



# Aionkwatakari:teke

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

*"For us to be healthy"*

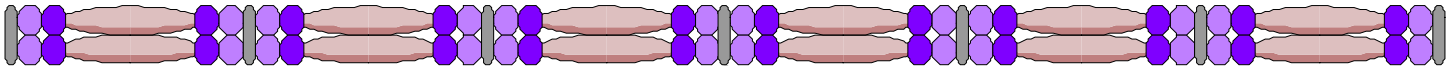
[www.kscs.ca](http://www.kscs.ca)

facebook: KSCS kahnewà:ke

Vol. 24, №. 5

Kahnewà:ke's Only Health and Wellness Newsletter

Kenténha/October 2019



## INSIDE THIS ISSUE

Kaienere'kó:wa: Great Law Recital 2019.....	3
Weekend Warrior Update .....	4-9
Three Ways to Preserve Your Harvest .....	5-9
Children's Rights .....	6

Taking Care of You .....	8
Kahnewà:ke's Cancer Support Group .....	10
AMI Québec Calendar.....	11
Let's Talk Kahnewà:ke .....	12

**Aionkwatakari:teke**

Aionkwatakari:teke is a newsletter published six times a year by Communications Services of Kahnawà:ke Shakotii'a'takehnhas Community Services (KSCS). Our purpose is to provide information on health and wellness issues that affect Kahnawà'kehró:non. 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:

**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](mailto:kscs@kscskahnawake.ca)  
(Attention: newsletter editor)Editor/Layout/Design, Marie David  
Executive Publisher, Derek MontourProofreading:  
Winnie Taylor[www.kscs.ca](http://www.kscs.ca)**Contributors:**

AMI Québec

Marie David

John Shatekaienton Diabo, Kahnawà:ke  
CrossFit

Joanna Jacobs

Christine Karennénhtha Loft

David Martel

Candida Rice, KMHC

Dima Sahtout, KMHC

Deena Sky

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 OCTOBER/NOVEMBER ISSUE OF Aionkwatakari:teke. Two important decisions were announced since our last newsletter was published. The first, on the Indian Day Schools settlement, saw the federal court approve a class action lawsuit settlement to compensate anyone who attended a federally operated Indian Day School on reserve. The settlement ranges between \$10,000 and \$200,000 depending on the level of harm experienced. A legacy fund will also be created to “support commemorative projects, health and wellness projects, and culture and language initiatives.”

According to the Indian Day School class action website, the claims process will begin sometime after November 19, 2019. Anyone wishing to opt-out of the process has until November 18, 2019 to do so. You can find more information on the Federal Indian Day School Class Action website <https://indiandayschools.com/en/> and from Tom Dearhouse at the KSCS Family and Wellness Center at 450-632-6880.

The other important ruling came down on September 6, 2019, this time from the Canadian Human Rights Tribunal. The Tribunal ordered the federal government to pay \$40,000 compensation to each child who was taken from their family for reasons other than sexual, physical or psychological abuse. It's unclear at this time whether Canada will appeal the decision or how the federal election will affect the outcome.

Thanks for reading Aionkwatakari:teke. Please recycle it once you're done. You can also access a digital version—with clickable links—on our website at [www.kscs.ca/newsletters](http://www.kscs.ca/newsletters).

*Sken:nen,**Marie David*

Cover photo: by mploscar/Pixabay

Pictures: Page 5: vegetables by dbreen/Pixabay. Page 6–7: teddy bear by cablemarder/Pixabay, and page 8: mental health scrabble by Wokandapix/Pixabay.



# Kaienere'kó:wa: Great Law Recital 2019

BY CHRISTINE KARENNÉNHTHA LOFT, TSI NIIONKWARIHÒ:TEN PROGRAM

**T**HIS SUMMER, THE Rotinonhsión:ni (people of the longhouse) of Kahnawà:ke organized the Great Law recital here in our territory for the first time. This event was a major undertaking that brought hundreds of people from across the confederacy to Kahnawà:ke.

It began with a tobacco burning in Tyendinaga (near Belleville, Ontario) on August 3, 2019. Following that, a decolonization workshop was held on August 4, 2019. The recital itself would take place over the span of a week, from August 5–11, 2019 at the longhouse located on route 207.

Meals were provided each day by the women of the longhouse and social dances took place each evening and an old-style lacrosse game was held on August 7, 2019.

The Great Law is one of the main tenets of Rotinonhsión:ni culture and history. The formation of the Great Law dates back many centuries and we are fortunate that the knowledge keepers are still able to recite this epic story.

Attending the Great Law recital was an amazing opportunity for people to immerse themselves in tsi niionkwarihò:ten (our ways), to learn more about our history, our protocols and structure, decision making processes, and leadership. It was also a unique opportunity to hear the story

being told in all of our languages (English interpretation was provided).

The Tsi Niionkwarihò:ten Program of Kahnawà:ke Shakotii'a'takéhnhas Community Services (KSCS) supported this event by advocating for staff participation and encouraging Onkwehón:we staff to attend. It was recognized by the Executive Director that this community initiative complimented our organizational strategic objectives, specifically to “Enhance community engagement and community-based partnerships” and to “Foster and accelerate active Kanien'kehá:ka ways of doing things, including more use of our language.”<sup>1</sup>

The traditional Kanien'kehá:ka community is an important stakeholder and resource in our further development of tsi niionkwarihò:ten at KSCS. Events like these provide a link to encouraging healthy lifestyles and family connections — the values and attitudes supporting the Shakotii'a'takéhnhas mission and vision. It is important for KSCS to continue building stronger working relationships with all segments of the community.

More than twenty KSCS staff were able to attend the Great Law recital for some length of time. Most were there to learn and many were also there to work in support of the event through cooking, cleaning and other

tasks that were needed.

In follow up discussions with staff who attended the recital, it was clear that this was a very powerful personal experience.

People spoke of a space that was very welcoming and almost magnetic, a “bubble” that felt like another place and time. Everyone was stuck by the beauty of our languages being spoken, the lessons contained within the story, being in the presence of our ancient wampum, the love that you could taste in the meals, and sitting among so many like-minded people. Many were inspired to reflect on how they would weave the teachings into their own lives and work.

Great job to all Great Law recital 2019 organizers, speakers, helpers and participants! This event saw the principles of skén:nén, ka'nikonhrí:io, ka'satsténhnséra and kanoronhkwátshera put into action.

<sup>1</sup> KSCS Strategic Plan 2016-2019 Outline



# Weekend Warrior Update

BY JOHN SHATEKAIENTON DIABO, KAHNAWÀ:KE CROSSFIT



**T**AKING CARE OF YOUR HEALTH AND FITNESS IS A great foundation in setting a great tone for the rest of your life. I proposed the weekend warrior class at Kahnawà:ke CrossFit with the intent to allow people within the community to engage and enjoy a weekend fitness class that was accessible to all fitness levels. I wanted to create a class that was geared more towards a *beginner* of any kind of fitness program. Anyone who wanted to start living a healthier lifestyle could easily just show up on Sunday at 9:00 A.M., and enjoy a simple workout without any cost.

KSCS and Kahnawà:ke CrossFit have collaborated in the past with the creation of the *Kahnawà:ke CrossFit recovery program*. This pilot project had been very successful and has received excellent feedback from the participants and their councilors. This being stated, it is quite obvious that these services at Kahnawà:ke CrossFit, compliment the goals and missions that KSCS strives to achieve and accomplish. The intention of this program is to accomplish the following:

- Continue to build strong partnerships with other community organizations who are striving to create a healthier Kahnawà:ke;
- Potentially decrease the need for people to seek out counselling services by providing them with a way to deal with their stress and mental health issues;
- Build confidence in community members which will lead to a more empowered community
- Break social isolation and bring people together through a healthy activity

- Show a direct correlation between physical wellbeing and mental/emotional wellbeing.

The goal of the free class is to allow anyone interested in participating in a fitness class to be able to join in without the need to pay a fee, opening up more doors for health and fitness opportunities, and creating a better opportunity to everyone in the community without financial restrictions.



*Kahnawake CrossFit photo by Marie David*

This plan would be another great way to create prevention within the community, keeping participants involved in a group class with others who are working towards the same goal; working for a better well-being and a much healthier way of life.

Each session of the Weekend Warrior class consists of a workout briefing (the coach will explain the movements and intended stimulus of the workout), followed by a warm up to get the participants prepared for the workout (This will also

Continued on page 9

# Three Ways to Preserve Your Harvest

BY DIMA SAHTOUT, KATERI MEMORIAL HOSPITAL CENTRE



**W**ITH THE SUMMER SEASON REACHING ITS end, it's finally time to harvest what's growing in your garden. Although growing your fruits, vegetables and herbs is rewarding (you get to save yourself from many trips to the grocery store!), it can also be challenging afterwards, since not all foods may be used in time before they spoil. Luckily, you can make them last in your kitchen all-year-round! These three ways to preserve your foods range in difficulty and time, and it's important to follow the steps to keep your food safe.

It's best to have proper freezer bags, jars, and a marker on hand before starting. Marking the name of the food and the date it was stored helps you keep track of when you should use them before the quality changes!

## 1. Freezing

Freezing is a simple and hassle-free way to preserve vegetables, fruits, and herbs. The colder the environment, the slower it takes for these foods to spoil. Different produce needs different steps to keep their quality and taste after freezing.

Vegetables may last three months to 1 year in the freezer, depending on the item. Some vegetables, like dark leafy greens (spinach, kale, etc.), broccoli, Brussels sprouts, cauliflower, and peas need to be blanched before freezing. Others, like corn, squash, and tomato need to be cooked, and pureed if needed, before packing them in freezer bags. Frozen vegetables are best used in cooking: you can use them in stir-fries, in soups, in baked dishes and smoothies! Adding them to salads can make them soggy and unappealing though.

Fruits can be stored in the freezer whole (if small) or cut into bite-size pieces. Frozen fruits are good in the freezer for 4 months up to a year. They are best used in cooking (to make sauces, jams, desserts, etc.) or for smoothies. Thawed fruit can end up mushy and it may not be nice to eat as

is. To save space in the freezer, you can puree fruits before freezing them!

### What's Blanching?

Blanching is a quick cooking time that keeps the quality of the vegetables.

1. Wash and cut your vegetables.
2. Boil vegetables for one minute.
3. Drain vegetables, quickly run under cold water (or plunge into a bowl of ice water).
4. Squeeze out excess water or pat dry.
5. Pack into freezer bags; remove excess air from bag, seal, label and date bag, and freeze.

## 2. Drying

Dehydrated vegetables can last for a long time at room temperature if they are stored in sealed containers and kept in a dark, cool area. You can use them in cooking, or to make sauces and dips. Do not worry, dried veggies will rehydrate in water, so you can also use them in soups! Or you can simply snack on them: Use your dried cranberries, raisins and dried apricots in a trail mix, or make some tasty cinnamon apple chips!

Drying herbs from your garden is an excellent way to use them year-round! Air-drying herbs can take about two weeks, and this involves placing the herbs upside down in

Continued on page 9

# Children's Rights

BY MARIE DAVID, COMMUNICATIONS

**N**ATIONAL CHILD DAY IS CELEBRATED EVERY November 20 of each year and has been since 1993. The day was picked to commemorate the United Nations adoption of the two documents centered around the rights of the child: the United Nations Declaration of the Rights of the Child (UNDRC) on November 20, 1959, sometimes referred to as the Geneva Declaration of the Rights of the Child, and the United Nations Convention on the Rights of the Child (UNCRC) on November 20, 1989. Canada ratified the two documents in 1991.

Canada has its own human rights law in the Canadian Human Rights Act (CHRA) and Quebec has the Quebec Charter of Rights and Freedoms (QCRF).

But what are the rights of the child? How are they different from human rights? And what, if anything, does this mean for Indigenous children? We'll delve a little deeper to find out. This is not meant to be a deep dive; however, you will find links so you can do your own research on the subject.

Without going into too much detail, under the UNCRC, the rights of the child include civil, political, educational, health and cultural protections. Thus, the rights of the child aren't so different than human rights...with a few exceptions. Children are vulnerable. They rely on adults to nurture and protect them, to educate and groom them into being responsible and caring human beings. But sometimes that's not possible. Either the situation evolves to where the parent or guardian is unable to provide for the child or sometimes, in some of the worst-case scenarios, the child may find themselves in situations where they are exploited sexually, economically, or for their labour. In other situations, children have been forced to become child soldiers.

Some of the rights of the child under the Convention

- ensures that State Parties ensure and respect the Convention to each child within their jurisdiction without discrimination of any kind (Article 1),

- ensures that actions by public and private social welfare bodies, administrative authorities or legislative bodies, and courts of law act in the best interests of the child (Article 3),
- ensures the right to preserve the child's identity, including nationality (Article 8),
- ensures that an Indigenous child has the right to enjoy his or her own culture, practice their own religion, or to use their own language (Article 30)

(Conventions on the Rights of the Child. United Nations, 1989).

International human rights law informs the Canadian Human Rights Act and it was through this lens that the Canadian government was taken to court over its interpretation of the law with respect to Indigenous children.

In February of 2007, the First Nations Child and Family Caring Society and the Assembly of First Nations filed a human rights complaint against the Canadian government. The complaint alleged that the government for years underfunded child and family services for Indigenous children and failed to meet their obligations under the UNCRC. The government was found to be applying a narrow definition of Jordan's Principle (a child-first policy to ensure Indigenous children receive the services they need while jurisdictional questions over funding can be settled later).

In January 2016, the Canadian Human Rights Tribunal (Tribunal) made a landmark ruling against Canada ordering it to immediately stop applying a limited and discriminatory definition of Jordan's Principle (Jordan's Principle. First Nations Child and Family Caring Society). The Tribunal found that Canada was failing to meet its obligations under Section 5 of the Canadian Human Rights Act and was discriminating against Indigenous children based on their race and ethnic origin.

We've seen the United Nations Declaration on the Rights of Indigenous Peoples (UNDIP), include several sections that refer specifically to children's rights (Articles 7, 13,





14, 17, 21, 22, and 23). And more recently, the Canadian government introduced Bill C-92: An Act Respecting First Nations, Inuit, and Metis Children, Youth, and Families which received Royal Assent on June 21, 2019. The Bill, among other things, affirms Indigenous jurisdiction over child and family services.

More recently (September 6, 2019), the Tribunal ruled the Canadian government must compensate Indigenous children who denied equal access to services or were discriminated against in the application of the child welfare system under Section 5 of the CHRA. The Tribunal ordered the government to pay each child \$40,000 in compensation (the maximum allowed under the CHRA) The ruling covers all Indigenous children placed in the child welfare system dating back to January 1, 2006 up to a date yet to be determined by the Tribunal.

The ruling means that each child who had been made “wards of the state for reasons other than physical, sexual, or psychological abuse could receive compensation (along with their parents).” (“Wilfully and recklessly”: Human rights tribunal awards compensation for First Nation children in care. APTN News. 6 Sept. 2019).

The federal government has 30 days from the judgement date to appeal the order.

In general, human rights declarations, acts, and covenants are domestic and international standards that are intended to be applied to everyone. So when those standards aren’t met, separate and specific standards must be held up for those that tend to be marginalized, like Indigenous peoples and children. It’s good to know that when those standards aren’t upheld, there are mechanisms in place to help ensure compliance. But it can be an expensive and exhaustive process for individuals and non-governmental organizations to take on, which often works in the government’s favour. But as we’ve seen with the recent Tribunal decisions it can, in the end, be worthwhile and the only option available.

Note: What's the difference between a Declaration and a Convention? According the United Nations Human Rights Office of the High Commissioner, there is no legal difference between a treaty, a covenant, or a convention which are binding agreements between states. A declaration is not legally binding but is a state’s declaration of its aspirational intentions. The 1948 Universal Declaration of Human Rights is an aspirational document; however, over the years, many countries have incorporated aspects of it into customary law such as the CHRA in Canada.

#### Sources:

“Jordan's Principle.” *First Nations Child and Family Caring Society*.

“‘Wilfully and Recklessly’: Human Rights Tribunal Awards Compensation for First Nation Children in Care.” *APTN News*, 6 Sept. 2019.

“Glossary of Technical Terms.” *Office of the High Commissioner for Human Rights*.

#### Links

[United Nations Declaration on the Rights of Indigenous Peoples](#)

[United Nations Convention on the Rights of the Child](#)

[Canadian Human Rights Act](#)

[Québec Charter of Rights and Freedoms](#)

[Jordan's Principle](#)

[Canadian Human Rights Tribunal](#)

[Bill C-92: An Act Respecting First Nations, Inuit, and Metis Children, Youth, and Families](#)



# Taking Care of You

BY JOANNA JACOBS,  
DAVID MARTEL, & DEENA SKY

Our mental health is just as important as our physical health and well-being. Just as our bodies can ache and hurt, so do our minds and hearts. Psychological suffering can take many forms, ranging from feelings of fear, anxiety, shame, guilt, and depression to chronic difficulties in our sense of self, interactions with others and even our grasp on reality.

Sometimes, the word *illness* will be used to describe the particular nature and way in which we are suffering and the word carries negative connotations: in some cases, people feel ashamed and put blame on themselves for having this sort of condition. Sadly, psychological difficulties are often stigmatized and those who experience them and share that part of their life can be criticized, ridiculed and perceived as weak or incapable. It's a sad thing indeed since we can all suffer from mental health issues at some point, and because these painful moments in our lives can be opportunities for discovery, learning, and growth for ourselves, others and the world we live in.

When it comes to our mental health, our healing is not about *fixing* ourselves. It is about finding, understanding, and loving ourselves enough to be able to overcome the obstacles

that we are facing. This can be better achieved in a safe space, i.e. in a relationship with a trustworthy person with which we can feel comfortable and understood when we share our experiences and story. Oftentimes, we need someone to recognize and get and validate our thoughts and feelings before we can properly process them and grasp their meaning. Support counsellors and psychotherapists are trained workers that can offer the safe space and time that allows for psychological issues to be worked through.

If you do suffer from psychological and emotional difficulties, please know that you are not alone. More and more people from the community are seeking help to address their mental and emotional wellness. Just last year, 310 community members received help through KSCS' Psychological Services. End the stigma and discuss your mental health.

To request services through KSCS on weekdays and during daytime hours (8:30 A.M.–4:30 P.M.), call 450-632-6880 and ask for the Intake worker. To reach KSCS after hours, on weekends and holidays, call the Kahnawà:ke Peacekeepers at 450-632-6505 and ask for the On Call/After Hours Response worker.



## Weekend Warrior Update



*Kahnawà:ke CrossFit photo by Marie David*

Continued from page 4

give the coach a chance to understand and modify the movements if any of the participants requires some modifications, due to injury, range of motion or strength). The workout will usually last from 15–30 minutes; this is just the right amount of time to stimulate the body to change.

The Weekend Warrior class duration is 2 hours (9:00 A.M. – 11:00 A.M.), this does not mean the workout is two hours long. You will actually get more out of your time because of the briefing, warm up, workout and cooldown. This is what you can expect every Sunday at Kahnawà:ke CrossFit.

To give opportunity in bettering the well-being and confidence of my community members is something I feel very passionate about for, I believe with a strong foundation of self-confidence; it is less fearful to embark on any goals you may have in your life.

The progress of the Weekend Warrior class is slowly building. Each weekend, we are seeing new faces and getting great feedback from many of the participants.

Looking to the future, I wish to see the attendance of the classes increase. The ultimate goal is to have 15–20 participants each week. Also, I would like to have special events or guests come in to speak and teach about fitness related subjects during the two hours. This would add variety and benefit the community in a different way.

## Three Ways to Preserve Your Harvest

Continued from page 5

a paper bag and hanging them in a warm, airy room. You will know the herbs have dried enough when they easily crumble. Herbs can also be dried in the oven for a few hours, but their flavour may not be as good.

### 3. Canning

Canning fresh food is the trickiest to do at home. It needs special equipment to reduce the risk of contaminating the food with bacteria. The equipment includes a water canner and glass jars with caps and removable screws. If all steps are properly followed to preserve the foods in sterilized jars, then the canned foods can last in your pantry for up to one year. The jars and caps need to be boiled before adding in any foods to kill the bacteria. Once the foods are placed in the jars, the jars need to be boiled again for 5 minutes. This step will let the lids dip down and seal the jar. Check the lids regularly; if not well sealed, the canned foods should be kept in your refrigerator for about two weeks.

These three methods will help you use nutritious foods from your garden until next the harvest! There are endless possibilities to what you can do with foods that have been frozen, dried or canned. Have fun cooking!

### Want to Know More?

Visit [The Spruce Eats](#) website for more information on how to freeze different fruits and vegetables. The article “Vegetable Freezing Guide” is a good start!

Their website has all the details on how to dry your fresh herbs. Check out the article “How to dry and store herbs”.

Want to start canning at home? The [Bernardin website](#) has a handy step-by-step guide for home canning. Don't forget to check out their canning recipes!



# Kahnawà:ke's Cancer Support Group

BY CANDIDA RICE,, RN, BSCN, KMHC

**T**HE CANCER SUPPORT GROUP of Kahnawà:ke has been in existence since February 1991. It was the first on-reserve group of its kind in North America. Twenty-eight years ago, a group of men and women came together — not by choice — but because of cancer. They realized the benefits of being with each other as they were all people with cancer.

Even though a lot of people receive support from friends and family, the number one reason they join a support group is to be with others who have similar cancer experiences.

A support group provides an opportunity for people to share personal experiences and feelings, coping strategies, or first-hand information about diseases or treatments.

Benefits of participating in support groups may include:

- Feeling less lonely, isolated or judged.
- Gaining a sense of empowerment and control.
- Improving your coping skills and sense of adjustment.
- Talking openly and honestly about your feelings.
- Reducing distress, depression, anxiety or fatigue.

Hearing the news you or a loved one has cancer can stir a range of emotional responses. While some people feel shock, disbelief and anger, others may experience sadness, fear and a sense of loss.

Cancer support groups are designed to help people cope with all aspects of cancer diagnosis by providing a safe environment to share experiences and learn from others who are facing similar obstacles. Explore how joining a cancer support group could have powerful benefits on the success of treatment and recovery.

The Cancer Support Group of Kahnawà:ke meetings are open to Kahnawakehró:non with cancer, their families, supporters and anyone wanting to learn what the group is about.

The group meets every first Tuesday of the month; however, with the Kateri Memorial Hospital Centre under construction, we have been meeting at Kahnawake Shakotii'a'takehnhas Community Services (2<sup>nd</sup> floor above the Kahnawake Caisse Populaire).

All Kahnawakehró:non are welcome to join us

For more information on the Cancer Support Group of Kahnawà:ke contact: Brenda Dearhouse Fragnito 450-699-8202 or Josie McGregor 450-632-7202 or Carol Boyer Jacobs 514-232-1282.



For more information on the cancer prevention awareness, education, resources or support contact: Candida Katsitsaionne Rice, Kateri Memorial Hospital Centre 450-638-3930 ext. 2324.

---

*Candida Rice is a community health nurse with the Kateri Memorial Hospital Centre*

# AMI Québec Calendar

## Calendar August-December 2019

**amiquébec**  
 Agir contre la maladie mentale  
 Action on mental illness

**Workshops** Register now: [amiquebec.org/workshops](http://amiquebec.org/workshops)

For family and friends only:		For family, friends, and people living with mental illness:	
One Time Workshops	Workshop Series	One Time Workshops	
At AMI; 6-8 pm	At AMI; must attend all days	At AMI	
<b>Boundaries &amp; Setting Limits</b> September 17	<b>Meditation for Resilience</b> Starts October 10 Runs for 6 weeks on Thursdays, 10-11 am	<b>BPD: A Family Affair</b> November 3, 10 am-12:30 pm	
<b>Creative Expression</b> September 19	<b>Communication</b> October 15 + October 22, 6-8 pm	<b>Types of Mental Illness</b> November 28, 6-8 pm	
<b>Intro to BPD</b> September 24	<b>BPD Validation</b> October 17 + October 24, 6-8:30 pm	<b>Hot Topics (Online Q&amp;A)</b>	
<b>Coping Skills</b> November 19	<b>Caregivers Group</b> Starts October 21 Runs for 8 weeks on Mondays, 6-7:30 pm	Live, online: 7-9 pm. Visit <a href="http://amiquebec.org/hot-topics">amiquebec.org/hot-topics</a>	
<b>Crisis Intervention for Caregivers</b> November 21		<b>Effective Communication with Healthcare Professionals</b> September 5	
<b>Acceptance &amp; Letting Go</b> December 12		<b>Schizophrenia</b> October 24	

Subject to change; other workshops may be added. Check [amiquebec.org](http://amiquebec.org) for updated information. **All our programs are free!**

## Support Groups

Mondays, 6:30-8:00 pm 4333 Côte Ste Catherine Rd. unless otherwise indicated.  
 Registration not required. For information: [amiquebec.org/support](http://amiquebec.org/support)

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

ANXIETY	BIPOLAR DISORDER	DEPRESSION	HOARDING	OBSESSIVE COMPULSIVE DISORDER (OCD)
August 12	August 26	August 26	August 26	August 12
September 9	September 16	September 16	September 23	September 9
October 7	October 21	October 21	October 28	October 7
November 4	November 18	November 18	November 25	November 4
December 2	December 9	December 9	December 16	December 2

### For family & friends only—any diagnosis welcome:

FAMILY AND FRIENDS	BPD FOR FAMILIES
August 12, 26	August 12
September 9, 16, 23	September 9
October 7, 21, 28	October 7
November 4, 18, 25	November 4
December 2, 9, 16	December 2

### SOUTH SHORE

**NEW ADDRESS:**  
 ARC, 106 Churchill Blvd, Greenfield Park

Wednesdays, 6:30 pm-8:30 pm

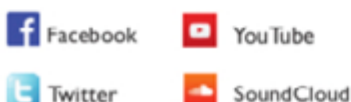
August 21; September 18; October 30  
 November 27; December 18

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

### KALEIDOSCOPE

August 12  
 September 23  
 October 28  
 November 25  
 December 16

Look for **AMIQUEbec** on:



### Special Events

**Low-Beer Memorial Lecture**  
 October 3  
**AMI Rocks! Fundraiser**  
 October 16

**[www.amiquebec.org](http://www.amiquebec.org)**  
**514-486-1448**

**5800 Decarie Blvd.**  
**Montreal, QC H3X 2J5**



## The Back Page....

*"Remember that just because you hit bottom doesn't mean you have to stay there."*

~ Robert Downey Jr., actor

## Let's Talk Kahnawà:ke

BY AMANDA WINSLADE, SUPPORT SERVICES

**T**EWAKARATÓNNION (*LET'S TALK*) IS A WALK-IN COUNSELLING SERVICE offering confidential, single session counselling without commitment to long-term support. Kahnawà'kehró:nnon can meet with a counsellor without an appointment, on a first-come, first-serve basis during the walk-in counselling hours.

The focus of the sessions are determined by each individuals' unique needs. Whether coping with a stressful situation, enquiring about KSCS services, or looking for an understanding and non-judgmental ear, counsellors aim to help Kahnawà'kehró:nnon address what is most important to them.

This initiative grew from KSCS' movement to provide client-centered care by offering services that are adaptable, holistic and meet the needs of the community. The idea for this project transpired as a result of conversations that the Secondary Prevention Team (Rebecca D'Amico, Erin Montour, Candace Snook, Jean O'Connor and myself) had where we recognized that community members may be in need of brief intervention or crisis management and would benefit from one-time counselling. A secondary goal for this initiative was to step outside of the offices of KSCS to increase our visibility and presence within the community.

The initiative was proposed as a 6-month pilot project so that we would be able to see if community members feel this service is helpful to them. At the moment, Tewakaratónnion (Let's Talk) runs on Monday's from 5:00-8:00 P.M. at Tota Ma's Café. The cafe has two private rooms upstairs that we have been using.

The Secondary Prevention Team have been brainstorming ideas about our second location for the remainder of the three months (October-December). The schedule is available on the [Let's Talk Kahnawà:ke Tewakaratónnion Facebook](#) page. We're also using the Facebook page as a platform to share articles that may be helpful to community members.

We hoped that providing walk-in counselling in the evening would open up services to individuals who are unable to meet during regular work hours. And, if the individual would like to receive more follow-up that is entirely okay, the counsellors can write up a request just like the regular intake process.

Depending on the community's response to Tewakaratónnion (Let's Talk), our hope is to continue offering this service after the end of the 6-month pilot project.

### Kenténha/October

Breast Cancer Awareness Month

1-7 Mental Illness Awareness Week

1-7 HPV Prevention Week

10 World Mental Health Day

14 **Thanksgiving (KSCS closed)**

31 Halloween

### Kenténhkó:wa/November

Spirit of Wellness Month

November

Fall Prevention Month

Natl. Domestic Violence Awareness Month

11 **Remembrance Day (KSCS closed)**

14 World Diabetes Day

10 National Child Day

25 Intl. Day for the Elimination of Violence Against Women



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](mailto:kscs@kscskahnawake.ca)