

MINO-BIMAADIZIWIN

“A Healthy Way of Life”

Monthly Aboriginal Program Newsletter

Waatebagaa-Giizis / September 2018

Introducing Members of Our Indigenous Team at Carea Community Health Centre



Jennifer Bouma, Health Promoter

Jennifer is a Métis woman from Penetanguishene, near the waters of Georgian Bay.

Jennifer has been part of the Indigenous team and works as a Health Promoter. Jennifer lives by the Seven Grandfather Teachings and believes that all people come with unique gifts. Jennifer encourages people to honour their Spirit and strive to use the gifts that the Creator has given them.

Contact Info: 905-723-0036 ext 1222 or jbouma@careachc.ca



Mary George, Project Coordinator

Mary is an Algonquin Anishnawbe Kwe from Pikwakanagan First Nation who has made Oshawa her home for the last 18 years with her husband and daughter.

Mary has worked diligently within the Indigenous Community of Durham Region for the past 8 years. She is currently the Project Coordinator with Carea Community Health Centre and the President of Bawaajigewin Aboriginal Community Circle.

Contact Info: (905) 723-0036 ext 1270 or mgeorge@careachc.ca



Care. Compassion. Community.

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Join us and hundreds of others across Canada and wear an orange shirt on **Sunday, September 30, 2018** to honour the children who survived the Indian Residential Schools and remember those that didn't.

Every Child Matters. We will wear orange shirts in recognition of the harm the residential school system did to children's sense of self-esteem and well-being, and as an affirmation of our commitment to ensure that everyone around us matters.

We will be recognizing Orange Shirt Day on September 29, 2018 at our Big Drum Social at Purple Woods Conservation Area from 1:00pm to 4:00pm.

Purple Woods Conservation Area is located at 30 Coates Road East Oshawa, ON



September / October Indigenous Program Schedule

September 12: Family Night Welcome Back BBQ from 5:00pm to 7:00pm

September 13: Aboriginal Youth Advisory Circle from 5:00pm to 7:00pm

September 25: Community Beading Circle from 6:00pm to 8:00pm

September 26: Family Night 5:00pm to 7:00pm

- *Corn Moon & Orange Shirt Day*
- Family Dinner from 5:00pm to 6:00pm
- Children's Program from 6:00pm to 7:00pm
- Youth For Change from 6:00pm to 7:00pm
- Okichitaw from 7:00 to 8:00pm

September 27: Aboriginal Youth Advisory Circle from 5:00pm to 7:00pm

September 29: Okichitaw from 11:00am to 12:00pm

September 29: Big Drum Social @ Purple Woods from 1:00pm to 4:00pm

October 2: Aboriginal Talking Circle: Aim to Quit from 1:00pm to 2:30pm

October 6: Okichitaw from 11:00am to 12:00pm

October 9: Aboriginal Talking Circle: Aim to Quit from 1:00pm to 2:30pm

October 10: Medicine Wheel Teachings with Cecil Isaac 1:00pm to 2:30pm
Family Night 5:00pm to 7:00pm

- Family Dinner from 5:00pm to 6:00pm
- *Visiting Elder Cecil Isaac* from 6:00pm to 7:00pm
 - The Value of 7 to the Anishinabe
- Drum Awakening / Feasting from 7:00pm to 8:00pm
- Okichitaw from 7:00 to 8:00pm

October 11: Aboriginal Youth Advisory Circle from 5:00pm to 7:00pm

October 13: Okichitaw from 11:00am to 12:00pm

October 16: Aboriginal Talking Circle: Aim to Quit from 1:00pm to 2:30pm

October 17: Indigenous Women's Hand Drumming with Kathy MacLeod-Beaver
from 6:00pm to 8:00pm

October 20: Okichitaw from 11:00am to 12:00pm

October 23: Aboriginal Talking Circle: Aim to Quit from 1:00pm to 2:30pm

October 24: Family Night 5:00pm to 7:00pm

- *Halloween / Feast for the Dead*
- Family Dinner from 5:00pm to 6:00pm
- Okichitaw from 7:00 to 8:00pm

October 25: Aboriginal Youth Advisory Circle from 5:00pm to 7:00pm

October 27: Okichitaw from 11:00am to 12:00pm

October 30: Aboriginal Talking Circle: Aim to Quit from 1:00pm to 2:30pm

October 30: Community Beading Circle from 6:00pm to 8:00pm

*For more information on Indigenous Programming please contact
Jennifer Bouma at (905) 723-0036 ext 1222 or
Mary George at (905) 723-0036 ext 1270*

Visiting Elder October 10th

Elder Cecil Isaac Jr.

from Bkejwanong Territory, also
known as Walpole Island First
Nation



Cecil Isaac Jr. was born in Chatham Ontario and raised on Bkejwanong Territory-Walpole Island, Ontario and for a short time lived in Detroit, Michigan. Cecil completed his Bachelors of Social Work in the Indigenous Field of Study at Carleton University. His educational background is diverse with many diplomas and certification focused on human development.

Cecil comes from a long line of grandparents who lived in rich cultural teachings and also survivors of the residential school era. He has been instrumental in revitalizing ceremonies within his family and community.

Bkejwanong Unceded Territory is a Three Fires Community in Southwestern Ontario. Cecil was a dedicated employee with the First Nation. He believes in volunteerism, traditional knowledge sharing, cultural advocacy, entertainment and leadership in and around the First Nations Communities of Ontario. In his current stage of his life he has been placed in the role of Elder and educator.