

**WEEK 1 November - Kentenhko:wa 2016**

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| TUESDAY 1  | <b>Launch of the 2016 Spirit of Wellness campaign!</b><br>Opening Ceremony with tobacco ties<br>Opening: Leo Parent at 3:30p.m.<br>Free Public Skating from 4:00 p.m. – 5:00 p.m. | Kahnawake Sports Complex, 3:30 p.m. – 5:00 p.m.<br>All welcome!  |
|            | Noon hour talk show: SOW campaign 1 <sup>st</sup> hour - Terry McComber, Corleigh Beauvais & Adrienne Zachary   | K103 Radio, 12:00 p.m.   |
| THURSDAY 3 | Applied Suicide Intervention Skills Training (ASIST) DAY 1<br>Trainers: Kateri Oesterreich & Merrick Diabo<br><b>Limited spaces available</b><br>Family Game Challenge            | Service Complex – KSCS<br>To register, contact Kateri Oesterreich or Merrick Diabo at 450-638-0408<br>Karonhianonhnha School,<br>3:30p.m.-6:00 p.m.<br>Contact Cheryl Moore or Christine Cross at 450-632-7730 |
| FRIDAY 4   | Free Public Skating with KSDPP  | Kahnawake Sports Complex<br>5:00 p.m.-6:00 p.m   |
|            | Applied Suicide Intervention Skills Training (ASIST) DAY 2<br>Trainers: Kateri Oesterreich & Merrick Diabo<br><b>Limited spaces available</b>                                     | Service Complex – KSCS<br>To register, contact Kateri Oesterreich or Merrick Diabo at 450-638-0408   |

**WEEK 2 November - Kentenhko:wa 2016**

|             |   |   |
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| TUESDAY 8   | Server Responsibility Training with Chrissy Taylor & Eric Doucette  | KSCS, 6:30-9:30 p.m.<br>Contact Chrissy Taylor at 450-632-6880  |
|             | Noon hour talk show: Beatrice Taylor & Kyle Zacharie discuss Onkwanenra, KYC Events & Mental Health First Aid   | K103 Radio, 12:00 p.m. – 1:00 p.m.  |
|             | Free Public Skating with KSDPP  | Sports Complex, 4:00 p.m. - 5:00 p.m.   |
| WEDNESDAY 9 | Mental Health First Aid for Adults who Interact with Youth, DAY 1<br>Trainers: Christine Taylor & Kyle Zacharie<br><b>Limited spaces available</b>                        | KSCS, Service Complex<br>To register, contact Chrissy Taylor at 450-632-6880  |
| THURSDAY 10 | Mental Health First Aid for Adults who Interact with Youth, DAY 2<br>Trainer: Christine Taylor & Kyle Zacharie<br><b>Limited spaces available</b><br>Scholastic Book Fair | KSCS, Service Complex<br>To register, contact Chrissy Taylor at 450-632-6880<br>Step by Step<br>8:00-10:30 a.m., 2:00 p.m.-5:00p.m.<br>Open to the public |
| FRIDAY 11   | Free Public Skating with KSDPP  | Sports Complex, 5:00 p.m- 6:00 p.m  |
|             | Scholastic Book Fair  | Step by Step, 8:00-10:30 a.m.,<br>12:00-1:00p.m., 2:00-4:00 p.m.<br>Open to the public  |
|             | Family Air Bounce   | KYC<br>6:30 p.m. – 8:30 p.m.  |

**WEEK 3 November - Kentenhko:wa 2016**

**National Aboriginal Addictions Awareness Week 2016**

|             |   |  |
|-------------|---|--|
| MONDAY 14   | World Diabetes Day – Family Bowling. \$25 per team.   | KSDPP 4:00 p.m.<br>To register, contact KSDPP at 450-635-4374  |
| TUESDAY 15  | Free Public Skating with KSDPP<br>Noon hour talk show: Kanaieshon Delaronde will discuss FASD | Sports Complex, 4:00 p.m.-5:00 p.m.<br>K103 Radio, 12:00 p.m. – 1:00 p.m.                            |
| THURSDAY 17 | 10 hour Babysitters Training Course   | KYC<br>Register with Gina Montour at 450-638-3930 ext. 295   |
| FRIDAY 18   | Free Family Skating with KSDPP<br>10 hour Babysitters Training Course                         | Sports Complex, 5:00 p.m. – 6:00 p.m.<br>KYC<br>Register with Gina Montour at 450-638-3930 ext. 295. |

**WEEK 4 November - Kentenhko:wa 2016**

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| MONDAY 21    | Glow In The Dark Volleyball \$50 per team.  | KYC, 6:30 p.m. – 9:00 p.m.<br>Register with Kyle Zacharie  |
|              | Energy Self-care techniques with David Archer   | KSCS Whitehouse (next to MCK)<br>6:30 p.m. – 7:30 p.m.   |
| TUESDAY 22   | Noon hour talk show: Nancy Worth & Valerie Diabo discuss Opioid Addiction   | K103 Radio<br>12:00 p.m. – 1:00 p.m.   |
|              | Energy Self-care techniques with David Archer   | KSCS Whitehouse (next to MCK)<br>12:00 – 1:00 p.m.   |
|              | Free Public Skating with KSDPP  | Sports Complex, 5:00 p.m.-6:00 p.m.  |
|              | Youth ID with Onkwanenra  | Step by Step, 9:00 a.m. – 11:30 a.m.   |
|              | Sumo Soccer   | KYC, 6:30 p.m. – 9:00 p.m.   |
| THURSDAY 24  | Tehontatro:ris: Cyber security/relationships with Terry Cutler  | Services Complex – KSCS,<br>10:30-12:00 p.m.<br>Contact Karen Zachary to register at 450-632-6880                  |
|              | Ball Hockey Tournament  | KYC, 6:30 p.m. – 9:00 p.m.   |
| FRIDAY 25    | Free Public Skating with KSDPP  | Sports Complex, 5:00 p.m. – 6:00 p.m.  |
| SATURDAY 26  | 24 Hour Tech-Free challenge – KSCS<br>Begins 9:00 a.m. and ends 9:00 a.m. Sunday, November 27 <sup>th</sup> .                       | KSCS, starts at 9:00 a.m.<br>Contact Chrissy Taylor 450-632-6880<br>Entry forms can be picked up at KSCS Reception |
| SUNDAY 27    | 24 Hour Tech-Free challenge   | KSCS, ends 9:00 a.m.   |
| TUESDAY 29   | Free Public Skating with KSDPP  | Sports Complex, 4:00 p.m. – 5:00 p.m.  |
|              | Noon hour talk show: 1 <sup>st</sup> half, Spirit of Wellness closing remarks. 2 <sup>nd</sup> half, Lauren McComber on Forgiveness | K103 Radio, 12:00 p.m. – 1:00 p.m.   |
| WEDNESDAY 30 | Youth ID with Onkwanenra  | Step by Step, 9:00 a.m. – 12:00 p.m.   |

## PARTICIPANT ORGANIZATIONS

Name of organization and/or group, phone number and contact person:

Kahnawake Youth Center (KYC), 450-632-6601

Kahnawake Schools Diabetes Prevention Project (KSDPP), 450-635-4374, Cheyanne McComber

K103 Radio Station, 450-638-1313, LouAnn Stacey

Step-by-Step Child & Family Center, 450-632-7603, Leith Mahkewa

Alcohol & Beverages Control Board (ABC), 450-635-2002

Mohawk Council of Kahnawake (MCK), Legal Services 450-638-3011

Kahnawake Shakotiiia'takehnhas Community Services (KSCS):

KSCS Spirit of Wellness Coordinator, 450-632-6880, Terry Kariwaiehnhe McComber

KSCS Assisted Living Services, 450-632-7730, Cheryl Moore & Christine Cross

KSCS Server Responsibility Training, 450-632-6880, Christine Taylor

KSCS Trainings: MHFA Training, 450-632-6880, Christine Taylor

ASIST, Kateri Oesterreich & Merrick Diabo 450-638-0408

KSCS Tehontatro:ris – 450-632-6880 Karen Zachary

### **Kahnawake Shakotiiia'takehnhas Community Services (KSCS)**

To promote the Spirit of Wellness, KSCS has planned an assortment of in-house activities. To kick off the month, KSCS is offering staff an Influenza Vaccination Clinic on November 3<sup>rd</sup>. The language committee will be hosting a Wellness Activity on November 18<sup>th</sup>. On November 26<sup>th</sup>, the Drama after school program will be attending a play at the Centaur Theatre. The Elders Lodge will be hosting a workshop given by Wendy Hill on Grief and Grief related Stress.

### **Step by Step Child & Family Center (SBS)**

To promote SOW Month, Step by Step will be doing a Family Activity Morning.

November will showcase the Rock Your Mocc art project. KMHC will also be doing workshops at SBS on Nutrition.

### **Mohawk Council of Kahnawake (MCK)**

...is promoting Spirit of Wellness in their organization by:

- Hosting an employee scavenger hunt every Tuesday & Thursday.
- Hosting a Family Photo Hunt where staff members will take photos with their family doing 20 various activities.

### **Do you want to IMPROVE the Health of your Family?**

If you have questions or need help, you can call KSCS at 450-632-6880, and they can direct you to the right source for information and/or give assistance.

ADDITIONAL Information and Resources will be available at various SOW events.

# Spirit of Wellness

## Iota'karíte ne Onkwatohnhétshera

### SPIRIT OF WELLNESS CAMPAIGN 2016



- Over 14 Different Community Organizations Taking Part!
- 19 Days of FUN Family Oriented Activities!



#### Opening Ceremony

K103 Talk Shows on Tuesdays

Alcohol Server Training

Flu Clinics

Suicide Intervention Training

Mental Health First Aid Training

Free Skating, KSDPP

Glow in the dark Volleyball, KYC

Family Game Challenge, ALS

24 Hour tech-free challenge

...And other Staff Activities within

Community Organizations

“Io'takaríteke ne Onkwatohnhétshera - Spirit of Wellness”

Let's work together to make our families healthier so that ALL Kahnawa'kehró:non can enjoy a healthier future.