



Aionkwatakari:teke

(A-YOU-GWA-DA-GA-RI-DE-GEH)

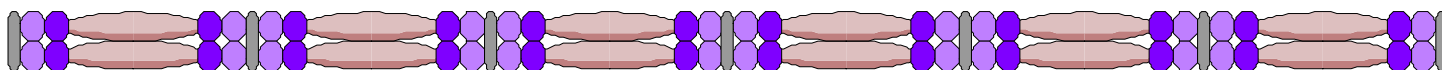
"For us to be healthy"

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Kahnewà:ke's Only Health and Wellness Newsletter

Onerahtókha/April 2019



**APRIL IS
CULTURAL
AWARENESS
MONTH IN
KAHNAWÀ:KE**

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Aionkwatakari:teke

Aionkwatakari:teke is a newsletter published six times a year by Communications Services of Kahnawà:ke Shakotia'akehnhas Community Services (KSCS). Our purpose is to provide information on health and wellness issues that affect Kahnawà:kehrónon. All community members are welcomed and encouraged to submit articles provided that they are comprehensive to the general public, informative and educational. Slandorous material will not be accepted. Views expressed in the articles may not necessarily reflect those of KSCS. We reserve the right to edit all articles. All questions concerning this newsletter should be directed to:

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This newsletter is intended to complement, not replace, the advice of your health care provider. Before starting any new health regimen, please see your doctor. Check out our Facebook page at KSCS Kahnawà:ke.

Editor's Notebook



APRIL IS CULTURE AWARENESS MONTH IN KAHNAWÀ:KE., which is organized through the Kanien'kehá:ka Onkwawén:na Raotitíohkwa Language and Cultural Center (KORLCC). At press time, the schedule of events was not available but be sure to check out KORLCC's Facebook page for news on the activities taking place throughout the month.

This year is the International Year of Indigenous Languages. (IYIL) The United Nations declared that this year would be about IYIL in order to raise awareness about the important role Indigenous languages play in culture, traditions, history, and identity. We have an article from the Executive Director of KORLCC, Reaghan Tarbell on this in this issue.

If you've been thinking about creating a pollinator garden — because bees rule! — we've got some tips from Onawa Jacobs of the Kahnawà:ke Environment Protection Office.

We have a great article from Julie Jacobs who had a discussion with some Kahnawà:ke youth on how they see their future. It's eye opening and thought provoking, so I hope you'll give a read.

We are continuing with the second in a series of articles showcasing Kahnawà:ke establishments that have the health of the body, mind, and spirit as a core business model. This issue, we're highlighting the wonderful work at Kahnawà:ke CrossFit.

These are just a few highlights in this issue. I hope you enjoy reading it. Please recycle it once you're done. Nia:wen.

Sken:nen,

Marie

Photos:

Cover image by Tyson Phillips, design by Marie David

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Page 8 by Marie David

Page 9 by Tyson Phillips

Illustration on page 7 by John Kahonionhes Fadden and the Six Nations Indian Museum. Used by permission.



Teachings from Tsi Niionkwarihò:ten

BY KAWENNENHA:WI MCCOMBER, PREVENTION

WITH KAHNAWAKERO:NON transitioning out of yet another grueling Akohserà:ke (the top of the year-winter) and beginning to enjoy the onset of Kakwitè:ne (budding trees-spring), it becomes easier for us to make our way out of our winter blues. Many of us begin to enjoy outdoor activities again and break from the isolation that often accompanies the colder weather.

Spring however, does not always alleviate everyone's feelings of loneliness and isolation. Feelings of hopelessness and depression are a part of being human. Many of us experience some form of depression within our lifetime.

Traditionally, we have ways of dealing with feelings such as loneliness, grief, isolation, despair, and depression. Tsi niionkwarihoten (our ways) carry many stories and teachings that enable us to pull from in order for us to repair ourselves mentally, physically, emotionally, and spiritually. Take the birth of the twins in the *Creation Story* for example.

Tharonhiawá:kon was born naturally and, although this way comes with many hours of labour and strain, it is still the most natural way of coming into the world.

The life lesson we can extract from this part of the story is that life isn't always easy. There will be bumps in the road. At times, life can be painful and

strenuous. But it is life regardless. It is not a sign that those troubling times will be constant and lifelong. Rather, it teaches us about our own limits, strengths, and capabilities.

Shawíska:ra, on the other hand, thought it to be easier if he were born in an unnatural way, resulting in his mother's death. The lesson here can be interpreted as the easy way out is not always the best way out.

This teaching can be applied in matters involving individuals contemplating suicide. Suicide can be viewed as a way to end the pain and depression an individual may be feeling. It can be viewed as the easy way out. We can draw from Shawíska:ra's teaching that the easiest way out can harm our loved ones as well.

Shawíska:ra did not intend to cause his mother's death, but regardless of his intentions it had a ripple effect on his family caused by the passing of his mother. This directly correlates to suicide, as it has a ripple effect on the remaining family members. It is said that suicide does not get rid of the pain; rather, it just passes it along to the family members left behind. Your life is valuable to you, as well as to your family.

There is always help, there is always hope. Don't mistake life challenges as signs of hardships everlasting. Don't interpret what appears to be an easy solution (suicide) as the answer to all your problems.

If you are experiencing hard times and have suicidal ideation there are many different paths available to you. If you are in crisis you can call

- KSCS at 450-632-6880 and ask to speak with an Intake worker.
- Kahnawà:ke Peacekeepers at 450-632-6505.
- Suicide Action Montreal 1-866-277-3553.
- Kids Help Phone 1-800-668-6868 or text CONNECT to 686868.

Source: *Tehontatro:ris: Kanentokon Hemlock Decolonization. (2016) [video] Kahnawà:ke: Kahnawà:ke Shakotii'a'takehnhas Community Services.*



Gambling and Culture

BY KARA DIABO, PREVENTION

DID OUR PEOPLE TRADITIONALLY gamble? Some people try to justify gambling by claiming that it is a traditional practice that our people have always engaged in. They will use *kaientowá:nen*, the peach pit game, as an example.

While one group wins and the other loses, the game is not set-up and played just anywhere or at any time. It is a ceremony played for the Creator and is meant to bring people together as a group to promote collectivity of the clans. It strengthens ties and each person will only lose the valuable item (baskets, moccasins, beadwork, etc.) that they put up as a prize before the game begins. There is no opportunity to increase your bet,

to bet again, or to play again if your side has lost. The object of the game isn't financial gain, but to promote togetherness and a healthy sense of competition for the day.

Fundraising or gambling?

Gambling has become a part of our everyday lives in Kahnawà:ke. It is normalized and is often justified as fundraising or donating to a good cause. In our daily lives, we can come across many opportunities to gamble from bingos (at the bingo hall, on the radio, and on Facebook), raffle tickets, half and half's, Chase the Ace card games, hockey and Super Bowl Squares, as well as pull tabs, poker houses and video lottery terminals (VLT's).

We expose our children at early ages by letting them see the culture of gambling that we engage in. We also encourage our youth to participate and learn to gamble by bringing them to events geared towards children like Grocery Bingo's, Penny Fairs, and raffles with large prizes like Xboxes or iPads.

There is a line between making a donation and risking it all in the hopes of winning the jackpot. It's important to recognize if you or someone you love is having a problem with gambling.

Slot Machines/ Video Lottery Terminals (VLTs)

Kahnawà:ke has recently been introduced to hundreds of VLT's at multiple locations in the community. While these games are meant for entertainment purposes, some people will suffer serious personal, financial or relationship problems as a result of overindulging.

Depression, anxiety, family breakup, domestic abuse, assault, theft, fraud, bankruptcy are some of the negative effects linked to problem gambling. These games use cues and advanced tactics like lights and sounds that activate the reward center of the brain to get people excited and wanting to bet more and play longer.

Concordia researcher Dr. Sylvia Kairouz gave a presentation at KSCS in December 2018 about the impacts of VLT machines. She spoke about the increased risk of addictions these machines cause compared to other forms of gambling. Beware that these risks exist and that if you feel like you

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GAMBLING AND CULTURE CONT...

Continued from page 4

are losing control, help is available.

Gambling addiction is extremely hard to identify because most people try to hide it from those around them.

The Canadian Association of Mental Health Association has identified warning signs that indicate a person may be experiencing an addiction to gambling:

- They are often late for work or school
- They are gone for long unexplained periods
- They neglect responsibilities, and make excuses
- They are withdrawn from family and friends
- They have mood swings and sudden outbursts of anger
- There less money available, even though their income has not changed
- There is money missing from the house or from bank accounts
- They're secretive and bad tempered about money
- They have money conflicts with others
- They talk about gambling all the time
- They lie about gambling

Help is available

Gambling Help and Referral provides short-term therapeutic assistance over the phone.

This treatment program includes an assessment interview (duration of an hour and thirty minutes) and six telephone appointments of one hour each on the following topics: motivation, finances, misconceptions, triggers, relapse prevention and learning retention. Four follow-up telephone appointments are also provided one, three, six and 12 months after the end of the program.

Gambling Help and Referral can be reached at:

- 514-527-0140 in Montreal and the surrounding area
- 1-800-461-0140 and 1-866-767-5389 throughout province and online at <http://www.jeu-aidereference.qc.ca/en/>.

Other resources

- Centre for Addiction and Mental Health (CAMH) Self-Help Gambling Tools at www.problemgambling.ca
- Kahnawà:ke Shakotii'a'takehnhas Community Services at 450-632-6880 and speak to an intake worker.

Taking Care of Yourself

Continued from page 8

was one of the first CrossFit gyms to extend their support to the owners and members of the Kanehsatà:ke CrossFit gym as it was recently destroyed in a fire. Many members of the Kanehsatà:ke CrossFit were in the midst of training for a competition when the fire occurred. The offer from Kahnawà:ke CrossFit (and Chateaugay CrossFit as well) meant they could continue with the competition.]

Summer Student Employment

Continued from page 12

The Kahnawà:ke Summer Student Employment Program is a wonderful experience and is an excellent way for students to get ready for the job market by participating in quality opportunities to explore career options and develop life and work skills. Plus, many of the jobs are a great way to meet new people, build connections and maybe (hopefully) have a little fun!

For any questions or to make sure you are eligible for the program, don't hesitate to contact Alana Kane, program manager at 450-638-4280 ext. 228 or at alana.kane@kedc.biz



KSCS and Tsi Niionkwarihò:ten

BY MARY KAWENNARÒ:ROKS MCCOMBER, TSI NIIONKWARIHÒ:TEN

K AHNAWÀ:KE
Shakotii'a'takéhnhas
Community Services (KSCS)
is ever evolving to better meet the needs of the community by supporting and networking with staff and community members towards building and maintaining a healthy community and healthy families. Our programs have been in review and we are working hard to ensure that "tsi niionkwarihò:ten/our ways" is at the center of our daily work.

In May of 2017, the Tsi Niionkwarihò:ten Project was a new addition to KSCS as a result of the 2016–2019 Strategic Plan.

The plan included a strategic objective that outlined the organizational expectations in terms of programs and services to guarantee an effort to ensure tsi niionkwarihò:ten values, principles and traditions are at the heart of our work.

In 2018, a report was compiled and outlined background information and recommendations for program development. Follow up on the recommendations continues into 2019, and we now have an additional team member dedicated to this program.

Christine Loft is on board to act as co-coordinator of the program, alongside Mary McComber. The program continues to focus on staff

development, system supports and community networking.

The two Tsi Niionkwarihò:ten Program coordinators work in conjunction with the in-house Tsi Niionkwarihò:ten Committee with the goal to improve understanding of Kanien'kehá:ka tsi niionkwarihò:ten among staff at KSCS and to demonstrate the integration and development of tsi niionkwarihò:ten standards and principals within KSCS programs, projects, and services.

The committee offers monthly educational sessions, such as *Midwinter Ceremony* and *salve making*. In collaboration with other KSCS committees, such as the Social Committee, we also offered plant identification workshops and ribbon skirt making sessions to interested staff.

We often join forces with the Prevention and Support team to offer educational opportunities to the community such as, *Kahnawà:ke Tentewathà:ren* and *Multi-generational Trauma and Resiliency* mini-conferences.

We are involved with the Tewahará:tat Tsi Niionkwarihò:ten Language and Cultural Network. The Tsi Niionkwarihò:ten coordinators and other Shakotii'a'takéhnhas representatives continue to attend monthly planning meetings.

This year, we are helping to support the promotional campaign for the International Year of Indigenous Languages. The campaign began as an UNESCO (United Nations Educational, Scientific and Cultural Organization) initiative and Kahnawakehró:non are taking the opportunity to celebrate and honor our ancestors through language initiatives. Kanien'kéha is important, even today, as it holds our identity, history and world-view.

Languages play a crucial role in the daily lives of people, not only as a tool for communication, education, social integration and development, but also as a repository for each person's unique identity, cultural history, traditions and memory.

Despite their immense value, languages around the world continue to disappear at an alarming rate. Let's all continue to work hard to save our language and to pass it along to the next generation.

For further information on the KSCS Tsi Niionkwarihò:ten Program, please contact: Mary McComber or Christine Loft at 450-632-6880.

Reference: Indigenous languages (<https://en.iyl2019.org/>) <https://en.unesco.org/about-us/introducing-unesco>



Our Future: Youth Perspective

BY JULIE DELISLE, PREVENTION

WE OFTEN TALK ABOUT what is right for our future generations. What our children need and what they will need to prosper when we are gone. We plan our vision for them based on our experience. But it is not often that we stop to ask our children how they envision their futures.

We can learn a lot from our children about what they value and how they've interpreted our culture. Based on what they've been taught and their experiences they have an optimistic and uncomplicated view of their culture, community and futures.

Some of the children at Onkwanèn:ra were willing to share their thoughts about their community and how they envision their lives in the future. They have allowed me to share their stories with you and maybe we can all gain a bit of perspective through their eyes.

Culture is a difficult thing to define even as an adult. Culture encompasses so many aspects of who we are. Culture is our tradition but is always evolving. It may mean one thing to us

but something completely different across the world.

So what is culture? To some children this may be a simple question and to some it can seem more complicated. It is interesting to hear the differences in what they view as an important part of their culture.

For example one child couldn't remember what our culture meant, while another shared that, "we have a great culture that is wondrous because there are a lot of legends." We can see that sharing our values and teachings through story telling is just as crucial as ever because this is what our children are remembering and picking up on.

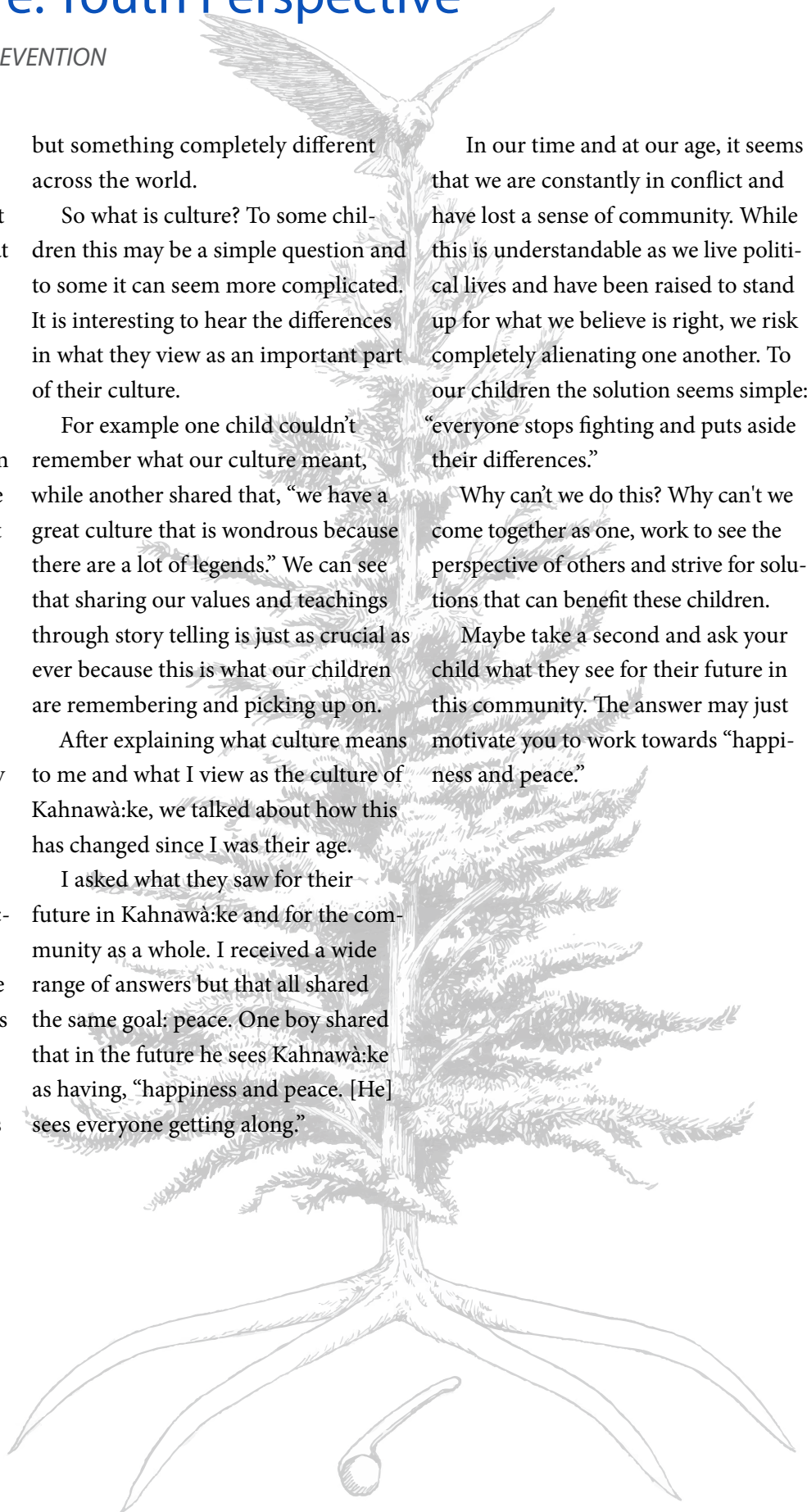
After explaining what culture means to me and what I view as the culture of Kahnawà:ke, we talked about how this has changed since I was their age.

I asked what they saw for their future in Kahnawà:ke and for the community as a whole. I received a wide range of answers but that all shared the same goal: peace. One boy shared that in the future he sees Kahnawà:ke as having, "happiness and peace. [He] sees everyone getting along."

In our time and at our age, it seems that we are constantly in conflict and have lost a sense of community. While this is understandable as we live political lives and have been raised to stand up for what we believe is right, we risk completely alienating one another. To our children the solution seems simple: "everyone stops fighting and puts aside their differences."

Why can't we do this? Why can't we come together as one, work to see the perspective of others and strive for solutions that can benefit these children.

Maybe take a second and ask your child what they see for their future in this community. The answer may just motivate you to work towards "happiness and peace."





Taking Care of Yourself

BY MARIE DAVID, COMMUNICATIONS

KAHNAWÀ:KE HAS AN abundance of riches of businesses that are promoting and embracing a healthier way of life (whether it's through physical activities or through their philosophy or through the wares they sell) and, for some, in the way they do business. We will be profiling a few of those businesses in the coming months.

John Shatekaienton Diabo's interest in personal fitness began during his high school years. It was there he developed the interest into a hobby. Because his father often worked out with him, they deepened their bond as father and son over a shared interest. This was four or five years ago. Now, John's passion has led him to be the head trainer at the relatively new Kahnawà:ke CrossFit, located behind Kambry's and across from the where K103 used to be. The gym is heading into its third year in business with a solid 60 regular members with others that come and go.

John describes CrossFit as fully functional movements performed at

high intensity. Movements like squats or deadlifts that are done with an attention to proper form over a short period of time. These movements, John said, are really about showing people how to move properly and can benefit your form in your everyday life, in how you sit at your desk at work or how you get up from the couch.

John also wants to dispel the idea that CrossFit is about competition. It exists, he admits, but it's more about proper movement and intensity of movement than it is about how much you can lift or how many squats you can do. It's better to do 10 squats with proper form than to do 50 squats with bad form. Members are also very supportive and encouraging of one another. [see post script]

John has also seen benefits in members outside of CrossFit. He says it's a great "confidence booster."

Kahnawà:ke CrossFit also participated for the first time in KSCS' Spirit of Wellness (SOW) month back in November by hosting a Remembrance Day workout of the day (WOD) called

the "Murph" which included a mile run, 100 pull ups, 200 push ups, 300 squats and finishing with another mile run. John said the session went well and looks forward to participating in SOW again.

John's advice to anyone who's considering CrossFit (or any other fitness program) is to just try it. He says "It's never about how much weight you can lift. It's not like that. It's about the type of exercise you're doing and the techniques." He'll tailor a workout to your fitness level.

Kahnawà:ke CrossFit has classes starting at 7:00 A.M. weekday mornings until 6:00 or 7:00 P.M. weeknights. You can find a more complete schedule on their Facebook page.

Disclaimer: KSCS does not endorse any particular product, business, or practice.

Postscript:

[This support extends to the wider CrossFit family as well, as Kahnawà:ke CrossFit

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A Room of One's Own

BY MARIE DAVID, COMMUNICATIONS



necessarily a sterile unwelcoming environment before...it also wasn't necessarily a comforting environment either.

The goal of making over the room was to provide a space that was "comfortable, inviting, calming, and non-institutionalized." Spearheading this change was Rebecca D'Amico, team leader for secondary prevention, and Amanda Winslade, support counsellor at KSCS.

IN JANUARY OF THIS YEAR, ONE of the counselling rooms at KSCS received a make-over. That might not seem like a big deal to some. A room is a room after all. However, this room — and its purpose — mean that it's a very different room from the other rooms at KSCS.

For one thing: it's not an office. It's not meant to be a place where someone is doing office work so you won't see a desk or a computer there. For another thing: it's a room where people are supposed to be coming into for help. But it's not a doctor's office. So the room is supposed to fill the need somewhere in the middle. The question is; how do you accomplish this?

For the secondary Prevention team at KSCS, it meant giving the room a do-over in a pilot project completed over the holidays. As you can see from the pictures, while the room wasn't

Amanda says when people are coming to KSCS, they're "opening up about some really tough things and it's important that the space reflects an atmosphere of calmness, of...a capacity to just feel safe. And in an environment where it looks a bit more institutional and not as cozy, it can be hard to do that. The idea was to create a space that was a little bit warmer."

The secondary prevention team put in a proposal to upper management to redecorate one of the rooms. The work would be completed by the secondary prevention team as part of a team-building exercise.

According to Rebecca, that exercise included plastering and painting

the room and shopping for the room décor with the hopes of clients and staff "really seeing how it is to work in one room versus maybe some of the other rooms that haven't had those improvements done." That's not all, as Rebecca says "We're hoping to build on this project and move it forward in other areas as well."

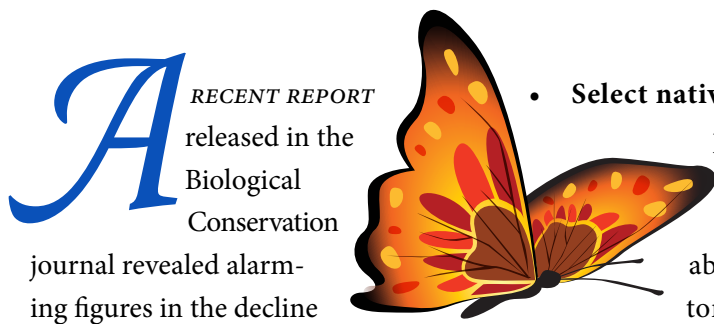
The room's makeover included experiential tools that could be helpful during counselling sessions. These items include a salt lamp, essential oils, a weighted blanket, and a couple of other items that could help with anxiety and fidgeting.

With positive community and staff feedback, the team is now looking at transforming another counselling room with the goal of having all the rooms completely redone.



Planning for a Pollinator Garden

BY ONAWA K. JACOBS, KAHNAWÀ:KE ENVIRONMENT PROTECTION OFFICE



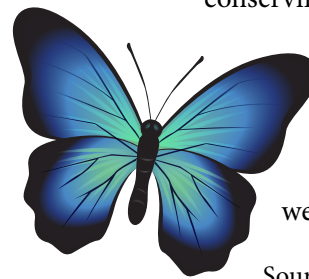
A RECENT REPORT released in the Biological Conservation journal revealed alarming figures in the decline of the global insect population. It estimates that over 40 per cent of insect species are in danger of becoming extinct due to the overuse of pesticides and loss of habitat. Such an event could lead to what the report calls a “catastrophic collapse of nature’s ecosystems;” a threat which we cannot take lightly.

While mitigating this disaster must take place on a global level, you too at home can do your part in helping our insect populations, in particular, creating habitat for pollinators.

There are over 200,000 species worldwide that pollinate, including bees, butterflies, birds, and bats. Pollinators are pivotal in the production of one third of the world’s food supply and nearly all of the planet’s flowering plants need these animals in order to pollinate. Without pollinators, the fate of our planet is very bleak, and, ultimately, the human race could not survive.

This spring, consider helping these tiny global superheroes by giving up space in your lawn and creating a pollinator garden instead. Take a look at the simple tips below as you start to plan.

- **Select native plants.** Choose plants that are indigenous to our area and are favourable to local pollinators. Milkweed, black-eyed Susan and goldenrod are some great examples. Any local garden center or nursery can also point you to many other beautiful options. Make sure plants are organically grown.
- **Choose plants that bloom through fall.** Milkweed blooms in the summer, while goldenrod blooms into the fall. Choosing a variety of plants with different blooming times not only provides a more continuous source of nectar for pollinators but gives your garden colour throughout the warmer seasons.
- **Prepare the garden site.** Whichever spot you choose, take the necessary time to prepare before planting. This means removing any invasive plant species nearby, tilling the soil, possibly adding more topsoil, and adding some compost.
- **Avoid chemicals.** Skip dangerous chemical pesticides, fertilizers and weed killers. Weed by hand instead.
- **Provide a watering hole.** Pollinators need a place to drink fresh water. You can provide this by offering a shallow bird bath or even an upcycled plate or pan. Be mindful to change the water frequently to avoid having mosquitoes breed here.



These are but a few suggestions to get your pollinator garden started. Talk to local gardeners or head online to find endless resources to further your project. You can also visit the pollinator garden on Tekakwitha Island to get some ideas and inspiration.

Every action you take towards conserving, restoring and honouring our Mother Earth and her inhabitants helps. A pollinator garden is a perfect way to support the creatures that we owe everything to.

Source: Sánchez-Bayo, Francisco, and Kris A.G. Wyckhuys. “Worldwide Decline of the Entomofauna: A Review of Its Drivers.” *Biological Conservation*, vol. 232, April. 2019, pp. 8–27. doi:10.3410/f.734989157.793556273.

Nature vector created by freepik

AMI-Québec Workshops

Please post and save for reference

amiquébec
Agir contre la maladie mentale
Action on mental illness

Calendar March–August 2019

Programs		
Register now: amiquebec.org/workshops		
One Time Workshops	Two Part Workshops	Mindfulness
<p>At AMI; 6–8 pm</p> <p>For family* and friends only:</p> <p>Creative Expression April 9</p> <p>Acceptance & Letting Go April 10</p> <p>Intro to BPD April 30</p> <p>Coping Skills May 29</p>	<p>Family* and friends only; at AMI; 6–8 pm. Must attend both sessions in the month.</p> <p>Communication March 12 + March 19</p> <p>BPD Validation May 8 + May 22</p> <p>Communication June 18 + June 25</p> <p>Hot Topics</p> <p>Online; 7–9 pm. For all. Visit amiquebec.org/hot-topics</p> <p>LGBT, Gender, and Mental Illness April 24</p> <p>Recovery May 29</p>	<p>Family* and friends only; at AMI; 10am–12pm Must commit to all five sessions</p> <p>Group A: April 16, 23, 30; May 7, 14</p> <p>Group B: May 21, 28; June 4, 11, 18</p>

Subject to change; other workshops may be added. Check amiquebec.org for updated information.

*Family includes

Those in the circle of support of someone living with mental illness (parents, spouses, siblings, adult children, friends, etc.)

Support Groups

Mondays, 6:30–8:00 pm 4333 Côte Ste Catherine Rd. unless otherwise indicated.

Registration not required. For information: amiquebec.org/support

For family*, friends, and people living with mental illness:

ANXIETY	BIPOLAR DISORDER	DEPRESSION	HOARDING	OBSESSIVE COMPULSIVE DISORDER (OCD)
March 11; April 8; May 6; June 3; July 8; August 12	March 18; April 15; May 13; June 10; July 22; August 26	March 18; April 15; May 13; June 10; July 22; August 26	March 25; April 29; May 27; June 17; July 22; August 26	March 11; April 8; May 6; June 3; July 8; August 12

For family* & friends only—any diagnosis welcome:

FAMILY*	BPD FOR FAMILIES*
March 11, 18, 25 April 8, 15, 29 May 6, 13, 27 June 3, 10, 17 July 8, 22 August 12, 26	March 11; April 8; May 6; June 3; July 8; August 12

SOUTH SHORE
Wednesdays, 6:30pm–8:30pm Greenfield Park Baptist Church Basement (side door) 598 Bellevue North, Greenfield Park, QC
March 6, 20; April 3, 17; May 1, 15, 29; June 12, 26; July 10, 24; August 7, 21

For people living with mental illness only—any diagnosis welcome:

KALEIDOSCOPE
March 25; April 29; May 27; June 17; July 8; August 12

Look for **AMIQuebec** on:



Facebook



YouTube



Twitter



SoundCloud

www.amiquebec.org

514-486-1448

1-877-303-0264

info@amiquebec.org

The Back Page....

"A nation's culture resides in the hearts and in the soul of its people."

~ Mahatma Gandhi

Summer Student Employment

BY ALANA KANE, TEWATOHNNHI'SAKTHA

SPRING IS UPON US AND FOR MOST STUDENTS THAT MEANS: SCHOOL IS ALMOST out. Though students should definitely take some time to relax a bit and take a breath after all those finals, their next step should be to register for the Kahnawà:ke Summer Student Employment Program (KSSEP). KSSEP 2019 is in full swing. Employer applications have been available since March 1, 2019 and the deadline for them to submit their job posting and work plan is April 5, 2019. From what I can see, employers are offering some amazing opportunities for students and there is definitely something for everyone.

Registration for the program began March 28, 2019. Here is a little refresher on the process and some important information for our first-timers. The process is the same every year with slight date adjustments:

- ✍ As of March 28, visit www.tewa.ca/KSSEP for the 2019 Student Guidelines and to complete the online application. Online is definitely the easiest way to apply but you can also drop off your completed form at the Tewatohnni'saktha office on the third floor of the Kahnawà:ke Business Complex.
- ✍ You are required to submit a copy of your resume with the KSSEP application form.
- ✍ Attend the Info and Prep Session for students on May 1, 2019 from 6:30 – 8:00 at Tewatohnni'saktha. The session provides students with the tools they will need to compete for jobs, including resume and cover letter writing and interview skills.
- ✍ As of April 18, and after completing your KSSEP registration, you can begin exploring the full-page job listing that can be found online at the <http://tewa.ca/kssepjobs/>.
- ✍ Submit your resume and cover letter directly to the organization or business you wish to apply to. It is strongly recommended to apply to more than one job to increase your chances of getting hired.
- ✍ If you were selected for an interview, start getting prepared through researching the business/organization, and generating answers for possible questions.

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Onerahtókha/April

Kahnawà:ke Cultural Awareness Month

2 World Autism Awareness Day

7 World Health Day

19 Good Friday (KSCS closed)

22 Easter Monday (KSCS closed)

22 Earth Day

Onerahtohkó:wa/May

Brain Cancer Awareness Month
Bladder Cancer Awareness Month

6 – 12 Mental Health Week

13 – 19 Naturopathic Medicine Week

7 Natl. Child & Youth Mental Health Day

12 Mother's Day

14 World Melanoma Day

20 Planting Day (KSCS closed)

31 World No-Tobacco Day

Do you have questions or suggestions? Is there a topic you would like to see covered in a future issue of the newsletter? Contact us and let us know.

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