

Celebrating 25 years

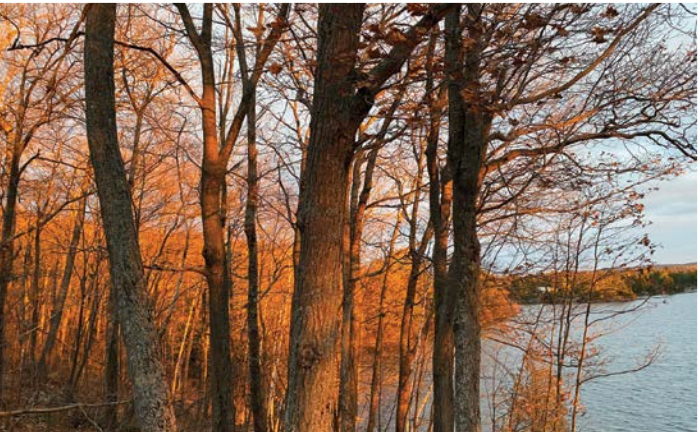
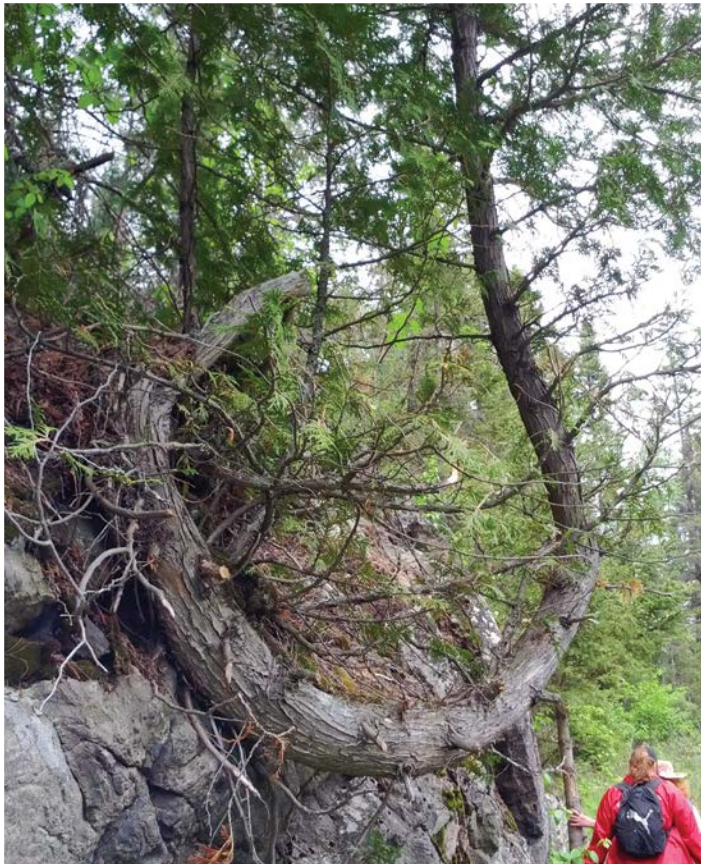


Shkagamik-Kwe

HEALTH CENTRE

**Honouring the
Ancient Beings
of our Natural
World**

**2023
GIISOG
CALENDAR**



Honouring *the Ancient* Beings

Who are those ones? Who are the Grandmothers and Grandfathers of the Earth, Shkagamik-Kwe, those ancient beings who've been here since the time of Creation, that hold space and time? We often hear the words *time immemorial* in gatherings and in speeches, and those ones who have been a part of the backbone, the spine, of our mother, are the ones that hold that true definition of time immemorial. Looking at the mountains, those great beings, who are our Grandfathers and our Grandmothers, they hold our stories, they hold the wisdom, they have watched life come and go.

In our teachings, we are always told that we as Anishinaabe people, in everything that we do, in the decisions that we make, the way that we live our life, how we move through this life, we need to look seven generations into the future. We're always told to acknowledge where it is that we have come from and those ones who have before us.

So, we are wanting to look back and celebrate and acknowledge those beings that have been here for time immemorial, celebrating the rock nation, the bones of our mother, the tree nations, the lungs of our mother, and those root systems, the roots of our trees, so that when we look ahead into the future and we look ahead seven generations, that we also hold space, taking on those teachings that those ancient ones provide for us, looking into our past, looking for the steps that our ancestors took, finding those foundations, those root systems, and those tree nations that help us with our breath, our breath of life.

Honouring the Ancient Beings introduction by Geesohns Manitowabi.

Above photo collage and Conversation with Mitigook by Gloria Oshkabewisens-McGregor.

Poetry by Sarah Gartshore.

Border illustrations by Raven Debassige.

Art direction and design by Melanie Laquerre.

Conversation *with* Mitigook



I am out for my walk this afternoon. I will walk as far as I can, thinking about everything. I love to look around in nature. I stop halfway up the hill and look at the trees. I see the age in them. I see the environmental effects on them. I ask them, do you have your aging process too? Do you drop your seeds for the next generation to come? Have I looked carefully to see where they are and who they are? When you drop your seeds, do you place your knowledge in them? Do you place your wisdom in them? When you place your knowledge and the wisdom in your seed, do you let them know they will be growing in a different era than you did and with different environmental effects than you did? Will their roots be grounded deep into the ground as yours were? Will they hold the earth together as you did? Will they lift our prayers and honour our breath Creator gave us as you did? These are my thoughts today as I stand amongst you, as I look at you rest stand sleeping through the winter cold.

I say Miigwech to all of you. I pray and hope that we look at our generations as two legged in this way. To the next generations to come, I leave the seed of knowledge for those younger ones so that they can follow the path and be grounded and deep rooted as our Anishnaabe ancestors. I face the Eastern direction of new life and say Miigwech.

Grandfather Tree

See this tree here (May photo, page 12), I call him a Grandfather because every time I see him and stand with him, I feel the male energy of him. Beside him stands a sapling. That Grandfather tree is waiting for him to be strongly rooted before he gives way and lets go. If ever that Grandfather tree falls or has to be cut down, the sapling cannot be damaged in anyway. It will need to continue and carry on for the Grandfather.

– Gloria Oshkabewisens-McGregor

Aanikoobijigan (Ancestors)

Mewinzha
Mishomis
Ancient Grandfathers there for all to see
Covering the land
Memory holders rumbling with responsibility
Time travellers who honour our memories
Ancestors holding our hands
Patient and present
Knowing and kind
Whispering "Offer your semaa, visit with us a while"
And we sit
Familiar
Accept their heat in the sweat
The earthen womb
Hold them in our pockets...
on the stand
Walk in their wisdom...
on our way to help
Respecting their rumblings of response to memory
Respecting their responsibility
"You are our kin
When you are ready
We're ready to begin"

And the giants breathe us in



DECEMBER 2022
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Mnidoo Giizis

Spirit Moon | January 2023

FEBRUARY 2023
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
New Year's Day 1	2	3	4	5	6	7
8	Wild Food Bank (CC) Quit Smoking Café (CC) Weight Loss Support Group (CC) Yoga (CC) 9	Beading Group (CC) Boys Drum (CC) Fitness Health (YMCA) 10	Diabetes Support Group (CC) 11	Fitness Health (YMCA) 12	Bowling (PB) 13	14
15	Wild Food Bank (CC) Yoga (CC) 16	Boys Drum (CC) Traditional Craft Night (CC) Fitness Health (YMCA) Mishko-Ode-Wendum Sharing Circle (CC) 17	FASD Community Kitchen (CC) Lunch and Learn (CC) 18	Men's Group (MC) Fitness Health (YMCA) 19	20	21
22	Wild Food Bank (CC) Quit Smoking Café (CC) Weight Loss Support Group (CC) Yoga (CC) 23	Beading Group (CC) Boys Drum (CC) Fitness Health (YMCA) 24	Cooking with Kids (CC) Nutrition Bingo (CC) 25	Fitness Health (YMCA) 26	Friday Night Workshop (CC) 27	28
29	Wild Food Bank (CC) Yoga (CC) 30	Beading Group (CC) Boys Drum (CC) Mishko-Ode-Wendum Sharing Circle (CC) 31				

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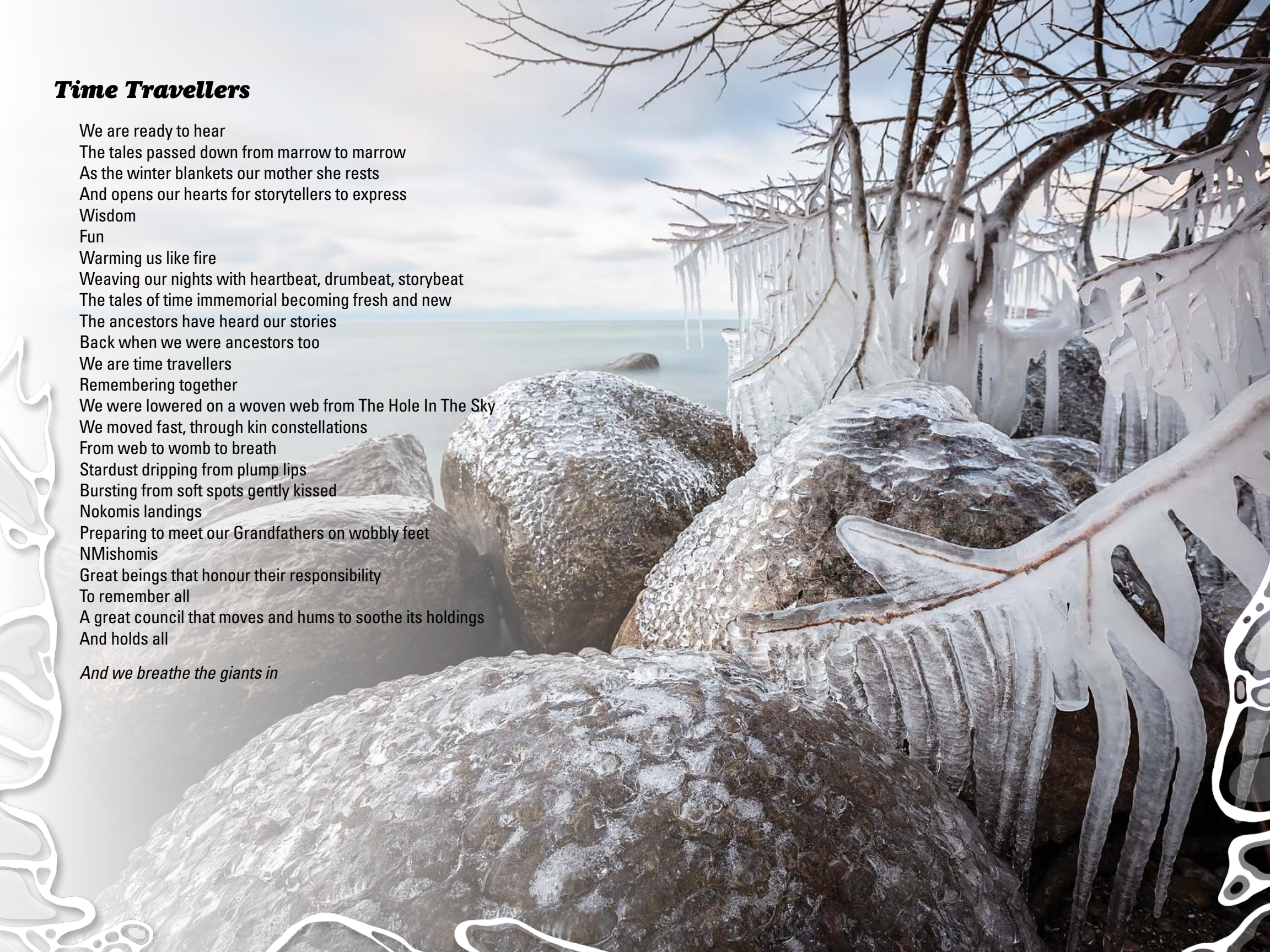
BUILDING HEALTHY COMMUNITIES – RESPECTING TRADITIONAL VALUES

Please call 705-675-1596 for program information.

Time Travellers

We are ready to hear
The tales passed down from marrow to marrow
As the winter blankets our mother she rests
And opens our hearts for storytellers to express
Wisdom
Fun
Warming us like fire
Weaving our nights with heartbeat, drumbeat, storybeat
The tales of time immemorial becoming fresh and new
The ancestors have heard our stories
Back when we were ancestors too
We are time travellers
Remembering together
We were lowered on a woven web from The Hole In The Sky
We moved fast, through kin constellations
From web to womb to breath
Stardust dripping from plump lips
Bursting from soft spots gently kissed
Nokomis landings
Preparing to meet our Grandfathers on wobbly feet
NMishomis
Great beings that honour their responsibility
To remember all
A great council that moves and hums to soothe its holdings
And holds all

And we breathe the giants in



JANUARY 2023
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Mkwa Giizis

Bear Moon | February 2023

MARCH 2023
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Groundhog Day Men's Group (MC) Fitness Health (YMCA)	2 Art Drop-in (CC) PD Day Activity (TBD)	3	4
5 ○	6 Wild Food Bank (CC) Quit Smoking Café (CC) Weight Loss Support Group (CC) Yoga (CC)	7 Beading Group (CC) Boys Drum (CC) Fitness Health (YMCA)	8 Feasting the Bear (CC) Diabetes Support Group (CC) Mental Wellness Speaker Series (CC)	9 Fitness Health (YMCA)	10 Art Drop-in (CC) Bowling (PB)	11
12	13 Wild Food Bank (CC) Yoga (CC)	14 Valentine's Day Beading Group (CC) Boys Drum (CC) Fitness Health (YMCA) Mishko-Ode-Wendum Sharing Circle (CC)	15 Lunch and Learn (CC) Sharing and Caring FASD Support Circle (CC)	16 Men's Group (MC) Fitness Health (YMCA)	17 Art Drop-in (CC)	18
19	20 Family Day Offices closed	21 Boys Drum (CC) Traditional Craft Night (CC) Fitness Health (YMCA)	22 Cooking with Kids (CC) Nutrition Bingo (CC)	23 Fitness Health (YMCA)	24 Friday Night Workshop (CC) Art Drop-in (CC)	25
26	27 Wild Food Bank (CC) Weight Loss Support Group (CC) Yoga (CC)	28 Beading Group (CC) Boys Drum (CC) Fitness Health (YMCA) Mishko-Ode-Wendum Sharing Circle (CC)				

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Balance

Her backbone is he
Her breath is she
Her life is we
She offers us her hair to braid and burn
Sometimes her lessons and voice churn
In our bellies and in the sea
In the rumblings beneath our feet
Her storms hold stories we are wise to hear
Her love is just, righteous and near
She is our first mother
And the last to cradle our head
She sings our journey songs
And puts us all to bed
Her favourite child has always been you and me
"You are my drum and my heart beats free"
Grief and love finely balanced on her knee
Her favourite child has always been you and me

And we breathe the giants in

FEBRUARY 2023
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Naabidin Giizis/Bokwaagmi Giizis

Snow Crust Moon/Broken Snowshoe Moon | March 2023

APRIL 2023
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
			1	Men's Group (MC) Fitness Health (YMCA)	2	Art Drop-in (CC) 3	4	
5	Quit Smoking Café (CC) Weight Loss Support Group (CC) Yoga (CC)	6	Beading Group (CC) Boys Drum (CC) Fitness Health (YMCA)	7	Diabetes Support Group (CC) 8	Fitness Health (YMCA) 9	Art Drop-in (CC) Bowling (PB) 10	11
12	Yoga (CC)	13	Beading Group (CC) Boys Drum (CC) Fitness Health (YMCA) Mishko-Ode-Wendum Sharing Circle (CC)	14	Lunch and Learn (CC) 15	Men's Group (MC) Fitness Health (YMCA) 16	St. Patrick's Day Art Drop-in (CC) 17	18
19	Spring Equinox (CC) Quit Smoking Café (CC) Weight Loss Support Group (CC) Yoga (CC)	20	Spring Craft Challenge Begins (SM) Traditional Craft Night (CC) Fitness Health (YMCA)	21	22	Fitness Health (YMCA) 23	Art Drop-in (CC) 24	25
26	Yoga (CC)	27	Beading Group (CC) Boys Drum (CC) Fitness Health (YMCA) Mishko-Ode-Wendum Sharing Circle (CC)	28	Cooking with Kids (CC) FASD Community Kitchen (CC) Nutrition Bingo (CC)	29	Men's Group (MC) Fitness Health (YMCA) 30	Friday Night Workshop (CC) Art Drop-in (CC) 31

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Seeds

Mino Bimaadziwin is the order of this perfect day
Well-being reaches through dirt and forest floor
Well-being reaches through concrete and metal door
Nods at the rain and boot the same
Pushes through the cracks
Grows around obstacles
Doesn't find a way
Is the way
Revels in the light
Revels in the night
Seeds to survivance
Nurturers
Connected
Reaching
Unrivalled
Powerful
Being
Anishinaabe

And we breathe the giants in



MARCH 2023
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Bokwaagmi Giizis/Ziisibaakadake Giizis

Broken Snowshoe Moon/Sugar Moon | April 2023

MAY 2023
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Art Drop-in (CC)	1
2	Quit Smoking Café (CC) Weight Loss Support Group (CC) Yoga (CC)	3 Beading Group (CC) Boys Drum (CC) Fitness Health (YMCA)	4 Medicine Walk (BA)	5 Fitness Health (YMCA)	6 Good Friday Offices closed	7 8
Easter 9	Easter Monday Offices closed 10	Beading Group (CC) Boys Drum (CC) Fitness Health (YMCA) Mishko-Ode-Wendum Sharing Circle (CC) 11	Diabetes Support Group (CC) 12	Men's Group (MC) Fitness Health (YMCA) 13	Art Drop-in (CC) Bowling (PB) 14	15
16	Quit Smoking Café (CC) Weight Loss Support Group (CC) Yoga (CC) 17	Boys Drum (CC) Traditional Craft Night (CC) Fitness Health (YMCA) 18	Lunch and Learn (CC) Sharing and Caring FASD Support Circle (CC) 19	Fitness Health (YMCA) 20	Art Drop-in (CC) 21	22
23	Yoga (CC) 24	Beading Group (CC) Boys Drum (CC) Fitness Health (YMCA) Mishko-Ode-Wendum Sharing Circle (CC) 25	Cooking with Kids (CC) Nutrition Bingo (CC) 26	Men's Group (MC) Fitness Health (YMCA) 27	Friday Night Workshop (CC) Art Drop-in (CC) PD Day Activity (TBD) 28	29
30						

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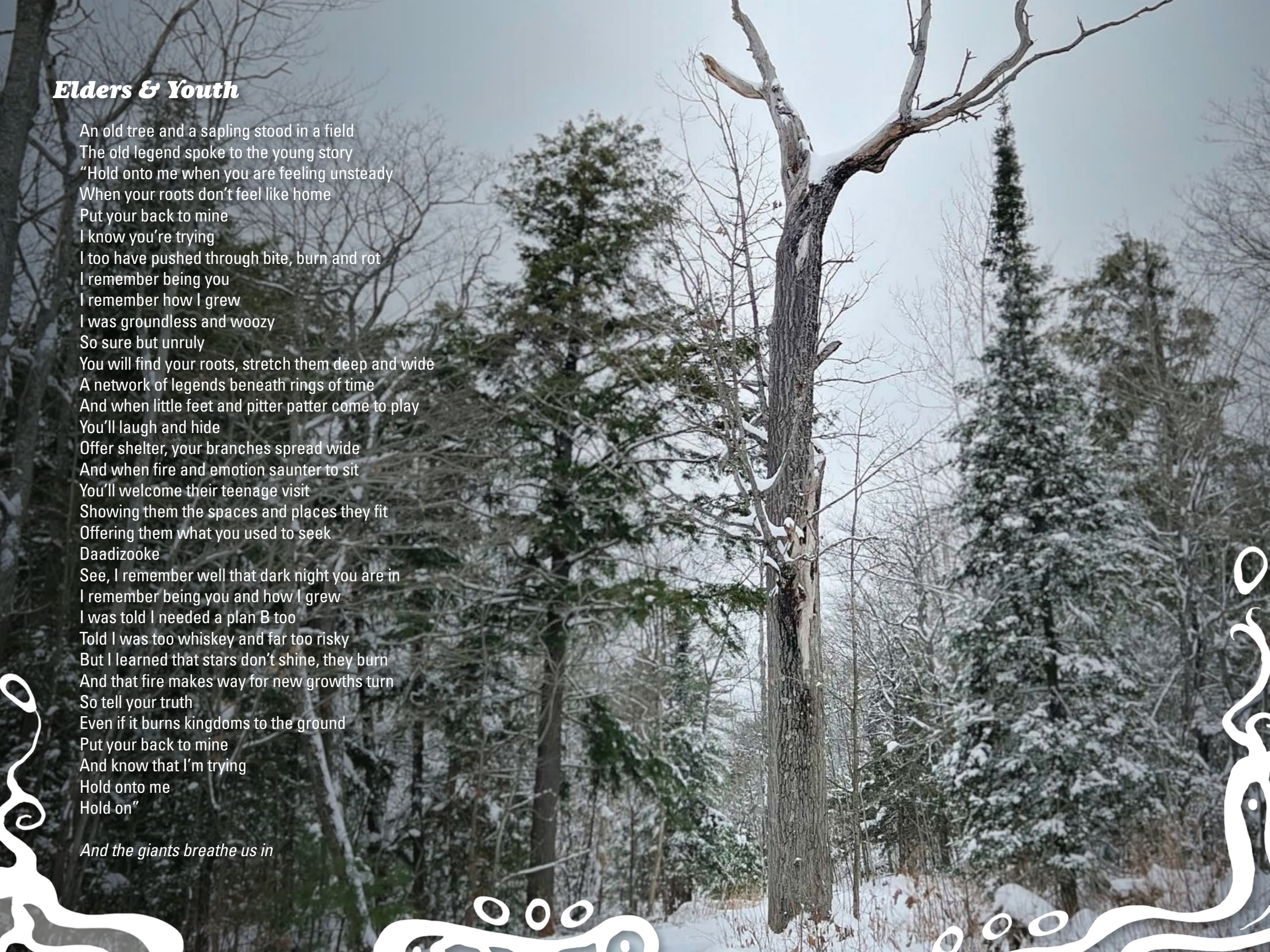
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Elders & Youth

An old tree and a sapling stood in a field
The old legend spoke to the young story
"Hold onto me when you are feeling unsteady
When your roots don't feel like home
Put your back to mine
I know you're trying
I too have pushed through bite, burn and rot
I remember being you
I remember how I grew
I was groundless and woozy
So sure but unruly
You will find your roots, stretch them deep and wide
A network of legends beneath rings of time
And when little feet and pitter patter come to play
You'll laugh and hide
Offer shelter, your branches spread wide
And when fire and emotion saunter to sit
You'll welcome their teenage visit
Showing them the spaces and places they fit
Offering them what you used to seek
Daadizooke
See, I remember well that dark night you are in
I remember being you and how I grew
I was told I needed a plan B too
Told I was too whiskey and far too risky
But I learned that stars don't shine, they burn
And that fire makes way for new growths turn
So tell your truth
Even if it burns kingdoms to the ground
Put your back to mine
And know that I'm trying
Hold onto me
Hold on"

And the giants breathe us in



APRIL 2023						
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Nmebine Giizis

Sucker Moon | May 2023

JUNE 2023						
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Mental Health Week Quit Smoking Café (CC) Weight Loss Support Group (CC) Yoga (CC) 1	Mental Health Week Boys Drum (CC) Fitness Health (YMCA) 2	Mental Health Week Medicine Walk (BA) 3	Mental Health Week Fitness Health (YMCA) 4	MMIWG National Day Mental Health Week Art Drop-in (CC) 5	6
7	Yoga (CC) 8	Boys Drum (CC) Fitness Health (YMCA) Mishko-Ode-Wendum Sharing Circle (CC) 9	Walking Out Ceremony (BA) Diabetes Support Group (CC) Mental Wellness Speaker Series (CC) 10	Men's Group (MC) Sweat Lodge Build Day (BA) Fitness Health (YMCA) 11	Art Drop-in (CC) Bowling (PB) 12	13
Mother's Day 14	Quit Smoking Café (CC) Weight Loss Support Group (CC) Yoga (CC) 15	Boys Drum (CC) Spring Fasting Camp (BA) Fitness Health (YMCA) 16	Spring Fasting Camp (BA) Lunch and Learn (CC) 17	Spring Fasting Camp (BA) Fitness Health (YMCA) 18	Sweat Lodge Ceremony (BA) Art Drop-in (CC) 19	20
Spring Craft Challenge Ends (SM) 21	Victoria Day Offices closed 22	Boys Drum (CC) Fitness Health (YMCA) Mishko-Ode-Wendum Sharing Circle (CC) 23	FASD Community Kitchen (CC) 24	Men's Group (MC) Fitness Health (YMCA) 25	Art Drop-in (CC) 26	27
28	Quit Smoking Café (CC) Weight Loss Support Group (CC) Yoga (CC) 29	Boys Drum (CC) Fitness Health (YMCA) 30	Cooking with Kids (CC) Nutrition Bingo (CC) 31			

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Foundations

One day the roots had their ears to the sky, listening to the two-legged talk. When they heard 'time immemorial' they looked to the rocks in disbelief and asked

"Don't they know that no time is 'immemorial'? That we remember it all? That we sat at the first circle, that we watched the star fall, that we heard the first step and still vibrate with the birds first call?"

The rocks replied "Ehn, nevermind time immemorial... those two-legged are today immemorial!" and the roots and rocks shook with laughter

Brother, put your ear to the ground and tell us if you hear
Herds of love thundering towards future generations
Unworried waterways roiling with laughter

Sister, put your eyes to the sky and tell us if you see
Giants lifting pipes to kin constellations
Smoke curling around spirits falling through
The Hole In The Sky

Our foundation is solid and Aho it's funny
The day the Uncles lay it down was beautiful and long
The Aunties threw their heads back and slapped that
foundation strong
And the rocks and roots will forever crack their jokes
Cause we're laughin' or dyin' is how the saying goes

And we breathe the giants in

MAY 2023
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Waabgonii Giizis

Blossom/Flower Moon | June 2023

JULY 2023
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Fitness Health (YMCA) 1	Art Drop-in (CC) 2	3
4	Yoga in the Park (TBD) 5	Boys Drum (CC) Fitness Health (YMCA) Mishko-Ode-Wendum Sharing Circle (CC) 6	Medicine Walk (BA) 7	Men's Group (MC) Fitness Health (YMCA) 8	Art Drop-in (CC) PD Day Activity (TBD) 9	10
11	Quit Smoking Café (CC) Weight Loss Support Group (CC) Yoga in the Park (TBD) 12	Boys Drum (CC) Fitness Health (YMCA) 13	Diabetes Support Group (CC) Lunch and Learn (CC) 14	Fitness Health (YMCA) 15	Art Drop-in (CC) Bowling (PB) 16	17
Father's Day 18	Sweat Lodge Ceremony (BA) Yoga in the Park (TBD) 19	Boys Drum (CC) Fitness Health (YMCA) 20	National Indigenous Peoples Day 21 Summer Craft Challenge Begins (SM) Summer Solstice (BA)	Fitness Health (YMCA) 22	Art Drop-in (CC) 23	24
25	Quit Smoking Café (CC) Weight Loss Support Group (CC) Yoga in the Park (TBD) 26	Boys Drum (CC) Fitness Health (YMCA) 27	Cooking with Kids (CC) Nutrition Bingo (CC) 28	Fitness Health (YMCA) 29	Art Drop-in (CC) 30	

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Guardians

The guardians are magic and might
Gentle giants
Evergreen shelter for the lonesome soul
Sink into their shade and look at your own
Sin and silence, secrets and sorrow
Give the guardians your burden
When you're ready to be free
Sunbeams burn through shame free canopy
Ask the guardians anything
When you're ready for the truth
They know you
Your Grandmother pressed her back to them
And sang songs of you
Your Grandfather pressed his hand to them
And prayed prayers of you
So gather your messages for the future
Press them in their pages
Tell futures of the love they'll need for their dark
Of how they'll grow from the scary and difficult parts
Press your back to your Grandmothers spot
And let the giants know
They helped you love your own well scarred bark to grow
That you're grateful for the lodges carved from their being
That children play astronaut and rockstars at their knee
That their great breath lulls your home to sleep
Where you dream of...
Great Grandmothers
Great Grandfathers
Future lonesome souls
With legions of guardians calling them home





And the giants breathe us in

JUNE 2023
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Miin Giizis

Berry Moon | July 2023

AUGUST 2023
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Canada Day 1
2	3 	4 Fitness Health (YMCA)	5 Medicine Walk (BA)	6 Men's Group (MC) Fitness Health (YMCA)	7 Art Drop-in (CC)	8
9 	10 Weight Loss Support Group (CC) Yoga in the Park (TBD)	11 Youth Culture Camp (BA) Fitness Health (YMCA)	12 Youth Culture Camp (BA) Diabetes Support Group (CC)	13 Youth Culture Camp (BA) Fitness Health (YMCA)	14 Art Drop-in (CC) Bowling (PB)	15
16	17 Sweat Lodge Ceremony (BA) Yoga in the Park (TBD) 	18 Fitness Health (YMCA)	19 Lunch and Learn (CC)	20 Fitness Health (YMCA)	21 Art Drop-in (CC)	22
23	24 Weight Loss Support Group (CC) Yoga in the Park (TBD)	25 Fitness Health (YMCA)	26 Cooking with Kids (CC) Nutrition Bingo (CC) 	27 Fitness Health (YMCA)	28 Art Drop-in (CC)	29
30	31 Yoga in the Park (TBD)					

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Giants

The giant trees that stood sentry at every birth
Honouring agreements and breathing our worth
Of placental hearts forged from stars
Pumping love from their knotted limbs to ours
An agreement as ancient and wide as grace
Arranged between mother, cedar, maple and birch
We, the charge
The trees midwifing our birth
They sway at the ready
Prepared for the honour
The placenta nods at them
And breath rushes through their pulp
Past rings that hold the stories of fire and rain
Past sacred circles of ceremony
With the power and speed of a mothers prayer
They breathe into our lungs and we accept their gift
Crying at the shock and beauty of its perfection
Stunned at the depth of our sentry's affection
And the giants spread their arms to shush the land
And we breathe our breath back into them
Reciprocal relationship for as long as we stand

And the giants breathe us in

JULY 2023

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Mnoomni Giizis

Rice Moon | August 2023

SEPTEMBER 2023

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Fitness Health (YMCA) 1	Medicine Walk (BA) 2	Men's Group (MC) Fitness Health (YMCA) 3	Art Drop-in (CC) 4	5
6	Civic Holiday <i>Offices closed</i> 7	Fitness Health (YMCA) 8	Diabetes Support Group (CC) Mental Wellness Speaker Series (CC) 9	Fitness Health (YMCA) 10	Art Drop-in (CC) Bowling (PB) 11	12
13	Weight Loss Support Group (CC) Yoga in the Park (TBD) 14	Youth Culture Camp (BA) Fitness Health (YMCA) 15	Sweat Lodge Ceremony (BA) Youth Culture Camp (BA) Lunch and Learn (CC) 16	Youth Culture Camp (BA) Fitness Health (YMCA) 17	Art Drop-in (CC) 18	19
Summer Craft Challenge Ends (SM) 20	Yoga in the Park (TBD) 21	Fitness Health (YMCA) 22	23	Fitness Health (YMCA) Preschool Clinic 24	Art Drop-in (CC) 25	26
27	Weight Loss Support Group (CC) Yoga in the Park (TBD) 28	Anishinaabe Language Camp (BA) Fitness Health (YMCA) 29	Anishinaabe Language Camp (BA) Cooking with Kids (CC) Nutrition Bingo (CC) 30	Anishinaabe Language Camp (BA) Fitness Health (YMCA) 31		

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BUILDING HEALTHY COMMUNITIES – RESPECTING TRADITIONAL VALUES

Please call 705-675-1596 for program information.

Kin Constellations

Ancestors see our fear and raise us Nanaboozho
So we can reach back... back
And find ourselves
Dancing in circles of joy and celebration
Picking medicines amid beaded constellations
We reach forward... forward
And find ourselves again
Watch ourselves placing gifts in future generations hands
Gifts of ceremony, medicine and wise grounding stones
Stardust swirling high on chubby cheekbones
Sometimes
We'll hear a whisper or feel like a fool
"Get back on the ground,
You didn't hear that sound,
No-one is time travelling to you"
Oh but niijii, yes you did and yes they are!
Your future and past are travelling the same walkabout
The sun, moon and stars purse their lips towards you
When that journey begins
Healing starts breaking trail too
Healing tramples down 'I will never be enough'
Smooths the razor edges of 'my childhood was rough'
Pushes hope aside and lays truth before your feet
The truth is your identity is woven to the stars
So honour those you feel you knew before you met
You likely held hands as you fell from the web
Likely looked in each others eyes as you flew past Bagonagiizhig
Kin on the way down and Kin on the rise
And you rise
And you rise

And the giants breathe us in

AUGUST 2023
 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

Waabagaa Giizis

Changing Leaves Moon | September 2023

OCTOBER 2023
 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	WEDNESWWDAY	THURSDAY	FRIDAY	SATURDAY
					Art Drop-in (CC) 1	2
3	Labour Day Offices closed 4	Fitness Health (YMCA) 5	Medicine Walk (BA) 6	Men's Group (MC) Fitness Health (YMCA) 7	Art Drop-in (CC) Bowling (PB) 8	9
10	Weight Loss Support Group (CC) Yoga (CC) 11	Boys Drum (CC) Fitness Health (YMCA) Mishko-Ode-Wendum Sharing Circle (CC) 12	Diabetes Support Group (CC) 13	Sweat Lodge Ceremony (BA) Fitness Health (YMCA) 14	Art Drop-in (CC) 15	16
17	Quit Smoking Café (CC) Yoga (CC) 18	Boys Drum (CC) Fall Fasting Camp (BA) Fitness Health (YMCA) 19	Fall Fasting Camp (BA) Lunch and Learn (CC) 20	Fall Fasting Camp (BA) Men's Group (MC) Fitness Health (YMCA) 21	Autumn Equinox (BA) Art Drop-in (CC) 22	23
24	Weight Loss Support Group (CC) Yoga (CC) 25	Boys Drum (CC) Fitness Health (YMCA) Mishko-Ode-Wendum Sharing Circle (CC) 26	Fall Craft Challenge Begins (SM) Cooking with Kids (CC) Nutrition Bingo (CC) 27	Men's Group (MC) Fitness Health (YMCA) 28	Art Drop-in (CC) 29	National Day for Truth and Reconciliation 30

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BUILDING HEALTHY COMMUNITIES – RESPECTING TRADITIONAL VALUES

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Anishinaabartist

Honour Gimaamaa
Feel Shkagamik-Kwe's love pulse
Through waterways of loud laughing women
Recognize her fire roaring
Quiet and strong in thoughtful men
Hear the praying fruit from the breathing trees
The ancient songs
Time travelling on strawberry breeze
When the Star Beings first imagined Shkagamik-Kwe
They wept
They knew one ancient and new day
Would bring your first step
Creating isn't a luxury
It's our beating hearts on the vine
So Anishinaabartists pick up your brushes
Paint the sky silver, copper and blue
Lift your feet and shake the world in celebration of you
Bead the constellations on all of our sleeves
Remembrance of our Star Being Kin
Clan tattoos writing about circles of time
Dance in step with your sister's rhyme
Braid love and Spirit through your brothers' hair
Remind each other that you are there
Remember that we fell together
Fast
Through kin constellations
From web to womb to love's first breath
Grandfathers holding our first steps
Reminding us of who we are

And we breathe the giants in

SEPTEMBER 2023
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

Bnaakwii Giizis

Falling Leaves Moon | October 2023

NOVEMBER 2023
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	Quit Smoking Café (CC) Yoga (CC)	2 Boys Drum (CC) Hunt Camp (BA) Fitness Health (YMCA)	3 Hunt Camp (BA)	4 Hunt Camp (BA) Men's Group (MC) Fitness Health (YMCA)	5 Art Drop-in (CC)	6
8	Thanksgiving <i>Offices closed</i>	9 World Mental Health Day Beading Group (CC) Boys Drum (CC) Fitness Health (YMCA) Mishko-Ode-Wendum Sharing Circle (CC)	10 Medicine Walk (BA) Diabetes Support Group (CC)	11 Sweat Lodge Ceremony (BA) Fitness Health (YMCA)	12 Art Drop-in (CC) Bowling (PB)	13
15	Quit Smoking Café (CC) Weight Loss Support Group (CC) Yoga (CC)	16 Beading Group (CC) Boys Drum (CC) Hide Tanning Camp (BA) Traditional Craft Night (CC) Fitness Health (YMCA)	17 Hide Tanning Camp (BA) Lunch and Learn (CC)	18 Hide Tanning Camp (BA) Men's Group (MC) Fitness Health (YMCA)	19 Art Drop-in (CC)	20
22	Yoga (CC)	23 Boys Drum (CC) Fitness Health (YMCA) Mishko-Ode-Wendum Sharing Circle (CC)	24 Cooking with Kids (CC) Nutrition Bingo (CC)	25 Men's Group (MC) Fitness Health (YMCA)	26 Friday Night Workshop (CC) Art Drop-in (CC)	27
29	Quit Smoking Café (CC) Weight Loss Support Group (CC) Yoga (CC)	30 Halloween Beading Group (CC) Boys Drum (CC) Fitness Health (YMCA)	31			

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BUILDING HEALTHY COMMUNITIES – RESPECTING TRADITIONAL VALUES

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Story Keeper

The cowboys have tried to write
Indian histories and attempt
But our ways of Knowing and Being
Are stronger than a 500 year coup
Besides
Pilgrim
We looked deadly on those wild horses too
Only birch tree biographies speak truth to our...
Grandeur and elegance
Our sophistication and beauty
The birch trees keep our stories
They are the black ink writers of...
Star readers and buffalo lovers
Water carriers and sunrise singers
Medicine makers and fire keepers
Navigators
Scientartists
Right now the birch are busy documenting...
Miracle
Bodies
Meeting in never immemorial gathering places
City streets meeting warrior heartbeats
The coup
Under thousands of well dressed Anishinaabe feet
We don't need headline or stage
We are the story
We are the rage
And the birch scrolls turn their page


And the giants breathe us in

OCTOBER 2023
 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

Baashkaakodin Giwizis

Freezing Moon | November 2023

DECEMBER 2023
 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
			Feasting our Ancestors (BA) 1	All Souls Day 2 Men's Group (MC) Fitness Health (YMCA)	Art Drop-in (CC) 3	4
5 	Wild Food Bank (CC) 6 Yoga (CC)	Beading Group (CC) 7 Boys Drum (CC) Fitness Health (YMCA)	National Aboriginal Veterans Day 8 Diabetes Support Group (CC)	Men's Group (MC) 9 Fitness Health (YMCA)	Art Drop-in (CC) 10 Bowling (PB)	Remembrance Day 11
12	Wild Food Bank (CC) 13 Quit Smoking Café (CC) Weight Loss Support Group (CC) Yoga (CC)	Beading Group (CC) 14 Boys Drum (CC) Sweat Lodge Ceremony (BA) Fitness Health (YMCA) Mishko-Ode-Wendum Sharing Circle (CC)	Lunch and Learn (CC) 15 Mental Wellness Speaker Series (CC)	Men's Group (MC) 16 Fitness Health (YMCA)	Art Drop-in (CC) 17	18
19	Wild Food Bank (CC) 20 Yoga (CC)	Boys Drum (CC) 21 Traditional Craft Night (CC) Fitness Health (YMCA)	22	Men's Group (MC) 23 Fitness Health (YMCA)	Friday Night Workshop (CC) 24 Art Drop-in (CC)	25
Fall Craft Challenge Ends (SM) 26	Wild Food Bank (CC) 27 Quit Smoking Café (CC) Weight Loss Support Group (CC) Yoga (CC)	Beading Group (CC) 28 Boys Drum (CC) Fitness Health (YMCA) Mishko-Ode-Wendum Sharing Circle (CC)	Cooking with Kids (CC) 29 Nutrition Bingo (CC)	Men's Group (MC) 30 Fitness Health (YMCA)		

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BUILDING HEALTHY COMMUNITIES – RESPECTING TRADITIONAL VALUES

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Cartographer

Future generations will look out from your very own eyes
The next generations will see your face in the mountains rise
They will know that the maps we left were made of you
That when you were ready to stay down you heard their call and began anew
We are cartographers
Charting course for future generations
Mapping ways forward through broken terrain
Tracing safety across our family's doorsteps
Shading shorelines around the strength of women
Carving mountain ranges of Aunties' laughter
Precise curve lines of Responsibility
Moving the high water marks of Uncles' love
The latitude of men in fine balance with the meridians of women

And we breathe the giants in



NOVEMBER 2023
 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

Mnidoo Giisoons

Little Spirit Moon | December 2023

JANUARY 2024
 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
					Art Drop-in (CC) 1	2
3	Wild Food Bank (CC) Yoga (CC) 4	Beading Group (CC) Boys Drum (CC) Fitness Health (YMCA) 5	6	Men's Group (MC) Fitness Health (YMCA) 7	Art Drop-in (CC) Bowling (PB) 8	9
10	Wild Food Bank (CC) Quit Smoking Café (CC) Weight Loss Support Group (CC) Yoga (CC) 11	Beading Group (CC) Boys Drum (CC) Sweat Lodge Ceremony (BA) Fitness Health (YMCA) Mishko-Ode-Wendum Sharing Circle (CC) 12	Cooking with Kids (CC) Diabetes Support Group (CC) 13	Men's Group (MC) Fitness Health (YMCA) 14	Art Drop-in (CC) 15	16
17	Wild Food Bank (CC) Yoga (CC) 18	Fitness Health (YMCA) 19	20	Men's Group (MC) Winter Solstice (CC) Fitness Health (YMCA) 21	Art Drop-in (CC) Bowling (PB) 22	23
Christmas Eve 24	Christmas 25	Boxing Day 26	27	28	29	30
New Years Eve 31						

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DEBWEWIN

ZAAGIDW

MNAADENDMOWIN

AAKDEHEWIN

NBWAKAAWIN

DBAAGENDIZWIN

GWEKWAADZIWIN

Seven Grandfather Teachings



Above photo features Nookii Hilda-baa Nadjiwan's Seven Grandfather Teaching stones.

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.

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.

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).

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.

Debwewin *Truth*

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

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.

Teachings *from* *the Ancient* Beings

Teaching words translated by Maryann Endanawas.

Ndominaajaanaanik *To honour something or someone*

We want to acknowledge those ones who've been sitting on this earth for thousands of years—the rocks. They remind us to take time to reflect, look within and be still. Those one who've witnessed the change of the seasons and all of the different elements that come, who've witnessed the forever changing winds, waters and change all around, and yet they remain without movement, teaching us to be in one space, to be the observers.

(Referring to January photo.) It depends on the seer, you can see the light going in or you can see it coming out. While Gloria was talking with the mayor one time, she told him that Sudbury is getting rid of all of our protectors and he responded, "What do you mean?" She replied, "If you noticed that the weather is starting to come in and affect Sudbury with these tornados and strong winds, well, Sudbury is getting rid of all of your protectors." When asking who they are, she answered, "That's the rocks. All of these rocks around here are here for a reason. They're the protocols of the environment. It's the elements like the wind and all this other energy that travels—those are the protocol protectors. They are the ones that guide and work with that energy coming in. So, if Sudbury gets rid of all their rocks, then you might as well go live in Texas or the prairies where they're going to get a thousand tornados a day. There's a reason why these rocks are here." The mayor replied, "I never even thought of that." This is a part of what our people all know. This is our connection. We know their story and part of that is listening to their story and observing.



Siniin **Stones**

When we're struggling with needing to speak our truth and needing to be in a space where we're having to use our voice, we'll often take those little stones and we will hold them as we ask for their help to find the words, to be able to speak those truths. We ask our ancestors, we ask the help of those Grandfathers and those Grandmothers to guide us, and help us be able to deliver that message in a good way, with truth, kindness and respect, so that it's not coming from a place of the mind but rather coming from a place of the heart. We ask for that wisdom to be channeled through our voices, in our message that we're wanting to put forward.

When we go to those sacred places, whether it be in our backyards or whether it be those places that we go to in creation, in our ceremonies and in our sweat lodge, we always have those Grandfathers and those Grandmother rocks. We carry them in those places where we offer our semaa, so that we are always acknowledging the spirit, the ancestors of that land. They are here to help us, when we are needing to be in those places of prayer, and needing to connect with spirit. It is those rocks and stones that we go to, to help us in that connection, of communicating with our Grandfathers and our Grandmothers.

Miinkaanesan **Seeds**

When we look at new trees coming up, we're just so amazed at how powerful their roots are and how powerful the land is in their memory and natural instruction from Creator. Their purpose is to find light and no matter where the seed is, the seed's purpose is to find light. It reaches all the way through everything—the channels of the rock, the channels of the old wood, all the way through those channels—to find that light, and that light of the Sky Nation, that light of the sun. That's its instructions. That's its goal.

When we see plants come out from rocks or even manmade concrete, they'll crack that concrete to find the light. They know their instructions and nothing can hold them back. When we see cities or old towns, abandoned, the plants will bring life and light back to that place. We can look at the town that looks destitute, but fail to see the plants that are there bringing light.

The teaching we learn from this is that amidst our healing journey, sometimes we are so focused on the darkness, that state of depression that we're in, and we feel locked down and stuck, but knowing that when we are feeling buried in the darkness, all we have to keep doing is reaching for that light. Keep reaching for that light and there will be that new life.



Mishoomis Mitig **Grandfather Tree**

(Referring to May photo.) This Grandfather tree is dying, but it will not leave until it knows that that younger one growing beside him has established a root system strong enough to be able to be on its own.

Those younger ones, saplings, have the drive, the energy of the youth and they're so determined and full of life, but always needing the guidance of our Elders to help ground them because sometimes they just want to run. They just want to run with all of their ideas and enthusiasm, but it's those older ones that remind them to take their steps with intention. The teaching is about celebrating our youth, while remembering the importance of the Elders guiding them, giving them that foundation, that wisdom, and reminding them to make sure that their steps have intentions—and to walk carefully. A word we use in ceremonies is Aangwaamzin. Aangwaamzin means be careful. Now in our ceremonies, that word is often used because yes, be careful, but be determined. Be determined in what it is that we are doing, move forward, continue to move forward, but do it carefully.

Jiibikenhan **Roots**

The roots help remind us of the importance of having a good foundation in everything that we do. When we have a strong belief system, it helps to ground us and keep us anchored, ensuring that we will be able to withstand those storms that may come in our path, making sure that we are rooted to our Earth Mother. We often hear the word reciprocity, making certain that we're always giving back in everything that we receive. We're always giving back and when we think about the root system, reciprocity is a word we hear. One of the roles as Anishinaabe people that we were given was to be the guardians and the caretakers of the Earth because she is forever taking care of us and making sure that we have everything that we need in our walk here in this place, in this space, and when we give back to her, she will make sure that we have strong words.

Tree beings speak to each other through their roots. That that is how their voices travel. That is how they nurture each other. They are a community and teach of how we are all connected.

Ginoonad G'zhemnido *Conversations with Creator*

(Referring to July photo.) These guardians stand tall. They are resilient and grounded. They are protectors. We've shared our love, laughter and grief with these guardians. We've hugged them, cried to them, and channeled their strength. These beings are loyal, selfless, humble and always giving to us—breath, shelter, warmth, protection. They gift us with wise teachings of stillness, presence, resilience and strength. They weather the storms. We sit with these beings and are reminded of our connection. They ground us and remind us that we are all part of Creation. We are never alone. These ancestors are with us. They have witnessed and survived so much. Sit with them, open your heart, and receive their wisdom and teachings.

They stand together like family, like guardians. They are the ones we go to, to have those conversations. They protect our space and instill that feeling of protection. We go and talk to them when we're needing that grounding, wanting to have that conversation, knowing that they hear us, that they're listening, and that in their own way, they're giving us that guidance.

We see the play of light and shadow upon the green carpet, a dance of light and darkness. It's like walking in the shadow of oneself. You know how children love to discover their shadows? They try to run after them, they try to step on them, and they just had fun with them? They have no issue with their shadow. They just love them and are just having fun. So we see this place where nature teaches us to love the shadow of oneself—and to even look in the light. To look in the light of oneself and to look in the shadow of oneself. Each place is a gift.

Bagidanaamowin *Breathing, breath*

That life breath. . . Sometimes we forget how to breath. It's so unconscious, we don't even think about breath because it's something that we are consistently doing, and we forget how to breath. So when we look at the trees, take in that oxygen and breath out, they take care of that breath. They help and remind us of the importance of that first breath and how we use breath to process the energies and even the stresses that we carry. Sometimes when we can't find the answers, we are just feeling the stress and heaviness, the weight on our shoulders, we are reminded that we need to focus and come back to the core, to use that breath to

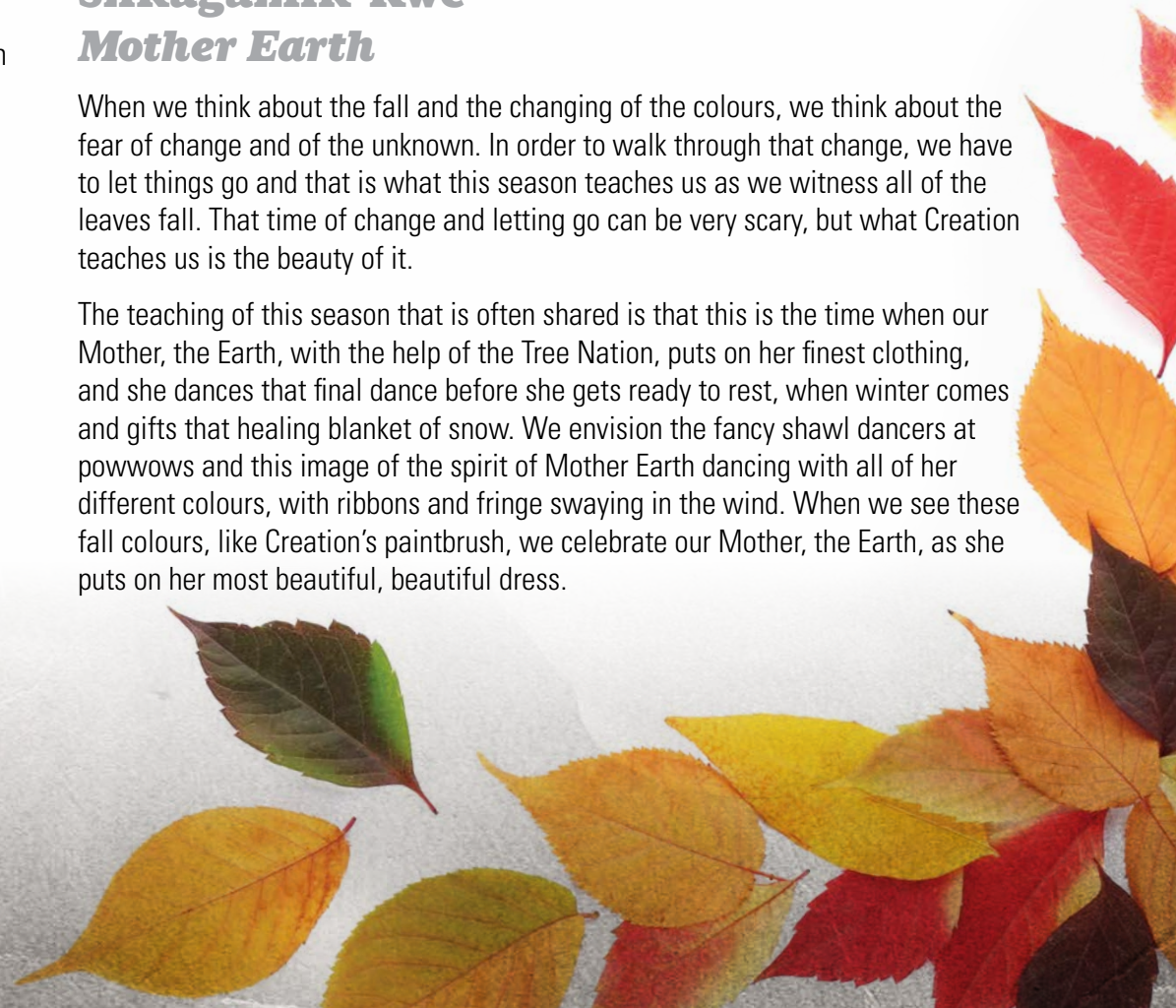
help us slow things down. Sometimes the stress is because we are moving too fast and we are not centering. Breath helps to bring us back to center. It also helps us with that transition through life, reminding us of all of those senses and to take the time to be able to smell the beauty of that first rain in the spring, or to take that time and smell the roses.

Being the lungs of the Earth, the trees are the ones that help us with our breath and breath is so important because it's like we're told when we're born, that there's a veil put on us that blocks the memory we have from where we just came from. When we take that first breath, that veil is put on for us so that we can learn the lessons we need to learn on this Earth. In that same way, when we give that last final breath at the end of our life, the veil is lifted again and our spirit can see where we came from—the stars.

Shkagamik-Kwe *Mother Earth*

When we think about the fall and the changing of the colours, we think about the fear of change and of the unknown. In order to walk through that change, we have to let things go and that is what this season teaches us as we witness all of the leaves fall. That time of change and letting go can be very scary, but what Creation teaches us is the beauty of it.

The teaching of this season that is often shared is that this is the time when our Mother, the Earth, with the help of the Tree Nation, puts on her finest clothing, and she dances that final dance before she gets ready to rest, when winter comes and gifts that healing blanket of snow. We envision the fancy shawl dancers at powwows and this image of the spirit of Mother Earth dancing with all of her different colours, with ribbons and fringe swaying in the wind. When we see these fall colours, like Creation's paintbrush, we celebrate our Mother, the Earth, as she puts on her most beautiful, beautiful dress.





Mitigook Endaawad *Tree Nation*

Our Tree Nation not only helps us with our breath—we're often told that they're the lungs, clean the air—they also give of their vessels. We've used their vessels for our homes, our shelters. We've used their vessels and their bark to help carry our food, and when we carry that deep grief, that sadness and those traumas, we are told to go and sit with our back against those trees and ask those ones to help us in taking that sadness, help us in taking that grief, and those ones, those trees, will do that for us. They will take that for us, because they are wanting us to move forward, and to stand up again straight and to stand up strong, and to become like that tree that is always reaching for that light.

Wiigwaasimitig *Birch*

Wiigwaasimitig is vital to our history. This one has helped us in so many ways—in our travel, in our waterway system, and in giving their bark so that we can build our canoes, make fire, and they give us their medicines. There are so many stories this one holds. It gave of its vessel and its skin to carry our stories, document our songs, and write down our aadizookaan. Wiigwaasimitig is our way of documentation. It holds our records and our sacred stories.

Giizhik *Cedar*

Giizhik medicine is intertwined in so many of our ceremonies. Her smoke medicine cleans and purifies the air. She makes crackling sounds when placed in the fire and it is said the spirits are attracted to this sound, as if to say "come listen." She is one who gives her medicine to us all year round, throughout each season. Giizhik helps us through our grief, when we are sick, and when we send our loved ones home.

***Gchi-miigwech to the Ancient Beings
of our Natural World.***

Programs and Services

Shkagamik-Kwe Health Centre (SKHC) is dedicated to providing equal access to quality health care for all First Nation, 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 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.



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
- Community Garden Initiative
- Diabetes Education
- Diabetes Prevention Activities
- Exercise RX
- Fitness Health
- Grandfather Teachings Scavenger Hunt
- Kids Cooking
- Land-Based Teachings/Culture Camps
- 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
- Youth Summer Program

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



Choices Program

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

Mental Wellness

- Equine Therapy Program
- Grief Group Workshop
- Indigenous Victims Support Worker
- Men's Support Group and Workshops
- Mishko-Ode-Wendum Sharing Circle
- Quarterly Speaker Series
- Scheduled Counselling Session
- Youth Drop-In

Healthy Choices Program

- Community Kitchen
- Cultural Workshops
- Family Activities
- Parent Support Circle
- Prenatal Classes
- Sharing and Caring FASD Family Support Group
- Resource Library

Mishko-Ode-Wendam

In partnership with the Rainbow District School Board

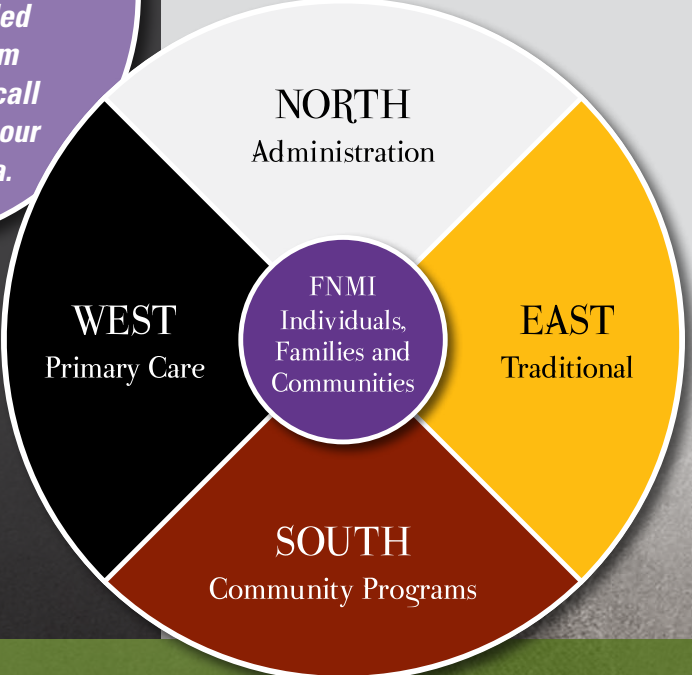
- Alternative School for Youth (ages 12-18)
- One-on-One Guidance Sessions
- Support students who struggle in mainstream education institutions, heal, gain confidence, gain identity, and motivate to thrive in their journey
- Youth programming

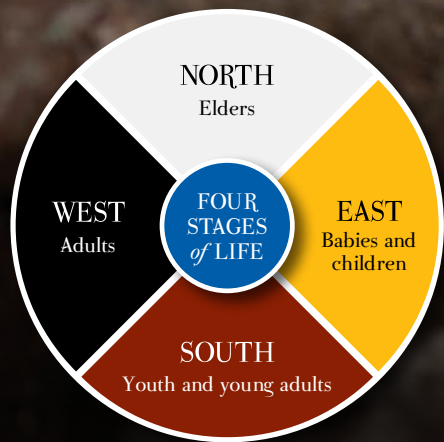
Clinical Support (Client Centered)

- 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

- 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

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.





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
- Crisis 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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