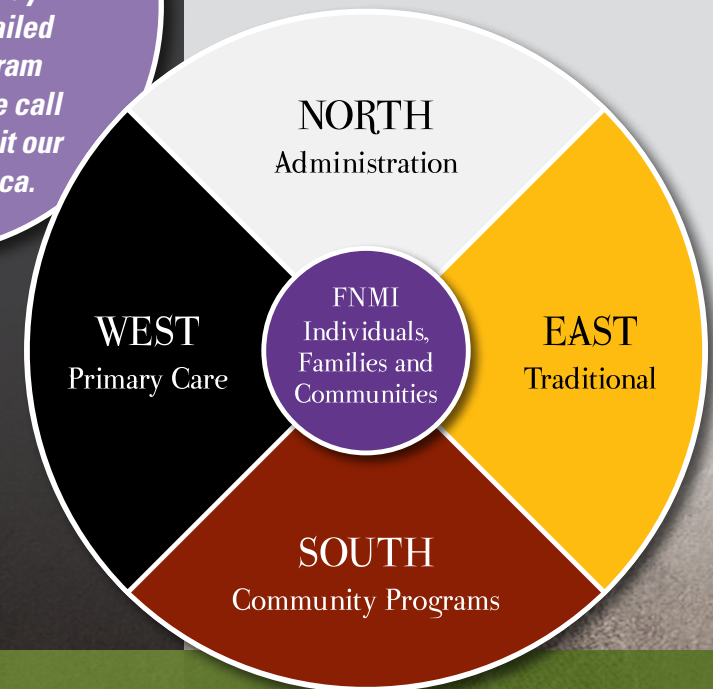
Clinical Support (Client Centered)

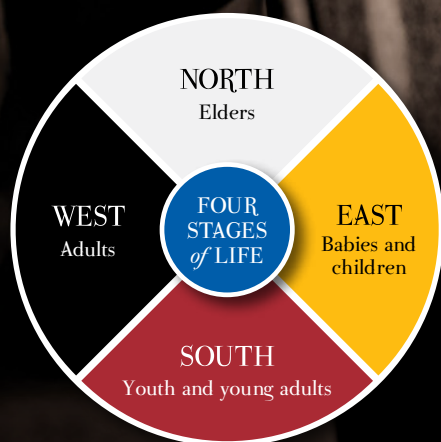
- Co-Op Placements for High School
- Diabetes Education
- Dietitian
- NOSM – Laurentian University Partnerships for Learners
- Ontario Telemedicine Network Equipped
- Primary Care Navigator
- Summer Youth Programs

PLEASE NOTE:

Dates and times of programs may vary. Due to COVID-19 restrictions, some programs may not occur. For detailed and current program information, please call 705-675-1596 or visit our website at skhc.ca.

- Community Mobilization
- Greater Sudbury Police Service
- Health Sciences North
- Henvey Inlet, Magnetawan, Constance Lake and Taykwa Tagamou First Nations
- Indigenous Primary Health Care Council
- Jubilee Heritage Family Resources
- Laurentian University
- Local Aboriginal Health Committee
- Métis Nation of Ontario
- Ngo Dwe Waanzizgik – Urban Indigenous Sacred Circle
 - Gezhtoojig Employment and Training
 - Kina Gbezhgomi Child and Family Services
 - Native People of Sudbury Development Corporation
 - Nijjaanisinaanik Child and Family Services
 - Nogdawindamin Family and Community Services
 - N'Swakamok Native Friendship Centre
- Northern Ontario School of Medicine
- Rainbow District School Board





The Shkagamik-Kwe Health Centre honours the **sacred four stages of life** through the delivery of programs and services. These stages 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

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

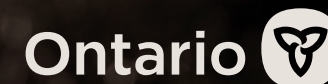
Niijaanisinaanik Child and Family Services: 705-746-9354

Kina Gbezhgomi Child and Family Services: 705-370-2100

Nogdawindamin Family and Community Services: 1-800-465-0999

Native People of Sudbury Development Corporation: 705-674-9996

The 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



Indigenous Service Canada



Shkagamik-Kwe
HEALTH CENTRE

Building Healthy Communities – Respecting Traditional Values

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