



Aionkwatakari:teke

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

"For us to be healthy"

www.kscs.ca facebook: KSCS kahnewà:ke

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Kahnewà:ke's Only Health and Wellness Newsletter

Enniska/February 2019



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Aionkwatakari:teke

Aionkwatakari:teke is a newsletter published six times a year by Communications Services of Kahnawà:ke Shakotíia'takehnhas 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. Slanderous 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:

The Editor
Aionkwatakari:teke

P.O. Box 1440
 Kahnawà:ke, Quebec J0L 1B0
 Tel: 450-632-6880
 Fax: 450-632-5116
 Email: kscs@kscskahnawake.ca
 (Attention: newsletter editor)

Editor/Layout/Design, Marie David
 Executive Publisher, Derek Montour

Proofreading:
 Bea Taylor
 Winnie Taylor



www.kscs.ca

Contributors:

Marie David
 Kara Diabo
 Stephanie Horne
 Patrick Ragaz, Kahnawà:ke Environment
 Protection Office
 Candace Snook
 Amanda Winslade

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



W

ELCOME TO THE FIRST EDITION OF *AIONKWATAKARI:TEKE!*

It's our first edition of 2019 and I'm wondering...do you make resolutions? Do you keep them? I ask because there isn't a correlation between resolutions made and resolutions

kept, which is kinda sad considering most resolutions are about making positive changes in our lives: eating healthier, exercising more, sleeping more, travelling more, cutting down on our usage of technologies, etc. Gym owners see a rise in memberships in the first few months of the year only for it to drop dramatically later on. People also drop any new diets they attempt and then comes the guilt. Why did you even try anyway?

Marking resolutions aren't bad as long as you make them with realistic expectations in mind. Some people have stepped off that escalator to nowhere and have made thanks-giving jars instead. What are thanks-giving jars, you ask? Basically, they're little strips of paper with one line or paragraph (no need to write a book) about something positive that happened in your day. Then, at the end of the year, you open the jar and go through all the things you were thankful for. You don't even have to share it with anyone. It's for you. You might even say it's a riff on how we say our Ohén:ton Kariwatéhkwen during important events.

On that note, all of us here at KSCS hope 2019 is a good year for you. Nia:wen for taking the time to read our little newsletter. Please recycle it when you're done.

Sken:nen,

Marie

Cover photo by Marie David.



Parenting Through Violence

BY STEPHANIE HORNE, PREVENTION

ANY FORM OF ABUSE IN THE family is going to have detrimental effects to the overall functioning of the family system. It is even harder to parent effectively if you find yourself in an abusive or violent relationship. It does not help when a parent receives unsolicited advice on what they should be doing in their home when it comes to parenting especially if the home environment is full of violence and trauma on a regular basis. If you or a loved one finds yourself in this situation, you may have many questions:

- Where can I get services in Kahnawake?
- What are the supports available to my family and me?
- Will my children fall under Youth Protection if they are witness to violence in the home?

Below are some resources to help your family move forward in getting some of the above hypothetical questions answered as each familial situation will differ:

- **KSCS** Tel: 450-632-6880
- **Auberge Shalom pour femmes**
– Counselling and resource office,
P.O. Box 986 Montreal
Tel: 514 485-4783
Fax: 514 487-1097
- **CAVAC – Crime Victims Assistance Center**

Tel: 450-670-3400 or
1-888-670-3401
www.cavac.qc.ca

- **McGill Domestic Violence Clinic**
Wilson Hall, 3506 University St.
Suite 403
Tel: 514-398-2686
Fax: 514-398-4760
- **Pro-Gam: Centre for Intervention and Research in Conjugal and Family Violence**, 1453 Beaubien East. Suite 205, Montreal
Tel: 514-270-8462
Fax: 514-270-8849
- **S.O.S. Conjugal Violence**
P.O. Box 55, Stn. C., Montreal
Tel: 514-873-9010 or
1-800-363-9010 Fax:
514-728-4247
- **Service d'Aide aux conjoints**
1000 Lajeunesse St. Suite 230,
Montreal (For men having conjugal difficulties – either the perpetrator or victim of domestic violence)
Tel: 514-384-6296
Fax: 514-384-3731
- **Women Aware**
P.O. Box 135, Stn. N.D.G.,
Montreal Tel: 514-489-1110
(support line) or 1-866-489-1110
or Fax: 514-484-9013

I had the privileged of speaking with a community member who chooses to remain anonymous about how living with violence affected her parenting

and her overall wellness. Unfortunately, she grew up in a home where her mom was abused spiritually, physically and emotionally by her boyfriend. Her mom had no energy to give the love, affection and security her daughter and her other children truly needed as a result of the constant abuse.

“It was like as if she had no spirit left. It was even worse because at times, she became violent toward us, her kids,” she said. “The result was that we ended up in foster care and my Mom really never got the help she needed. The reason why I am sharing my story is that there is help available if you need it and the sooner you work on your healing journey the better,” she said. “I had to learn to love myself again, and now I can love my children.” Her mom also took part in therapy and continues to work on her personal healing journey.

Parenting a family will always have its ups and downs; however, when a parent has to face adverse family and intimate partner violence, the ability to function and meet the demands of parenting are challenged immensely.

KSCS strategically focuses on helping families to have access to a multitude of services. The team of helpers can guide you as a parent to break the cycle of abuse. You can contact us at 450-632-6880. Also check out our website at www.kscs.ca and be sure to “Like” our KSCS Kahnawake Facebook page to find out about our upcoming programming.



Healthy Relationships

BY AMANDA WINSLADE, SUPPORT

DATING VIOLENCE IS COMMON IN NORTH AMERICA. IT IS THE HIGHEST AMONG THE 15-24 AGE GROUP, MAKING up 43 per cent of all incidents of dating violence. Aboriginal people (9 per cent) are also likelier than non-Aboriginal people (4 per cent) to have experienced dating violence in the past five years. More specifically, Aboriginal women were about three times as likely to report dating violence as non-Aboriginal women, while Aboriginal men were twice as likely as their non-Aboriginal counterparts. Further, each year in Canada, an estimated 360,000 children witness or experience family violence.

As we grow up, many of us have heard the importance of developing healthy romantic relationships. However, the word “healthy” is often ambiguous especially given that each individual may have a different definition of what they consider to be “healthy”. The fact that dating violence is highest among adolescents and young adults is not surprising. We learn about relationships from those around us and if we are not exposed to healthy relationships or are not coached on how to recognize unhealthy behaviours it becomes difficult for adolescents to do this in their own relationships. For example, if a child is living with parents who criticize or put each other down, they’ll assume that that is normal and will repeat the behaviour in their own relationships when they get older.

The following article will define the different types of dating violence and outline key differences between a healthy and unhealthy relationship.

UNHEALTHY BEHAVIOURS

Unhealthy behaviour can range from subtle to overt. However, despite the differences, it's important to remember that all abuse tactics are **equally** harmful and significant. The following table depicts the different types of abuse that could occur in a relationship. Since relationships evolve it is important to continuously evaluate the relationship for the experience of unhealthy behaviours.

Type of Abuse	Example
Emotional Abuse	<p>Disrespecting, insulting, blaming, embarrassing, or isolating you.</p> <ul style="list-style-type: none"> • Displaying extreme jealousy or accusing the other of cheating • Putting the other down by calling them names or making the other feel badly about him or herself • Alternating between cruel and kind • Depending completely on the other to meet their social or emotional needs • Trying to keep the other from having a job

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Type of Abuse	Example
Intimidation Tactics	<p>Stalking or harassment, threats, actions intended to frighten you.</p> <ul style="list-style-type: none"> Threatening to hurt the other or commit suicide. Destroying your possessions
Sexual Abuse	Pushing you to have sex before you want to, unsafe sex.
Physical Abuse	<p>Anything that could cause physical harm or pain.</p> <ul style="list-style-type: none"> Shoving, pushing, elbowing Throwing things at you Slapping, kicking, biting, punching

HEALTHY BEHAVIOURS

Relationships are healthier when each person maintains their own identity while building a partnership that is built on mutual respect, trust, and growth. In a healthy relationship, you should not feel as if you need to drop everything to be with your partner. It is important that your significant other fits into your life — you cannot bend or modify your life to fit into theirs. This is especially true in the early stages of a relationship when we are excited and want to spend time with our new love interest. It is also important to keep up with friends, hobbies, goals, and individual interests. A healthy partner will respect and encourage this.

It's important to mention that just because someone expresses love and cares for you, it does not mean that you owe it to them to stay in the relationship or that it excuses unhealthy relationship behaviour.

The following list are examples of healthy relationship behaviour:

- You enjoy the time you spend together.
- You respect each other's opinions.
- You can disagree and know it's okay to talk about your differences.
- You support each other's goals in life.
- You feel good doing things apart from each other as well as together.
- You have a sense of safety and security in your relationship.
- You are proud to be with each other.

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- You encourage each other's interests.
- You have close friends and family who like the other person.
- You always treat each other with respect.

WHY ARE HEALTHY RELATIONSHIPS IMPORTANT?

Relationships are a means of survival and are vital to our mental and emotional wellbeing. For instance, research has shown that being in a healthy relationship helps us cope better with stressors and individuals in healthy relationships are happier, live longer, and experience a greater sense of purpose.

Why is it then that some people have an easier time with healthy relationship behaviour? Evolutionarily, humans have an intrinsic need for human connection. It can be seen from the time babies are born when they behave in ways to foster an attachment to their caregivers. Because infants are so vulnerable at this stage, this attachment is meant to increase survival. Interestingly, the way we learn to seek support and care from our attachment figures impacts how we see and react to our partners.

There are individual differences in attachment-system functioning that are dependent on the **availability, responsiveness, and supportiveness** of attachment figures. This means that if you had positive interactions with an attachment figure you would feel a sense of safety and have positive views about yourself and others. However, if you could not rely on or find support in attachment figures, you would not feel secure and you would hold negative views about yourself and others, such as being worried about others' intentions and have doubts about how worthy and important you are.

Attachment anxiety indicates the degree to which you **worry** that your partner will not be available and supportive in times of need. People high in attachment anxiety will try to maintain closeness to relationship partners. For example, anxiously attached individuals are often controlling, blaming, and clingy and find it difficult to trust their partner. Attachment avoidance indicates the extent to which you **dis-trust** your partners' goodwill and capacity to help. People

high in attachment avoidance will try to maintain a safe degree of independence and self-reliance. These individuals will typically display rigidity, intolerance, and are distant and critical in romantic relationships. Individuals both high in attachment anxiety and avoidance tend to display more explosive and abusive behaviour. Those that display a secure sense of attachment (meaning that they developed the capacity to view others as dependable and trustworthy) are able to create meaningful relationships and able to set appropriate boundaries.

Adult attachment style is not enduring; we can develop healthier relationship behaviour by seeking out secure relationships or by working on our attachment style in counselling/therapy. The idea is that unhealthy relationship behaviour will be minimized or completely eliminated once a secure relationship is developed with our partner. Therefore, just because unhealthy behaviour is present in the relationship, it does not mean that the relationship is doomed or necessarily needs to end. When **both** individuals are willing to work on themselves (and as a couple) to create a strong and secure relationship, then the relationship can be rewarding and indispensable.

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Intimate Partner Violence

BY CANDACE SNOOK, PREVENTION

THE WORLD HEALTH Organization defines intimate partner violence as “behaviour by an intimate partner or ex-partner that causes physical, sexual, or psychological harm, including physical aggression, sexual coercion, psychological abuse and controlling behaviours.”

The complexity and stigma surrounding intimate partner violence (IPV) continues to leave many unaware of the signs and how to ask for help. Initial reactions to IPV tend to be associated with thoughts of heterogeneous relationships where the male partner dominates and causes physical harm toward the female. Although women are more likely to experience IPV, we should be mindful that women can be abusive in intimate relationships and IPV can also be present in same sex relationships.

The following are brief definitions of the different types of abuse:

- **Physical aggression:** slapping, kicking, hitting, or beating
- **Sexual harm:** any form of unwanted, forced sexual interaction including rape
- **Psychological:** involves intimidation, constant belittling or humiliation
- **Control:** includes manipulation, threats, isolation from family and friends, monitoring whereabouts, and inhibiting access to assistance and resources.

We often tend to think of intimate partner violence as black eyes, bruises or other consequences of physical assault. So it should be the most common, right? Not necessarily. Although it may be considered the most extreme form of abuse, there are more occurrences of psychological abuse (20–75 per cent vs 13–61 per cent physical), and still many instances of control, economic and sexual abuse in intimate relationships, but these more easily go unnoticed because the consequences are not always apparent.

This is not to say that one form of abuse is worse than the other, they are all unhealthy and can lead to serious physical and mental issues. Research shows that there are many negative consequences that can occur as a result of intimate partner violence. Symptoms such as “migraines, stomach ulcers, indigestion, pelvic pain, chronic pain, chronic disease...and [poor] cognitive functioning” [Lawrence, E. et al, The Impact and Consequences of Partner Abuse on Partners, 2012] as well as anxiety, insomnia, suicidal ideation, and lower self-esteem are all health issues that could result from IPV.

The common denominator in intimate partner violence, regardless of the form of abuse, is control, which is often the underlying motive for IPV. It is important to understand this because aspects of control can become normalized as acceptable behaviour. For example, partners monitoring phone calls, text messages and social media, or continuously checking in

to see where you are and who you’re with is not healthy behaviour. Jealousy should not be mistaken for flattery.

Acts of abuse and violence within an intimate partner relationship tend to persist and worsen over time, falling into a pattern known as the cycle of violence. Dr. Lenore Walker developed the cycle of violence theory based on the belief that a common pattern exists in violent relationships and continues to repeat itself over the course of the relationship. There are three phases of this cycle of violence: tension building, violent incident, honeymoon phase.

- **Tension building phase:** This phase may involve an overall atmosphere of tension, strain and breakdown in communication and the overall relationship, negative behaviours and anger demonstrated by the perpetrator, while their partner may demonstrate behaviours such as over compliance, nurturing, and pleasing in an attempt to calm the situation. In this phase, many women who experience IPV describe feeling as though they are walking on eggshells. This phase can last anywhere from a couple of days to a few months.
- **Violent incident phase:** This occurs once the perpetrator’s tension anger reaches a breaking point. It is in this phase where

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significant psychological/emotional, physical, and/or sexual abuse occur.

- **Honeymoon phase:** Once the abusive incident has ended, the couple may experience a sort of honeymoon phase. During this time the perpetrator may apologize repeatedly for the abuse, offer gifts in return for forgiveness, make excuses for the abuse, and promise that it will be the last time, often believing this themselves. On the other hand, the perpetrator may even put blame on their partner or minimize the abusive incident. It is also possible during the honeymoon phase for the abuser to make small changes and refrain from exhibiting abusive behaviours, but if they do not seek support and assistance, the cycle is likely to be set back in motion.

One of the most frequently asked questions when it comes to IPV is: why do they stay? Every situation and experience is different; however, there are commonalities found in research. In abusive relationships, perpetrators often exert control over their partners by isolating them from their family, friends and social activities. They may also exert control over their partner's finances or income. Isolation decreases their partner's social functioning and support system leading them to feel that they have no one to turn to and

may impact their ability to afford living without the partner, especially when there are children involved.

Experiencing violence affects self-esteem and increases feelings of shame, which in turn can increase the likelihood of entering into and staying in unhealthy relationships. There may also be fear of retaliation by the perpetrator should the partner attempt to leave. Finally, there is love. Love for the person whom they first met, for the person after the violence, and for the hope that things will change.

In her 2013 TED Talks titled "Why Domestic Violence Victims Don't Leave", Leslie Morgan Steiner disclosed her own experience with IPV saying "abuse thrives only in silence. You have the power to end domestic violence simply by shining a spotlight on it."

If you are feeling as though you may be experiencing intimate partner violence, or if you see yourself displaying behaviours associated with intimate partner violence you are not alone and there is support and assistance for you. If you are a friend or family member of someone who may be experiencing intimate partner violence, please be gentle, supportive and patient. There are many factors that can impact a person's ability or inability to leave an abusive relationship. Studies show that women in violent relationships attempt to leave the relationship on average five times before there is a permanent end to the relationship.

For help or information, please contact KSCS at 450-632-6880.

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The Business of Healthy

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 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.

Lauren McComber is the owner behind Lotus and Sage Holistics, which opened its doors last year and is located behind Kahnawà:ke Crossfit. Lauren built her business on her interest in eastern philosophies and spirituality. It's an interest that led her to obtain a certificate in Angel's Reiki (while also earning a diploma in social work from the First Nations Technical Institute in Tyendinaga, Ontario). Lauren is currently studying reflexology and aromatherapy and will add that to the roster of services offered at Lotus and Sage Holistics.

Services offered include reiki and reflexology sessions, and magna-wave (a non-invasive and quick form of pain therapy). Yoga and meditation

classes are also offered and, this year, they will be offering self-defence classes for adults and children with the idea being that this is a way to channel energy in a healthy way.

You can also find an array of natural products like shampoo and conditioner, toothpaste, deodorant, lip balm, essential oils and other "organic non-toxic body care products." She has products to help soothe sore muscles or your baby's sore bum. You can even bring your own containers to fill or refill with some of their products. It's part of her mission to be eco-conscious.

As if all that weren't enough, she also recently held an herbal cooking class with Mark from WeLoveNettles.Ca. that went really well. You can find out more about Lotus and Sage on their Facebook page.

Disclaimer: KSCS does not endorse any particular product, business, or practice. Photos by Marie David



Precious Water

BY PATRICK RAGAZ, KAHNAWÀ:KE ENVIRONMENT PROTECTION OFFICE

WE ARE LUCKY TO LIVE IN AN AREA WHERE a mighty river and plenty of rain and snow provide us with freshwater all year round.

But even here, drought events are becoming more common. Some areas of the planet are already dealing with water shortages and are exhausting reserves. World Water Day is on March 22, it's a good time to reflect on our water usage and adopt strategies to reduce water consumption.

Inside your home, install water saving shower heads and a water saving aerator on each sink. Prioritize short showers instead of baths¹. When brushing your teeth or washing your hands, turn off the tap until you are ready to rinse.

When it's time to clean the dishes, a dishwasher is now more efficient than you! ² No need to rinse, just scrape off big pieces of food and put dishes in the machine. Wait until your dishwasher is full before running. Fix leaking faucets around the house. Did you know that one faucet leaking one drip/minute is equal to approximately 129 litres lost at the end of the year³? Drip by drip it adds up. Additionally, select a toilet with a smaller tank or one that allows two levels of flushing.

Outdoors, you install rain barrels to collect rainwater. Use it to water your garden/lawn in the morning or early evening⁴ (between 6:00 – 10:00 A.M. or 4:00 – 7:00 P.M.) to reduce evaporation and prevent burning your lawn. In normal weather conditions, your lawn does not require watering, the rain will take care of that task. Also, letting your grass grow longer, up to 10-12 CM (or 5"), and not cutting it shorter than 7.5 CM will provide shade on the

ground and keep it cooler; this will limit evaporation and help to prevent drying out the soil. When using your hose, make sure you have a water spray attachment on. This is a practical way to control the amount of water you are using. Finally, if you find that your entrance or driveway is dusty, use a broom instead of water. It will work as well, and you will avoid wasting many litres of freshwater.

The choices you make as a consumer can also greatly impact your water consumption. For example, a diet with less meat and animal products has a lower water footprint⁵. Clothing also requires large quantities of water for production. Consider favouring cloth such as linen over high water using cotton that requires more than twice the amount of water for production⁶. Reducing how frequently you replace your clothes or buying second hand is one of the best strategies to reduce your water footprint.

You can calculate your personal water footprint at watercalculator.org and find out how else you can reduce pressure on the world's most precious resource!

1 Grace Communications Foundation. 2017. Shower & Bath: In cut indoor water use, save water. Water Footprint Calculator. Accessed online on January 8, 2019.

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AMI-Quebec's Winter Calendar

Please post and save for reference

amiquébec

Agir contre la maladie mentale
Action on mental illness

Calendar December 2018–March 2019

Programs

Register now: amiquebec.org/workshops

One Time Workshops	Two Part Workshops	Other Programs Include:
<p>At AMI; 6-8 pm</p> <p>For family*, friends, and people living with mental illness:</p> <p>Treatments for Mental Illness January 16</p> <p>For family* and friends only:</p> <p>Acceptance & Letting Go January 22</p> <p>Intro to BPD February 5</p> <p>Recovery February 12</p> <p>Coping Skills February 19</p> <p>Creative Expression February 26</p>	<p>Family* only; at AMI; 6-8 pm. Must attend both sessions.</p> <p>Communication March 12 + March 19</p> <p>Hot Topics</p> <p>Online; 7-9 pm. For all. Visit amiquebec.org/hot-topics</p> <p>Alternative Treatments for Mental Illness February 27</p>	<p>Counseling for family members (SOS Famille)</p> <p>Public Awareness (presentations to schools and businesses)</p> <p>Library (books and DVDs)</p> <p>Online Learning (YouTube, SoundCloud)</p> <p>Visit amiquebec.org/programs</p>

*Family includes

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

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

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)
December 3	December 10	December 10	December 17	December 3
January 7	January 14	January 14	January 28	January 7
February 4	February 18	February 18	February 25	February 4
March 11	March 18	March 18	March 25	March 11

For family* & friends only—any diagnosis welcome:

FAMILY*

December 3, 10, 17
January 7, 14, 28
February 4, 18, 25
March 11, 18, 25

SOUTH SHORE

Wednesdays, 6:30pm-8:30pm
Greenfield Park Baptist Church
Basement (side door)
598 Bellevue North, Greenfield Park, QC

December 12; (December 26 cancelled)
January 9, 23; February 6, 20; March 6, 20

BPD FOR FAMILIES*

December 3
January 7
February 4
March 11

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

KALEIDOSCOPE

December 17
January 28
February 25
March 25

Look for **AMIQUEbec** on:



Facebook



YouTube



Twitter



SoundCloud

www.amiquebec.org

514-486-1448

1-877-303-0264

info@amiquebec.org

The Back Page....

"Winter is on my head but eternal spring is in my heart."

~ Victor Hugo



Kahnawà:ke Winter Classic

BY KARA DIABO, PREVENTION

ON DECEMBER 31, 2018 THE women's group Tewanatanónhnha held its first annual Winter Classic New Year's Eve party. The drug and alcohol free event was sponsored by the Community Initiatives Fund of Kahnawà:ke and Kahnawà:ke Shakotiiatakehnhas Community Services.

The party's objective was to strengthen families by bringing community members of all ages together to engage in a variety of indoor and outdoor activities in a fun and healthy way. There was music, activities and games for everyone to participate. Several hundred community members attended the event and positive comments were later posted to social media. It was definitely a successful first Winter Classic party!

The main attraction was the ball hockey tournament. A portion of the highway was blocked off for the game to be played in the streets. With eight teams participating, the competition was fierce. Congratulations to the Skatne Skaters for their victory. The team won a unique trophy by Stacey's Custom Woodwork along with bragging rights for the year. Teamwork Archery Club of Kahnawà:ke provided a demonstration and people were able to test their skills. Iontionnhnéhkwen Wilderness Skills kept a fire going in the parking lot and hot chocolate, tea, coffee and cedar tea were served to keep people warm. DJ Sky and DJ Poptart kept the music flowing outside while the tournament was held.

Inside, activities included a photo booth and oversized games: Jenga, Connect 4, ring toss, and a penguin fish fling game. Sondra Cross and Tekaronhiahawi Norton were on site to do face painting, colouring and crafting with the children. Live performances included Edward Fineday and Wilburt Standup (Sr. and Jr.), Jody Diabo and Hank Phillips, Lone Wolf, and the Spaghetti Corner Band. The event wrapped up with the DJ's playing a few more songs. An elder's area was set up with rocking chairs and a projection screen played a slideshow of old photos.

Food was potluck style and some food was donated by local businesses. Leftover food was donated to the Elder's Lodge New Year's eve party, the Independent Living Center, and to the Kahnawà:ke Peacekeepers.

Nia:wen to Jody Jacobs and the women's group Tewanatanónhnha for coordinating this wonderful community event and to the following local businesses for their donations/ contributions of food, supplies, and manpower: The Rail Coal Fire Bistro, High Roller Kustom Motorcycles, Creekside Store, Mohawk Bridge Consortium, Kahnawake Pizza and Subs, Club Rez, Brian, Michelle and Zach Goodleaf, Derek and Jadie Stacey. If you are interested in volunteering in the 2019 Winter Classic please email kahnawakewinterclassic@gmail.com

Enniska/February

- Psychology Month
- 1 – 7 Eating Disorder Awareness Week
- 4 World Cancer Day
- 4 – 16 Kahnawà:ke Winter Carnival
- 14 Valentine's Day
- 15 Intl. Childhood Cancer Day
- 21 Intl. Mother Tongue Day
- 27 Pink Shirt Day

Enniskó:wa/March

- Nutrition Month
- 10 – 16 World Glaucoma Week
- 11 – 17 Brain Awareness Week
- 8 Intl. Women's Day
- 10 Daylight Savings Time
- 17 St. Patrick's Day
- 22 World Water 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.

Aionkwatakari:teke

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

Tel: 450-632-6880

Fax: 450-632-5116

Email: kscs@kscskahnawake.ca