

September 2023

CHOOSE LIFE NEWSLETTER



Nishnawbe
Aski Nation
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Our team acknowledges that NAN communities have varying dialects, languages, and cultural teachings. Teachings vary from First Nation to First Nation and even from one geographic region to another. For more information, please consult with a Traditional Elder, Healer or Medicine Person. With respect to this, our newsletter will do our best to be inclusive to both Ojibwe, Ojicree, and Cree teachings that are shared. Please share any teachings that you are comfortable sharing and it will be included in our newsletter.

Four Roots to Wellness

Love is the seed to the four roots to wellness. It embodies a sense of connection to mother earth and its teachings. Each root has its different meanings, but holisitcally all comes together to balance our mind, body and spirit as one.



Connection and Belonging

A sense of belonging is fundamental to our physical and mental health. The social ties that go with a sense of belonging is a protective factor which helps cope with stress and other behavioral issues. When we feel supported, we feel we are not alone. We become more resilient when we feel supported which helps us cope with difficult times. Coping well when we are in hard times decreases the physical and mental effects of the situations, we may be in.

Sense of Self-Esteem

Sense of self depends on not only recognizing your strengths but also believing in your capabilities to use them to achieve your goals. Having a good handle on your talents and maximizing them in your day-to-day life often means you have a healthy sense of self.

Sense of Identity

A positive self – identity is crucial for healthy development, especially in children. Children develop positive self-identity through open conversations and by experiencing supportive relationships and environments. As parents and guardians, shifting conversations from reactive (the conversations we need to have after something hurtful is said) to proactive (conversations about the joy and pride one feels about their heritage, color, family structure, and beliefs).

Sense of Purpose

A sense of purpose can mean different things to people, everyone is their own unique person. One person's sense may be to find a cure for cancer and someone else may come from a traumatic incident such as losing someone they love from suicide or addiction. For most people, a sense of purpose is a journey, these journey's can change over time and may develop differently as the move different stages of their life.

How do you identify your sense of purpose?

- Start with your values
- Compare your values with your behavior
- Explore ways to live your purpose

DO YOU HAVE A CULTURAL AND/OR LAND BASED COORDINATOR?

The Choose Life Cultural Coordinator is looking to connect with all of the Choose Life Cultural & Land-Based Coordinators. Please scan the QR code with your phone to fill out this form on their behalf or forward the newsletter to them. Or you can email sfugere@nan.ca to request a link to access the form.

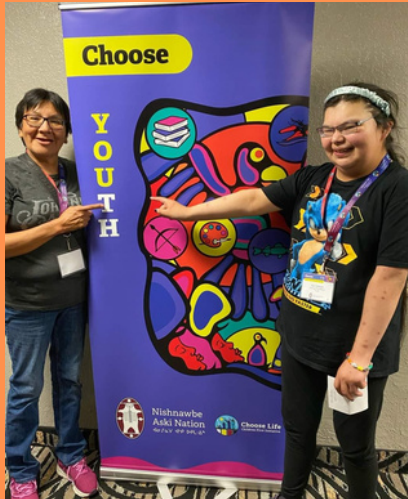


CHOOSE LIFE 2nd ANNUAL AGM

August 29, 30, 31st 2023

Our 2nd Annual General Meeting (AGM) was a huge success! The Choose life team would like to acknowledge all the community coordinators, leaders, elders, women, presenters and youth who came out and made our event so successful. Miigwetch!!

We are so honored to be able to come together with everyone to take part in discussions, share experiences and ideas, best practices and to hear about all the activities that our children and youth are doing and how the programs are helping and supporting them. The work that has been done in communities is incredible and is truly making a difference.



2nd Annual Suicide Awareness Walk

Join us for an Awareness Walk!

In recognition of World Suicide Awareness Day on September 10th, we invite you to join us for an important event on Friday, September 8, 2023.

Date: Friday, September 8, 2023

Time: 11:00 AM

Location: Dennis Franklin Cromarty High School

The event will begin with an opening prayer and remarks before embarking on a meaningful walk to raise awareness for this vital cause.

♥ T-shirts will be distributed prior to the walk to show our unity and support.

Lunch and beverages will be provided following the walk

Let's come together, walk with purpose, and help break the stigma surrounding mental health. Together, we can make a change!

A poster for the Suicide Awareness Walk. At the top left is the Nishnawbe Aski Nation logo, which includes a stylized human figure with a red and white background. To its right is the text 'Nishnawbe Aski Nation' and 'ᑎᑎᑎᑎᑎᑎ ᑎᑎᑎᑎᑎᑎ'. At the top right is the 'Choose Life Children First Initiative' logo, featuring a sun, a person, and a child. The main text in the center reads 'Suicide Awareness Walk' in large, bold, teal letters, followed by 'YOU ARE NOT ALONE' in white, all-caps letters. Below this, the date and time are listed: 'September 8, 2023 - 11:00 a.m.'. At the bottom, the location is given: 'Walk will begin at Dennis Franklin Cromarty High School (315 Edward St. N.)'. A large, stylized teal and purple ribbon is on the left side of the poster.

HUNTING SAFETY TIPS

- Take a hunter's safety course
- Let family members know where you'll be hunting
- Bring a whistle
- Always check equipment and stands, and use safety belts to prevent falls
- Learn some basic first aid before heading into the woods
- Treat every firearm as if it is loaded
- Always control the muzzle
- Be sure of your target
- Wear protective gear
- Don't forget the blaze orange

CHOOSE LIFE NETWORKING CALLS

Please join our team once a month on Microsoft Teams to stay connected with one another!

WHEN: Every 2nd Wednesday of the month

AUGUST 9 | SEPTEMBER 13
OCTOBER 11 | NOVEMBER 8 | DECEMBER 13

TIME: Log in @ 10:45AM EST
Starts @ 11:00AM EST

There will be **attendance prizes!**

SUPPORTS & RESOURCES

NAN Hope

Call 1 844 NAN HOPE (626-4673) | www.nanhope.ca

Hope for Wellness Help Line

Call 1-855-242-3310 | www.hopeforwellness.ca

Talk4Healing

Call 1-855-554-HEAL (4325) | www.talk4healing.com

Kids Help Phone

Call 1-800-668-6868 | Text 686868 | www.kidshelpphone.ca

CMHA Crisis Response

Call Thunder Bay: 807-346-8282

District/Toll-Free: 1-888-269-3100

Northwest Region: 1-866-888-8988

www.thunderbay.cmha.ca

Crisis Services Canada

Call 1-833-456-4566 | Text 45645 | www.crisisservicescanada.ca

REFERENCES

<https://foundrybc.ca/stories/from-cedar-to-sweetgrass-lets-talk-about-wellness>
<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/is-having-a-sense-of-belonging-important>
<https://www.healthline.com/health/sense-of-self#checking-yours>
<https://www.turningpointsschool.org/positive-identity>
<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/purpose-and-mental-health>
<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of->

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NAN Choose Life welcomes new staff and wishes those who have left the Choose Life Team many thanks for their role in Choose Life and well wishes as they journey forward.

CONTACT INFORMATION

Has your team had any recent staff changes? Please let us know so we can update your contact information. Scan the QR code to the right or contact Rauslyn Laviolette, our Choose Life Officer and she will provide you with the link to complete the form.



CULTURAL DATABASE

Do you know of anyone interested in sharing their cultural or land-based teachings, skills, and/or gifts with Choose Life? Please fill out the Cultural Helper Form or request the form and we can provide it as a PDF fillable form. The form is also available at: Choose Life - Nishnawbe Aski Nation (nan.ca). You can also scan our QR code. If you have any questions regarding the Cultural Helper Database or would like a additional information forwarded to you, please contact Shelley Fugere.



SHARE YOUR KNOWLEDGE

This can be teachings, resources, community photos, activities and/or events being held in your community. Why? Because your contributions can inspire other Choose Life programs and support even more youth. You can also nominate someone in our Honorable Mentions section. You can do this by scanning the QR code or email us for links.

