

AIONKWATAKARI:TEKE

Kahnawà:ke's Health and Wellness Newsletter

Volume 27, N^o: 1



WHAT'S INSIDE



March Break Bingo

Virtual bingo was just one of the fun family activities organized by the Parenting workers at the Family and Wellness Center.

Ase:sasatonhet/Grief Support

How this group can help you unpack and lessen the burden you are carrying.

Out and About

After months of restrictions, the Teen Social Club and Young Adults Program finally got to go out and about.



Table of Contents

3 March Break Bingo
How virtual bingo brought families together during the pandemic.

4 Out and About
How the Young Adults Program and the Teen Social Club embraced the loosening of pandemic restrictions.

5 Supporting Parents
Many parents need support, this is especially true during a pandemic. How the Family and Wellness Center stepped up.

6 Cannabis and You
Information on how cannabis can affect you.

7 Prevention Activities
A look at the events and activities Primary Prevention organized for the first few months of this year.

12 Calendar
What's happening in and around town.

Page 3: Bingo concept illustration by Storyset/Freepik: www.freepik.com, Page 4: Photos courtesy of the ILC. Page 7: Mandala created by Marie David. Cover photo: Unsplash.

Aionkwatakari:teke is produced by Kahnawà:ke Shakotii'a'takehnhas Community Services Communications department. © 2022

KSCS
P.O. Box 1440
Kahnawà:ke, QC J0L 1B0

Tel: 450-632-6880
Fax: 450-632-5116

Email:
info@kscskahnawake.ca

KSCS.ca

KSCS Facebook



March Break



By: Alana Atwin, Parenting Worker

In summer 2020 during the height of the COVID-19 pandemic, KSCS Prevention scrambled to come up with some fun activities for kids, during a summer where they were likely going to be cooped up at home.

Craft sessions, beadwork, meditation, and traditional singing were among the activities offered via Zoom that summer. A family Zoom Bingo game was also offered and was a great success by offering a fun activity that families could do together, while isolating, in their own home, or on the back deck!

From these origins, the KSCS Virtual Family Bingo has become quite popular! Our most recent game was offered during this past March Break, on the Tuesday evening. Twenty-one families joined in on free activity. Kids from ages 4 to 17 played bingo with

their siblings, parents, aunts, and Totas.

One progressive game was played with prizes for a single line, a special, and then the full card. Prizes included a movie night package consisting of a projector and gift cards for iTunes and movie snacks. The special prize was a paint night offered by Tekaronhiakhwa Standup for up to eight family members and friends. The full card prize was four pairs of snowshoes (choice of adult and/or youth/child sizes).

Congratulations to all our winners! We look forward to seeing you at our next game! Keep your eyes on the KSCS Facebook page for information on upcoming games.



Out and About

Teen Social Club & Young Adults Program

By: Cynthia McGregor, Assisted Living Services

On March 1, 2022, the Young Adults Program (YAP) and the Teen Social Club (TSC) reopened just in time for March break. The programs were both closed due to COVID restrictions since December 22, 2021.

Online activities were introduced during the closures for TSC and YAP clients and the residents of the Independent Living Center. Online activities included: mindfulness meditation practice, exercise classes, online cooking sessions and pet shows. We felt it was important to include and incorporate an emphasis on mental and physical health and we kept that in mind when organizing activities.

The Teen Social Club March break activities were held at the Family Wellness Center. This March break, the TSC had a fun filled week. Activities included a trip to the Ecomuseum in St. Anne-de-Bellevue, sliding, movie outings, and various outdoor winter activities. The teens enjoyed going on outings for the first time since the pandemic started.

The Young Adults Program

finally made it out on two long-awaited shopping trips to Walmart. Our in-house activities resumed with activities including cooking, science activities, trivia, bingo, in-house bowling, cultural activities, painting, and much more.

We organized a Valentine's Day online bingo for the ILC residents, YAP and TSC participants. There were many great prizes won that day! We always have a good turnout for bingo and it's great to see that the pandemic didn't change that.

In April, TSC and YAP will be promoting and incorporating Cultural Awareness Month into our programming. We'll have some news on that in another issue.





Supporting Parents

By: Alana Atwin, Parenting Worker

One of the main responsibilities of KSCS Parenting, at the Family and Wellness Center (FWC), is to offer individual and group support to parents/caregivers to assist in addressing the challenges that they may be having while parenting their child or teen.

Throughout the last two years of the COVID-19 pandemic, the Parenting team at FWC has continued to work with parents/caregivers in the community in new and innovative ways. Telephone and Zoom meetings became the norm to meet individually with clients, and it became our go-to platform for our group activities as well.

The pandemic created new challenges for families, and intensified issues for others, so finding ways to provide information, share strategies, and to connect with families remained a priority.

This March, the Parenting team concluded the third session of the Parenting Teens Support Group. The group runs 6 to 8 weeks at a time, on Wednesdays from 6:00 p.m. – 8:00 p.m.

The group is facilitated by KSCS Parenting support workers Alana Atwin, Frankie Massicotte, and Trudy Jacobs. The team offered resources, strategies, and self-reflection activities as well as opportunities for laughter. The group then became a peer support network, as they began reaching out to support each other in the virtual group and through their social media chat group.

Moving forward, the Parenting team is excited about the possibility of offering the group again this spring but in person, finally!

The feedback from participants has been that they have enjoyed having the group on Zoom from the comfort of their own home but know that they also need

to be able to connect with others since we haven't been able to for so long.

Past group topics have included parenting styles, your values as parents and where they stem from, the reasons teens misbehave and solutions to address them, as well as reminders of the importance for connecting with your teen and practicing self-care.

Our MOMS (Mothers Offering Mothers Support) group also ran for several sessions during 2021 but we held off with the group this year due to low participation. This group was created at the request of the Kateri Memorial Hospital Centre's (KMHC) Well Baby Clinic nurses and is for mothers with children under 2-years of age. If there is enough interest, we can always offer this group again. So please, don't hesitate to contact us or the KMHC to let us know of your interest.

KSCS Parenting is also actively developing other groups to support parents/caregivers. Groups for parents/caregivers of LGBTQ2S+ children/teens, as well as one for parents/caregivers of special needs children (suspected or recently diagnosed), are in the works.

If you are interested in learning more about these upcoming groups or want more information about the Parents of Teens Support Group, or the MOMS Group, contact the Parenting team at the KSCS Family and Wellness Center at 450-638-0408.

Prevention Activities

By: Noreen Montour and Trudy Jacobs

January and February: KSCS Prevention provided fun activities during the school lunch hour sessions at Kahnawà:ke Survival School, to help alleviate the confinement of being in the classroom during lunch hour due to the pandemic restrictions. These activities helped to reduce stress, anxiety, and the overall mental health of the students.

Due to COVID-19, KSCS Primary Prevention had not returned to regular programming during the first few months of the year. We have been finding creative ways to promote prevention activities within the community and offering virtual information and/or activities, in ways that would keep everyone safe during these restrictions.

In collaboration with the Kahnawà:ke Youth Center's (KYC) winter carnival, KSCS organized Pink Around the Rink, a community activity to coincide with and mark Pink Shirt Day and promote anti-bullying awareness on February 23, 2022. The town rink looked spectacular as it was lit up with pink lights and decorated with pink shirts that were QR code accessible so participants could access anti-bullying messages. It was nice to see the pink lights on and seeing people skating and playing hockey.

Other community rinks, such as at Clay Mountain and the New Development area, were also decorated in pink as well. The goal is to support the KYC Winter Carnival by offering a fun and healthy community activity for all Kahnawakehrò:non to enjoy.

The Pink Around the Rink initiative aimed to create a positive, healthy environment where all Kahnawakehrò:non are welcome to come out and skate and at the same time discover the networks of support that are available during these difficult times (e.g., Support Services, addictions, prevention etc.) The purpose is to create a sense of community, by celebrating

kindness and our connections to one another.

Comments from participants about Pink Around the Rink:

"We had so much fun, we go daily to the rinks!" R.S.

"This an entry for my mom, it was her first time on skates in 10 years and her grandson was coaching and cheering her on." R.S. and J.D.

"It was nice to see bullying information out where the kids play. Good Job." T.K.

March Break Swag Bags: We thought it would be a



great idea to offer activities to families while their children were on school break. The swag bags consisted of tons of free, interactive materials of things to make or do and, of course, eat. Best of all, we offered a painting activity through a virtual live video that could be accessed using a QR code. All the supplies for painting were included in the swag bag, which was a big hit!

A special thank you goes out to Creekside Convenience Store and The Rail restaurant for their generosity in supplying vouchers for the families to

enjoy! Based on participation and feedback, families enjoyed and appreciated the swag bags.

Comments from participants about the Swag Bag:

“I’m amazed at what’s in the swag bag, such nice activities and all the supplies are provided! Niawenhkò:wa. If people didn’t pick one up, they certainly missed out!! Nia:wen again” T.T.

“They were extremely grateful. One mom teared up when I mentioned there was a gift card in there, and some self-care items, so I know it was really appreciated!

Thanks for doing this!” Case Worker #1.

“The feedback I got from everyone was of gratitude, cheer, and joy regarding the initiative! Everyone that I spoke to about the contents (free pizza, candy, games etc.) really appreciated the contents as well.

Nia:wen again, our families appreciated the swag bags very much.” Case Worker #2.

“The reactions and feelings were of gratitude and happiness. Well-organized bags with lots of good ideas for family activities. Appreciated for cold winter days.” Case Worker #3.

Facebook Messenger:

Kwe, I’m amazed at what’s in the swag bag, such nice activities and all the supplies provided! Niawenhko:wa. If people didn’t pick one up, they certainly missed out!! Nia:wen again

The bags are awesome (thumbs up emoji) My

daughter is ecstatic!

Thank you to whomever put these together! Great job

What an awesome swag bag, my daughter is going to be busy with this. Thanks to Corleigh and team for the hook up.

Thank you very much Terry McComber for the swag bag. My daughter loves it. Have a nice March Break everyone. *(This message also included two pictures of the commenter’s daughter colouring with her new coloring pencils and coloring book while wearing her Winter Carnival toque.)*

Wishe working on his masterpiece *(This message also included a picture of Wishe painting on his canvas with this Gift of Hope water bottle close by.)*



APRIL 2022

- Tsi Niionkwarihhò:ten Niwenhni'tò:ten/Cultural Awareness Month
- Good Friday - KSCS closed
 - ▶ April 15, 2022
- Easter Monday - KSCS closed
 - ▶ April 18, 2022
- Earth Day
 - ▶ April 22, 2022

MAY 2022

- Hypertension Awareness Month
- Melanoma & Skin Cancer Awareness Month
- Mental Health Week
 - ▶ May 3 – 9, 2022
- Natl. Child & Youth Mental Health Day
 - ▶ May 7, 2022
- Mother's Day
 - ▶ May 8, 2022
- Check Your Skin Day
 - ▶ May 8, 2022
- International Day Against Homophobia, Transphobia and Biphobia (IDAHOT)

- ▶ May 17, 2022
- KSCS IDAHOT BBQ (free taco lunch)
 - ▶ May 17, 2022 11:00-1:30
- Planting Day - KSCS closed
 - ▶ May 23, 2022

JUNE 2022

- Canadian Mens Health Month
- World Environment Day
 - ▶ June 5, 2022
- National Health & Fitness Day
 - ▶ June 5, 2022
- Action Anxiety Day
 - ▶ June 5, 2022
- World Elder Abuse Awareness Day
 - ▶ June 15, 2022
- Indigenous Peoples Day - KSCS closed
 - ▶ June 21, 2022
- National Cancer Wellness Awareness Day
 - ▶ June 26, 2022
- PTSD Awareness Day
 - ▶ June 27, 2022

