Community Resource Book

Waskaganish

Programs & Resources
2021-2022

About this publication

In efforts to contribute to the improvement of quality of life, this directory of local services is to support social wellness, health, education and the overall well-being of our community. The community resource book is a directory of resources and programs collected to raise awareness of positive resources and activities available through our local entities and organizations in our beautiful community of Waskaganish.

Children, youth, parents, caregivers and families benefit from the available resources and activities. We invite your organization to be a part of this community directory of programs by providing your available programming and/or services targeting families, special needs, youth, children & caregivers. A form is available at the back of this booklet.

Created by the Community Organizer; please provide updates on programming or new services to:

Sasha Weistche, Community Organizer
Cree Board of Health and Social Services of James Bay
Email: sasha.weistche@ssss.gouv.qc.ca
Tel: 819-895-8833/8383 ext:25306 Fax: 819-895-8047

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1: EMERGENCY DIRECTORY

Local Emergency

INFO-SANTÉ *For all non-urgent health/medical issue(s) -24 hours day/7 days a week* 811
MEDICAL EMERGENCY 819-895-8833
POLICE 819-895-8961
FIRE 819-895-9000
YOUTH PROTECTION 819-895-8662
AMBULANCE 819-895-2053
PUBLIC SAFETY 819-895-8720 ext: 223 After Hours 819-895-4053

Eeyou Istchee Emergency & Helplines

Cree Youth in Crisis Hotline 800-409-6884

Robin's Nest Women's Shelter 855-753-2094

Youth Protection Regional 800-409-6884

Cree Non-Insured Health Benefits Department 819-855-2860

Eeyou Istchee COVID-19 Info Line 866-855-2811
Call or Facebook Messaging via Inbox leave your name & number 9 am-6 pm

Emergency Measures 418-770-4678
Pre-Hospital Services involves all steps of medical emergency interventions and includes multiple partners such as police, firefighters and ambulance services. Responsible: Ryan Erless

Wiichihiiwaauwin (Mental Health) Helpline 24/7 833-632-4357
If you are feeling anxious or depressed, or just need someone to talk to, call the 24 hour Wiichihiiwaauwin Helpline. Cree speakers and elders are available upon request.

Office of the Commissioner of Complaints CBHSSJB 866-923-2624
If you would like to report the mistreatment of a vulnerable adult, including an elder, who receives health or social services through the Cree Health Board, either in one of its facilities or through in-home services. E-mail: R18.complaints@ssss.gouv.qc.ca

Resources from outside Eeyou Istchee

Drugs, Help & Referrals www.drogue-aidreference.qc.ca	800-265-2626 514-527-2626
Elder Mistreatment Helpline	888-489-2287
Gambling Help www.info-reference.qc.ca	800-461-0140 514-527-0140
Gay Helpline	888-505-1010
Hope for Wellness Helpline *Sad, distressed and in need of support 24/7 Counselling*	855-242-3310
Kids Help Line 24 Hour (Text 686868) www.kidshelpphone.ca	800-668-6868
Parent Help Line www.parenthelpline.ca	800-360-5085
Rebirth-Anxiety/Panic Attack/Depression *Post-Traumatic Stress Mon-Fri 9 am to 9 pm*	866-738-4873
Residential School Survivor	855-242-3310
S.O.S Conjugal Violence www.sosviolenceconjegale.ca	800-363-9010 514-873-9010
Suicide Action Montreal	866-277-3553
Text Messaging www.teljeunes.com	514-600-1002
Youth Help Line 24/7	800-263-2266

2: FOOD SECURITY & PROGRAMS

Programs Food Related

This section provides you with programs available that offer access to nutritious, traditional food as well as food related teachings & workshops.

Access to Traditional Food, Cree Trapper's Association 819-895-2030

Offered in Fall & Spring Available for the elderly, low-income families, single and people in need. Contact special project coordinator at the CTA.

Breakfast Club Program School(s) 819-895-8819

Ecole Wiinibekuu School

Annie Whiskeychan Memorial School

As of October 2020, both schools provide a nutritious menu of breakfast choices consistent with Canada's Food Guide and nutrition policies for their students.

Baby Food Making 819-895-8833

Baby food workshops are occasionally available to parents who want to learn how to introduce solid foods to their babies. These workshops are in group settings or individual sessions. Please contact the CMC, Community Miyupimatsiiun Center nutritionist or your PCCR, Primary Care Community Representative for more details.

Christmas Food Basket Program(s)

Health & Social Department WFN 819-895-8650

Wellness Society 819-895-2203/2204

Cree Gospel Fellowship 819-895-2020

Cree Pentecostal Church 819-895-8837

Programs Food Related

Christmas Food Basket Program(s) Cont.

During the month of December before Christmas, the community provides food baskets delivered to low income families. Please contact the Wellness Society to find out how you can contribute or get involved.

Cooking Workshops 819-895-8833

A few times a year, cooking workshops are offered to all those who are interested in learning how to eat better and cook healthy. You can contact the CMC, Community Miyupimatsiiun Center nutritionist for more details.

Elder's Lunch Program 819-895-2250

Lunch program is available starting in December and runs throughout the winter. Please contact the Cultural Department for details.

Emergency Food Assistance 819-895-8833

Some programs are available throughout the year to provide emergency food aid to individuals and families who are struggling financially. You can contact the CMC, Community Miyupimatsiiun Center nutritionist for more details.

Fall Fishery Program 819-895-8650

Smoked fish is available through this annual Siibii Development Corp. program available in September through October. Please contact Siibii Development for details and additional information.

Programs Food Related

Food Insecurity Program for Hunters & Trappers 819-895-2030

Available at the CTA for hunters and trappers who are in need. You can contact the Local Administrator at the Cree Trappers Association.

Food Sales 819-895-2203/2204

Wellness Society food sales at discounted prices are offered at various times throughout the year. Please contact the wellness for information.

Grocery Discount Program 819-895-8650

Available through the band under the Social and Health Department please contact the Health and Social Program Coordinator.

Helping Hands Pantry (Limited Items) ..... TEXT: 819-895-4227

Non-perishable food items, clothing, kitchenware, etc. are available but limited and is located at the mini-mall. The supplies vary and the store accepts donations, please text the number.

Holiday Food Access Program 819-895-8650

Aids low income/no income and those affected by COVID-19 in purchasing essential food items. Available through the band under the Social and Health Department.

Programs Food Related

Miyuu-Ashimisuuh Program 819-895-8833

Encourages healthy eating during pregnancy. Pregnant women have access to four (4) pre-selected nutritious food items on a weekly basis with the miyuu-ashimisuuh coupon. For information, please see: Awash nurse, PCCR, Primary Care Community Representative, Nutritionist or Community Worker.

Multi-Service Day Center 819-895-2300

A safe and welcoming place that provides a meal where community members can stay active, spend time with friends, and pursue traditional activities. Includes individuals with loss of autonomy, physical, intellectual and mentally challenged.

Traditional Food Sales 819-895-2030

Offers traditional food sales for the community members. You can contact the Local Administrator for availability at the local CTA.

3: HEALTH & WELLNESS

CMC, Community Miyupimatsiiun Center (Clinic)

MISSION/VISION STATEMENT:
INDIVIDUALS, FAMILIES AND COMMUNITIES STRIVE TO ACHIEVE MIYUPIMAATISIIUN REFLECTIVE OF NISHIIYUU

2 Tahktâchun Meskanu ● P.O. Box 390 ● Waskaganish, Qc.● J0M 1R0

CMC, Community Miyupimatsiiun Center (Clinic) 819-895-8833
Web ..... www.creehealth.org
Fax 819-895-8871/8047

MSDC, Multi Service Day Center 819-895-2300
Fax 819-895-2305

Robin's Nest (Women's Shelter) 855-753-2094

CMC Services & Programs

Awash Services (0-9) -The AMA (Â Mashkûpimâtsît Awash) program targets pregnant women, families and young child(ren) through health clinical services, breastfeeding, nutrition, immunization, dental health, infectious disease control and genetic disease screening and education.

- Individual follow-ups
- Immunization Program
- Pre and Postnatal Program
- Postpartum Home Visits (24-48 HRS)
- Well Baby Clinic
- Awash Nutrition Program
- Dental Health Program
- Counseling in Life Style
- (CLE-CE) Cree Leukoencephalopathy and Cree Encephalitis screening

Baby Food Making Program -Classes and instructional videos available on Waskaganish Clinic - Live Healthy in Waskaganish Facebook page. For more information, please contact the Awash PCCR, Primary Care Community Representative or Nutritionist.

Breastfeeding Program -Breastfeeding counseling and resources to encourage and prepare future mothers to breastfeed. Personalized support to help you start and continue breastfeeding, provided by health care workers during appointments at the clinic or at home. Please contact the clinic Awash PCCR, Primary Care Community Representative for information.

Chishaauyiyuu Services (30+) -Services for Chishaayiiyuu improve the health and well-being of adults over the age of thirty (30+) by offering appropriate services at Current Services at your CMC, Community Miyupimatsiiun Center and the MSDC, Multi-Service Day Center.

-www.creehealth.org

CMC Services & Programs

Dental Health Program -The Dental and Oral Health Program offers many prevention activities collaborates with other Cree Health board programs, schools and daycares to provide education, including:

- A sealant program for children (school and daycare), which provides a resin coating sealant on their back teeth (their permanent molars) to help prevent decay.
- Preventive check-ups and fluoride varnish application
- Sessions promoting oral hygiene (tooth-brushing and flossing)
- Public education initiatives to promote oral health and dental care.

Educational Program -Home and Community Care Program. Home care is a set of services to help you or your loved one live safely and comfortably at home. Hygienist Services- Cleaning recommended every six months to ensure a healthy smile.

MCHP, Maternal & Child Health Program -The program serves women throughout their pregnancy and beyond, offering pre- and post-natal follow-ups, access to medical care, advice on nutrition and weight, and support for breastfeeding. It also provides well-baby check-ups and vaccination.
Mental Health Services- Mental health services are for people who are struggling with different forms of mental distress:

- feeling stressed, afraid, overwhelmed, sad or anxious;
- having difficulties in relationships or family situations;
- struggling with identity, grief, addiction, or transitions in life;
- dealing with past trauma or worried about the future;
- living with mental illness.

NNADAP, National Native Alcohol and Drug Abuse Program -Prevention, intervention and aftercare services and activities that aim to reduce or prevent alcohol and drug addiction. The NNADAP worker Provides help

-www.creehealth.org

CMC Services & Programs

NNADAP, National Native Alcohol and Drug Abuse Program *(cont.)* to individuals and families that may be struggling with substance use by establishing and running education, awareness and prevention initiatives and also collaborates with regional and local partners to reduce substance abuse and dependencies, and contribute to the well-being of individuals, families, and communities.

CMC Pharmacy -Located at the CMC, Community Miyupimatsiiun Center they also provide pharmacists who explain and provide clarification in relation to the medication prescribed and can answer any of your questions.

Uschiniichisuu (Youth) Services (10-29) -Uschiniichisuu services improve the health and well-being of youth by providing services in communities, clinics and schools, and by addressing developmental needs in the transition to adulthood.

Youth Protection- Aims to ensure the safety of all children under 18 years of age throughout Eeyou Istchee.

Healthy School Collaborative -Working together to support and assist students in healthy lifestyles through awareness, education, emotional, medical support and a dental program.

- Autism
- Dental, Immunization, Lice, Violence Prevention, Hand Washing, and Sexual Health (Chii Kayeh) Programs
- Diabetes Month
- Healthy Relationships/Breaking Violence
- Hooked on School
- Lateral Kindness
- Love, Anxiety & Stress, Occupational Therapist
- Nutrition Month
- School Nurse/CHR (Cree Health Representative) Program
- Smoking Awareness

-www.creehealth.org

CMC Services & Programs

Nishiiyuu Miyupimaatisiiun Department -The Nishiiyuu Miyupimaatisiiun department works to ensure that Cree knowledge and values are reflected in Cree Board of Health and Social Services of James Bay services. Niishiyuu Refers to the traditional ways of the Eeyou and Eenou people.

Nishiiyuu is working to implement three integral parts of the Nishiiyuu: Waapimausuwin and Utinausuwin, Land-Based Healing and Traditional Medicine. For more information on this regional department, please visit creehealth.org

Information on programs/departments provided by and available on:
www.creehealth.org

Waskaganish Wiichihiiwewin Center

MISSION STATEMENT:
COMMITTED TO EFFECTIVE SERVICE AND SUPPORT FOR HEALTH & WELL-BEING

18 Nottaway ● P.O. Box 346 ● Waskaganish, Qc.● J0M 1R0

WWC, Waskaganish Wiichihiiwewin Center 819-895-2276/2284
Email ..... dwcheechoo@wiichihiiwewincounseling.com
Contact ..... Dave Cheechoo, Director

Waskaganish Wiichihiiwewin Center Services & Programs

Activity/Program Calendar (Monthly) -All events and programming are available on WWC monthly Calendar posted on social media Facebook page: Wiichihiiwewin center. Please contact Dave Cheechoo for their distribution list for monthly calendar of events via email.

Waskaganish Wiichihiiwewin Center Services & Programs

Anger Management Support Program -How to deal with and manage anger.

Anxiety Support Program -Anxiety workshops available throughout the year.

Art Expressions for Youth -Art Therapy for youth to open up and express themselves.

Counselling Sessions -This service is available to all ages. If you have any specifications on your preferences ex: male or female counsellor please do not hesitate to contact Wiichihiiwewin.

COVID Strong Program -The mission is to provide effective services by connecting the members of the Cree Nation of Waskaganish to inspiring, motivational and healing programming. In partnership with the Cree Nation of Waskaganish.

Cree Youth Program -Helping youth who are struggling with depression. Helping them shift their mindset from negative to positive, find their purpose, and see that their struggles are opportunities for growth.

Family Support Program -Building healthy relationships between couples. A healthy couple is the foundation to a healthy home.

Girls Program -The anticipated outcome is to instill victory despite the obstacles and challenges each girl face in their lives. Learning and growing to become mature.

Waskaganish Wiichihiiwewin Center Services & Programs

Grief Support Program -Supporting people who lost a loved one. Offering workshops on educating the different stages and ways of coping with grief.

Healthy Living & Eating Program -Budgeting and spending only on the items that you need. Nutrition and meal planning in partnership with grocery store. Targeting low-income families.

Hockey Camp of Hope -Using the platform of hockey to build relationships with youth and to teach them that there is more to life. Tools and skills to overcome life's difficulties.

Niwiichiihiisuun Program -Active living program that provides guided and group workout sessions based on your level throughout the week.

Overcomer AA Program -Offers workshops and sharing circles to help those overcome alcohol and drug abuse.

Prevention Program -Geared toward people who struggle with relapse. Giving tools on how to prevent, but also letting people know that relapse is a part of healing process.

Wilderness Camp -Taking youth out onto the land and away from distractions. Using the wilderness as a platform to teach life skills and promote healthy living.

Women's Support Program -Geared toward women who face challenges in life.

Women's Overcomer AA Program -Offers workshops and sharing circles to help those overcome alcohol and drug abuse for women.

Waskaganish Wellness Society

47 Waskaganish St. ● P.O. Box 419 ● Waskaganish, Qc.● J0M 1R0

Wellness Society 819-895-2203/2204
Fax 819-895-2888
Email wellnesssociety@hotmail.com
Contact Nina Diamond, Executive Director

Wellness Center Programs

Brighter Futures Program -The program consists of five components -mental health, child development, parenting, healthy babies and injury prevention. First Nations and Inuit communities have the flexibility to determine which program component(s) to provide community-based programs, services and/or activities in Mental Health, Child Development, Parenting, Healthy Babies and Injury Prevention.

Waskaganish Wellness Society Services & Programs

Counselling Services/Mental Health Support -Counsellors and support services.

Food Bank -Providing food baskets to low income families at Christmas time.

Mobile Treatment Program (Adult) -Three (3) week treatment program for addictions, violence, sexual abuse. Workshops on anger management and parenting skills. Summer program available to twenty-four (24) participants.

Mobile Treatment Program (Youth) -Three (3) week treatment program for youth who are high risk and struggling with addictions. Every summer open to fifteen (15) participants.

Traditional Mobile Treatment Program -Four (4)-week treatment program initiates positive methods to promote wellness for all adults in a holistic manner; spiritual, mental physical and emotional. We welcome and assist adults eighteen and over (18+) regardless of gender, religious denomination and problem an individual may be carrying.

Truck Load Sales -Selling truckloads of supplies and or groceries at a low price. Geared toward people with low income.

Self-Care for Women -Providing self-care products and services such as massage and kits.

Social & Health Development, Waskaganish First Nation

70 Waskaganish St. ● P.O. Box 60 ● Waskaganish, Qc.● J0M 1R0

MISSION STATEMENT:

WE WORK COLLABORATIVELY TO PROVIDE QUALITY SERVICES AND SUPPORT TO THE MEMBERS OF OUR COMMUNITY IN AN EQUITABLE MANNER. WE STRIVE TO CREATE A HEALTHY, POSITIVE AND CULTURALLY CENTERED ENVIRONMENT IN WHICH OUR MEMBERS CAN BECOME INDEPENDENT IN ORDER TO ACHIEVE THEIR FULL POTENTIAL.

Social Health Development Department, WFN	819-895-8650
Web	www.waskaganish.ca
Fax	819-895-8901
Email	Jordan.stephen@waskaganish.ca
Contact	Jordan Stephen, Director
Contact	Social Health Dev. Coordinator
Contact	Youth Programs Coordinator
Contact	Youth Prevention Administrator

Social Health Programs

Grocery Discount Program -To provide a food security support discount program for individuals and families by providing them a sense of financial responsibility throughout the whole year in purchasing essential food items such as bread, milk, fruit, etc.

The discount program is for individuals who are:

- Low Income
- Band Members who reside in Waskaganish
- EI/QPIP recipients
- Single Parents
- Individuals with disabilities

Indian Day School Application Assistance -Providing assistance and support in the application process.

Dolly Parton Imagination Library -Partnership between daycare and Social and Health Department. The Cree Health Board Awash and Daycare head start teams help promote the program to clientele.

"Dolly Parton's Imagination Library of Canada is a free book gifting program devoted to inspiring a love of reading in the hearts of children. Each month, children receive an age appropriate book in the mail from birth to age five." -https://imaginationlibrary.com/ca/

Holiday Food Access Program -A program to assist community members in purchasing essential food items such as bread, milk, eggs, fruit, vegetables, dairy products, fresh meat, healthy snacks and baby food products during the holiday season. The Holiday Food Access Program is for individuals who are:

- Financially affected by the COVID-19 pandemic
- Low income or no income at all
- Band members residing in Waskaganish

Social Health Programs

Holiday Food Access Program cont.

- Individuals on EI/QPIP
- Disability
- Elders

High school Student Engagement Program -Offers teachers, school staff, local entities, and students the resources needed to organize and implement programs, activities, clubs, and other initiatives that address issues and promote education, social development, traditional culture, inclusion, health, nutrition, and community involvement within the student body at the high school.

4: CHILDREN

Waaseskun Childcare & Headstart

7 Shuushuukuo St. ● P.O. Box 490 ● Waskaganish, Qc.● J0M 1R0

THE VISION OF OUR CREE CHILDCARE CENTER IS TO PROVIDE, IN PARTNERSHIP WITH THE PARENTS, A QUALITY EDUCATIONAL PROGRAM THAT PROMOTES THE CREE LANGUAGE AND CULTURE AS WELL AS THE HOLISTIC GROWTH AND DEVELOPMENT OF ALL CHILDREN, FROM NEWBORN TO FIVE (0-5) YEARS OLD EITHER IN OUR FACILITIES OR IN THEIR HOME ENVIRONMENT.

Waaseskun Childcare Center 819-895-2828
Web ..... www.cngov.ca/services/child-family/
Fax 819-895-2830
Email ..... waaseskuncc.director@gmail.com
Contact ..... Florence Erless, Director

Waaseskun Childcare Programs & Services

Headstart Program -This program offers special programs and activities for all young children newborn to five (0-5) years old. Programs include home-visit program, services for children with special needs as well as parents. We provide educational activities facilitated by educators offered at the daycare or in the comfort of your own home. Children aged up to five years of age who do not attend the childcare centers can benefit.

Home Visit Program -Offers support, nurture growth and development of families. Weekly visits aim to provide stimulating experiences and provide support to parents for active involvement in their child's development. It contributes to a happy and healthy foundation and lifestyle. Tools are provided created enhance parenting skills and teach them how the home is a child's primary learning environment.

Apishtawaash College -Eight (8) Week Program for Parents offered in partnership with the Cree Health Board, Awash/Uschiniichisuu Department that focuses on the following eight (8) components:
Fall and Winter Intake Sessions:

1. Celebrating life
2. Physical wellbeing
3. Importance of parenting
4. Child development
5. Brain development
6. Positive communication with children
7. Behaviour
8. Emotional and spiritual bonding

Waaseskun Childcare Services & Programs

Baby Food Making -Collaboration with Clinic CMC, Community Miiyupimatiisiiun Center. Please contact headstart at the daycare for additional information.

Books on Wheels Library -Reading involves mastering the sound structure of language, understanding the alphabetic principle, decoding words, and becoming fluent for you child(ren).

Located at Bedabin Daycare, you can borrow books from their mobile library. Each registration receives a free bag. Please see Headstart: Ethel Taylor or Corrina Hester

Collective Kitchen Cooking -Sharing food, recipes and groceries by cooking, preparing and participants bring food home to their families.

First Aid -First aid training provided for parents.

Group Socialization Activities -To emphasize peer group interaction for children and parents. Activities include field, cultural, community or playroom.

Waaseskun Childcare Services & Programs

Parenting Workshops -The workshops focus on six components:

1. Culture & Language
2. Education
3. Health Promotion
4. Nutrition
5. Parent & Family Involvement
6. Social Support

Infant Stimulation & Playgroups (Parent & Child) -Infant stimulation activities, Sensory play, playgroups, Infant & parent stimulation.

Nursery Program -Program is free of charge to encourage socializing. For registration, please call 895-2828 and speak with Ethel Taylor.

- Toddler 2 Years of Age Tuesdays 9:00 am to 11:30 am
- Pre School 3-4 Years of Age Thursdays 9:00 am to 11:30 am

Oral Health Program -Oral health checkup along with a report to parent(s) provided by the hygienist from the Clinic CMC, Community Miiyupimatiisiiun Center. Hygiene instruction on tooth brushing and fluoride application treatments are offered to the participants who have an authorization form completed by the parent/caregiver.

5: YOUTH

Waskaganish Youth Council

27 Smokey Hill St. ● Waskaganish, Qc.● J0M 1R0

Waskaganish Youth Council 819-895-2882
Email ..... Leona.Hester@waskaganish.ca
Contact ..... Leona Hester, Youth Chief

Youth Council Programs

Youth Week -Summer Life skills development workshops and team building activities throughout the week. Bringing Youth together during the summer time for them enjoy themselves and building new friendships. One of the major youth council programs throughout the year.

Youth Council Programs

Firearms safety Course -This Course takes place twice a year with two (2) intake groups in the spring. Financial assistance to participants to cover the registration fee. In partnership with the Local Cree Trappers Association, roughly twenty to thirty (20-30) youth benefit from this course to obtain their firearms acquisition certificates.

Year-end Festivities -This event takes place during the year-end months of December-January to encourage sobriety. Activities and contests are for all community members to come together celebrate a new year.

Aashuumiih Winter Journey -Opportunity for youth to be out on the land and to practice Cree Culture and to learn more about the Cree way of life. Learning various hunting skills such as trapping during the winter season is a major part of this program. Recently, workshops and counselling services are also offered to participants.

Fall Hunting Program -Various camps for youth to visit and experience, guides are provided to teach how to prepare traditional food. Hunting such as setting beaver traps, moose hunting and setting fishnets. This program takes place in the fall for youth and runs for a duration of two (2) weeks.

Spring Adopt a Youth Program -This program targets youth that don't have access to the resources to spend time at a bush camp in the spring time. Local families apply to offer youth participants the opportunity to spend the spring at their bush camps. The program is offered during the spring for two to three (2-3) weeks depending on the duration of each family plans to spend at their spring camp.

Youth Council Programs

Youth Healing Week -A weeklong event that focuses on healing within. Targeting Youth, many workshops are available on the following topics:

- Anxiety
- Healing
- Grieving
- Depression

One on one private counselling sessions and small group activities in the evenings for youth to spend time together are also part of the healing week programming. (Winter)

Goose Break Bundle -Assistance and support to Young Families/ Low-income families during their stay in their bush camps during Goose break. Examples: Grocery vouchers/Helicopter expenses. (Spring)

Piicheemakin Miiwewin -Offered to Low-income families that are in need during Christmas time. Youth Council provides the toys, wrapping and deliveries to the needy families before Christmas.

YES, Youth Enrichment Services

TAAPWAACHAAYIMIISU "BELIEVE IN YOURSELF"

27 Smokey Hill St. ● Waskaganish, Qc.● J0M 1R0

MISSION:
IMPROVING THE EDUCATIONAL JOURNEY FOR OUR YOUTH

Youth Enrichment Services 819-895-2440
Fax 819-895-2441
Email jjacob@cngov.ca
Contact Jamie Jacob, Primary Youth Worker

Services provided to Grade 5 to Secondary 5

To support youth at risk in the Cree nation by providing meaningful and culturally relevant assistance during an in-school time-out from class when a student is at risk of being suspended or may need intervention.

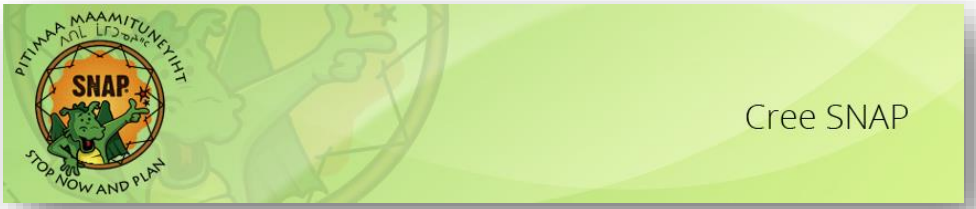
-www.creejustice.ca

Youth Enrichment Programs

- A program that offers a transformed time through intervention with different workshops, one on one time, and reserved time to work on their school work.
- Counselling sessions
- Provide a successful, tailored and balanced intervention.
- Time to catch up on school-work with tutoring if needed.
- Integrate YES program with other entities being mindful of youth issues.

-www.creejustice.ca

Cree SNAP



Cree SNAP 819-895-2126
Fax 819-895-2184
Email ..... martina.cowboy@cngov.ca
Contact ..... Martina Cowboy, Prevention Program Officer

SNAP (Stop Now and Plan) Program

SNAP (Stop Now And Plan) in collaboration with the Child Development Institute and the Cree School Board, works with children on essential life skills such as how to deal with conflict, anger, frustration and anxiety. It helps children control angry feelings by getting them to stop, think about the consequences of their behavior, and plan positive alternatives before they act impulsively. The program targets children aged 6-12 years old. *-www.creejustice.ca*

6: EDUCATIONAL RESOURCES & PROGRAMS

Cree School Board

VISION, WHO WE ARE:
A WELL-EDUCATED AND SUCCESSFUL CREE NATION THROUGH INSPIRED TEACHING AND VALUED LEARNING

MISSION STATEMENT, OUR PURPOSE:
TO PROVIDE FOR LIFE-LONG LEARNING WHILE INSTILLING THE CREE IDENTITY IN PARTNERSHIP WITH OUR COMMUNITIES TO ALLOW EACH STUDENT TO ATTAIN THE QUALIFICATIONS AND COMPETENCIES TO BECOME A SUCCESSFUL CONTRIBUTOR TO THE CREE NATION AND SOCIETY AT LARGE.

Ecole Wiinibekuu School (High school) 819-895-8819
Ecole Annie Whiskeychan Memorial Elementary School 819-895-8819 ext: 5261
Fax 819-895-8906

Educational Programs & Partnerships, Cree School Board

School Age Program -A day supervision service, organized outside school hours for Kindergarten and Elementary School students. It is an integral part of the services provided by the school. All children enrolled must be in Kindergarten or elementary and require service for two (2) hours and thirty (30) minutes to a maximum of five (5) hours per day for at least three (3) days per week.

Educational Programs & Partnerships, Cree School Board

The School Age Program provides the following objectives:

- Respect and support Cree Language, Culture and Value
- to encourage the development of social skills such as respect, cooperation and openness to others
- Ensure the general well-being and safety of the students
- to contribute to the achievement of the objectives of the local school educational plan
- Offer activities and recreational projects that contribute to the students' overall development
- Offer homework assistance after school to the students in an appropriate space to work

ELEPHANT THOUGHTS
EDUCATION FOR A CHANGING WORLD

Elephant Thoughts -Staff from Elephant Thoughts visit each school regularly to help enrich the learning experience for youth. The goal is to support our youth to graduate and develop excitement around learning by integrating traditional learning into contemporary learning.

Focuses on programs that increase graduation rates, excite students about learning, connect the entire community to the education system, and teach relevant skills, Elephant Thoughts is particularly valuable as students prepare for final exams. *-www.eeyoueducation.ca*

Educational Programs & Partnerships, Cree School Board

Frontier College Literacy Camp (summer) -Cree School Board partners with Frontier College to provide a free four (4) week Literacy Camp in Waskaganish. Specifically developed for children aged six to twelve to develop literacy skills and engage students in reading.

Healthy School Collaborative -Through partnership with the Cree Board of Health and Social Services working together to support and assist students in healthy lifestyles through awareness, education, emotional, medical support and a dental program.

- Autism
- Dental, Immunization, Lice, Violence Prevention, Hand Washing, and Sexual Health (Chii Kayeh), Program(s)
- Diabetes Month
- Healthy Relationships/Breaking Violence
- Hooked on School
- Lateral Kindness
- Love, Anxiety & Stress, Occupational Therapist
- Nutrition Month
- School Nurse/ Primary Care Community Representative Program
- Smoking Awareness

Mikw Chiyâm -Mikw Chiyâm is an interdisciplinary arts program that was commissioned by the Cree School Board in 2015. The Program aims to increase student retention and attachment to school by providing an alternative space for creative learning. *-www.mikychiyam.com*

Educational Programs & Partnerships, Cree School Board

Welcomes Students who case significant barriers in their personal and academic life offering them an alternative space for creative expression where they can thrive and feel motivated to continue engaged in their education.

Goals:

- Promote student retention and increase graduation rates
- Encourage student excellence in the arts
- Motivate students to engage in their education and to carry that motivation into other classes

Objectives:

- Propose projects that foster creative expression and that respond to the students' artistic passions and interests.
- Offer opportunities for experiential learning where students can learn from observing and interacting with others in a shared space
- Promote positive attachment to school understanding the classroom as a rich community of learners and artists.

-www.mikychiyam.com

SNAP (Stop Now and Plan) -A partnership with Cree Justice and Correctional Services, a custom-designed behavioral enrichment program - SNAP (Stop Now and Plan) has been offered in elementary schools since 2014.

The programming is comprised of interactive lessons offered by a trained SNAP Coordinator in the classroom setting. Teachers and students take part. It is research-based and supported by the National Child Development Institute.

Youth Enrichment Services -A partnership with Cree Justice and Corrections, our secondary school students and staff have a range of support. Offers support to at-risk youth in three high schools. Students whose difficult behavior disrupts the classroom or escalates in

Educational Programs & Partnerships, Cree School Board

nature have the option of taking an *alternative* to at-home suspension. Students participate in facilitated culturally relevant workshops designed to teach them skills and build their self-esteem. After five days, they re-entered the classroom with support. Students have opportunities to attend other events such as an annual WE Day celebration, summer camps, and other enriched opportunities.

Youth Fusion -The school partners with the award-winning learning-enrichment provider Youth Fusion in order to ensure our students given a range of opportunities.

Youth Fusion supplements Cree School Board programming with enrichment in arts, science and engineering, design, and leadership and entrepreneurship. Our students have opportunities such as Robotics and Healthy Living programs through this partnership, which is offered before and after school, as well as during lunch periods. *-www.eeyoueducation.ca*

Tutoring & Online Resources -We want to ensure you have the extra support you need to do well on exams. Elephant Thoughts is a tutoring service that we bring into the schools to help you prepare for math and science exams.

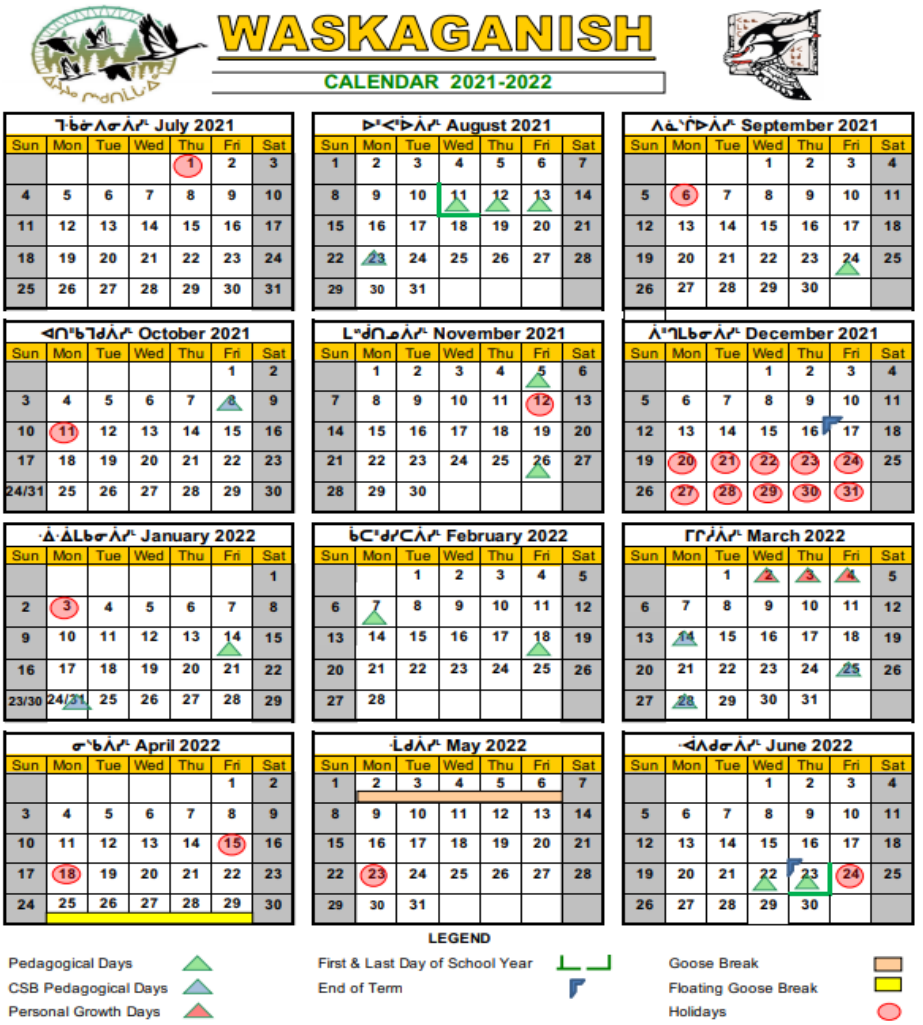
The goal is to support our youth to graduate and develop excitement around learning by integrating traditional learning into contemporary learning. Elephant Thoughts focuses on programs that increase graduation rates, excite students about learning, connect the entire community to the education system, and teach relevant skills, Elephant Thoughts is particularly valuable as students prepare for final exams. *-www.eeyoueducation.ca*

CSB Educational Resource Link:
https://eeyoueducation.ca/youth/students/homework-help

School(s) Annual Events

- Annie Whiskeychan Day/Cree Day (May 28, 2021)
- Awards Ceremony ÉWS / ÉAWMES
- Book Fair
- Career Fair
- Christmas Concert
- Fall Festival
- First Snowshoe Walk
- Grade 6 Graduation Ceremony (June)
- Haunted Hallway (Halloween) ÉWS
- Kindergarten Graduation
- Local Public Speaking Contest ÉWS / ÉAWMES
- Orientation Trip Sec V
- Regional Art Contest
- Science Fair ÉWS / ÉAWMES
- Secondary V Graduation Ceremony (August)
- Summer Games ÉWS / ÉAWMES
- Terry Fox Run (September 29, 2021)

Cree School Board, School Calendar 2021-2022



School Calendar -https://eeyoueducation.ca/youth/schools/waskaganish

Sabtuan Adult Education, Cree School Board

Sabtuan Adult Education Services
Service de l'éducation des adultes Sabtuan

6 Chief Isaiah Salt Rd ● P.O. Box 434 ● Waskaganish, Qc.● J0M 1R0

THE WASKAGANISH TRAINING AND DEVELOPMENT CENTRE IS A FACILITY DEDICATED TO PROVIDING ADULT EDUCATION, TRAINING, AND RELATED SUPPORT SERVICES TO COMMUNITY MEMBERS.

Waskaganish Training & Development Centre/ Sabtuan Adult Education Services	819-895-2397 ext: 2000
Cell	819-444-8369
Email	sabtuanadulted@cscree.qc.ca
Contact Person	Education Consultant

Sabtuan Adult Education, Cree School Board

Waskaganish Training and Development Centre (Sabtuan Adult Education Services):

The Centre opened in 2018. As of 2020, it is owned and operated by the Cree School Board's adult education sector; Sabtuan Adult Education Services. Local staff from Apatisiiwin Skills Development also have offices in the center. They provide job seeking and career development services in the community.

Sabtuan Adult Education, Cree School Board

At the Waskaganish Training and Development Centre, adults can:

- Take courses to complete their Secondary School Diploma or prepare for a vocational/post-secondary program. Available subjects may include English, Math, Science, and electives. You may apply to be a student online at eeyoueducation.ca/adult/apply-now.

- Take a vocational program (programs and prerequisite requirements vary from year to year; visit eeyoueducation.ca/adult for the most up-to-date listing).

- Join conversational language classes and workshops when offered (classes/workshops may vary and will be advertised locally).

If you would like to learn more about adult education options in Waskaganish, please visit our website at eeyoueducation.ca/adult. For specific questions, we welcome you to contact our Local Education Consultant at 819-895-2397 #2101 or email sabtuanadulted@cscree.qc.ca.

Stay informed about new programs and services follow us on Facebook or join the mailing list at eeyoueducation.ca/adult/get-updates.

7: EXERCISE & ACTIVE LIVING PROGRAMS

Sports & Recreation, Waskaganish First Nation

17 Smokey Hill St. ● P.O. Box 60 ● Waskaganish, Qc.● J0M 1R0

Rupert River Sports Complex
Sports & Recreation 819-895-8000
Fax 819-895-8010

Sports & Recreation, Sports & Event Directory, Waskaganish First Nation

Camps & Clinics

- Children's Summer Camp
- Coaching Clinic
- Dance Fit Camp
- Goalie Camp

Sports & Recreation Programs, Waskaganish First Nation

Camps & Clinics

- Hockey School
- Volleyball Camp

Tournaments & Competitions

- Badminton Tournament (Local)
- Ball Hockey Tournament
- Basketball Tournament -Senior/Minor/COED (Local)
- Broomball Tournament -Coed (Local)
- Bubble Soccer Tournament
- Fishing Derby (Local)
- Fitness Challenge (Local)
- Giant Volleyball Tournament
- Hockey & Broomball Tournament -Senior & Minor (Local)
- Mountain Bike Race
- Multi-Sports Tournament (Local)
- Paintball Tournament
- Pitoune Tournament (Local)
- Rupert River Fast pitch Tournament
- Skeet Shooting
- Skills Competition Hockey & Broomball
- Softball Tournament -Senior & Minor (Local)
- Square Dance Competition (Local)
- Summer Games (Local)
- Video Gaming Tournament (Warzone & NHL)
- Volleyball Tournament (Local)
- Winter Classic -Hockey

Festivals & Activities

- Christmas Festivities
- Easter Fun Activities
- Aboriginal Day Activities (June 21)

Sports & Recreation Programs, Waskaganish First Nation

- Canada Day (July 1)
- Waskaganish Day (September 29)
- Fall Festival
- Winter Trappers Festival

Sports Programs

- Basketball Canada Top Flight Academy
- Miyu-Nanaakachichiisuutaau Program -Healthy Active Living Program targeted for ages 13+
- Sports Academy -Hockey & Broomball conditioning program

Special Events & Campaigns

- Find the Pot of Gold
- Kahoot Trivia Game (Zoom)
- Mantracker
- Message of Hope –In partnership with local churches
- Orange Shirt Day Campaign -Coming together in a spirit of reconciliation and hope because every child matters.
- Run & Walk Marathon in Remembrance of Alice Shecapio
- Self-care Spa Clinic (Delicia's Beauty World)
- Special Needs Activities (Ballfield) -Various equipment and activities to enjoy and meet the skill level of all who attend. NEW!
- Spring Hunt Games
- Wresting Show

Contact the Sports and Recreation Department for information on the event dates and details.

Resources for Healthy Active Living

- Aquatic Center
- Charlie Boy Hiking Trail (near clinic)
- Fitness Center Gathering Place
- Niwiichiihiisuun Training Sessions
- Hiking Trail (Welcome Sign)

NEW 2021!
Tahktâchun Meskanu Membership Gathering Place
Kilometer 4 Access Rd

8: OTHER RESOURCES

Department of Justice and Correctional Services

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Cree Nation Government
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Department of Justice and Correctional Services

THE PURPOSE OF A JUSTICE SYSTEM IS TO REPRESENT THE PEOPLE IT SERVES, HELP CREATE THE CONDITIONS FOR SAFE COMMUNITIES AND HARMONIOUS RELATIONSHIPS, AND ENSURE THAT FUNDAMENTAL JUSTICE RIGHTS AND PRACTICES ARE PROTECTED.

WE WORK TO SHAPE THE CREE JUSTICE SYSTEM IN A MANNER THAT BOTH RESPECTS THE EXISTING JUDICIAL REGIME OF OUR COUNTRY AND PROVINCE, WHILE CREATING SERVICES, PROGRAMS AND PROCESSES THAT HONOR AND RESPECT CREE IDEALS, VALUES AND WAYS.

Department of Justice and Correctional Services 819-895-2126
Fax 819-895-2184

The Cree Justice and Correctional Services Department provides a variety of programs and services to support members of our nine Cree communities. This section provides information and resources related to several of the programs we are involved in, namely in the areas of:

- Crime Prevention
- Youth Conflict Management
- Reintegration of Offenders
- Victim Assistance
- Domestic Violence
- Youth Engagement.

-www.creejustice.ca

Cultural and Tourism Department, Waskaganish First Nation

Cultural and Tourism Department 819-895-2250
Email ..... stacy.bear@waskaganish.ca
Contact Person ..... Coordinator

Offering programs related Cree Culture and traditional practices throughout the year depending on the season and time of year. Facility rental for the Rupert River Hall and Cultural Building are also available through their office for family gatherings or functions.

Traditional Cultural Programming & Events

- Aboriginal Day Celebrations (June 21)
- Baking traditional food
- Children's Fishing Derby
- Community Clean up
- Elders Traditional Lunch Program -Elderly Ages 60+
- First Snowshoe Walk
- Moose hide Preparation Course
- Preparing and Cooking Traditional Food
- Sewing Group, Culture & Tourism Building (Tuesday & Thursday Evenings)
- Smokey Hill Gathering -Fish and Blueberry Festival
- Tamarack Decoy Making
- Traditional snowshoe Making Program

Cultural and Tourism Department, Waskaganish First Nation

- Winter Trappers Festival -partnership with Sports & Recreation (A week of events)
- Women's Fishing Derby

Please contact the Culture and Tourism Department for information on the program dates and details.

Local Women's Association

Waskaganish Women's Association

Local Women's Association

Contact Person ..... **President**

Representing the women of Waskaganish the Waskaganish Women's Association promote healthy living, activities targeting women, encourage unity and empowerment in women and girls.

- Cree Culture Initiatives
- Father & Son Program

Local Women's Association cont.

- Sewing Groups/Initiatives
  -Parka Making, Wrap Around Moccasins, etc.
- Sexual Assault Awareness
- Stress Management, Self-Care and Health

Church Organizations

Anglican Church
Rita J. McLeod 819-895-4226

Cree Pentecostal Church 819-895-8837
Fax 819-895-8039
Pastor ..... George P. Hester
Assistant Pastor ..... Tommy Gilpin Jr.

Cree Gospel Fellowship Church
Pastor Paul Moses 819-895-4151

My Father's House
Simeon Trapper 819-895-8905
Leonard Hester 895-895-2770

9: MAP OF WASKAGANISH

NOTES

For any updates to programming, please fill out this form and send it to the community organizer. Email: sasha.weistche@ssss.gouv.qc.ca / Fax: 895-8047

Organization: _____

Mission/Vision: _____

_____

Telephone: _____

Website: _____

Fax: _____

Email: _____

Address:_____

_____

_____

Program(s):_____

_____

_____

_____

Description of Program(s):

_____

_____

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