



News of the Nation



ASENIWUCHE WINEWAK NATION COMMUNITY NEWSLETTER

MARCH 2016

NISKIPISIM THE GOOSE MOON OR MONTH



PICTURE OF THE MONTH: Bald Eagle drawing by local artist: Leissa McDonald

In This Issue

CLASS 7 DRIVER TRAINING

FIRST EDITON OF THE AWN
NEWSLETTER

ACCOLADES TO EMPLOYEE

AFJR SUMMER EMPLOYMENT

NEW ASSISTANCE PROGRAM
FROM FCSS

TRADITIONAL LAND USE

ROAD TO SUCCESS

ASENIWUCHE
ENVIRONMENTAL CORP.

GRANDE CACHE PARENT
LINK

Class 7 Driver Training Being Offered—Sign Up Quickly

AWN has contracted Sharon Bambrick, Praxis Consulting, to conduct two training sessions for Class 7 Driver Training. The training will consist of 2–6 hour sessions that include different teaching techniques, interactive classroom activities and interactive diagrams and practice tests on the computer. There is no cost to attend the training and lunch will be provided. AWN will pay for two tests at Alberta Registries. Participants will be required to pay for additional tests and obtaining their license if they are successful. Students have one year to pay for their licence after passing the test. AWN youth aged 14 to 24 will be given priority, but we will consider older students or offering additional classes if the need is there. Transportation to class is the student's responsibility. The classes will be filled on a first come, first served basis.

Session #1 March 29 and 30, 9:00 am to 4:00 pm

Session #2 April 5 and 6, 9:00 am to 4:00 pm

All training will be held in the upstairs classroom at AWN. Please call Larissa at 780-827-5510 to register.





First Edition of the Newsletter

Fun Fact

Did you know the very first AWN newsletter was released 20 years ago in March 1996! The issue was four pages long, single sided and included Cree syllabics that were provided by Mary Delorme. Mike Moberly Jr. also provided an article for the newsletter as well. The Editor was Doris McDonald and Linda Delorme was the Administrative Assistant at the time.

Thank you everyone that has contributed to the AWN newsletter over the years and hopefully it continues for another 20 years at least!

What else was happening in 1996:

The world population was 5.7billion (it's 7.6 billion today)

Britain had an outbreak of "Mad Cow Disease"

Prince Charles and Princess Diana agreed to divorce

Bill Clinton was President of the United States

Aseniwuche Winewak

Issue 1

"Rocky Mountain People", Box 1808, Grande Cache, AB, T0E 0Y0 Phone (403) 827-5510 Fax (403) 827-4150

March 1996

SOCIETY NEWS

Committees

One of the first things that we are doing is setting up some Committees that will act as advisors to the Board of Directors. These are:

Local Government: Ernie Delorme, Myles McDonald, Claude Delorme, Gordon Delorme, Vicky McDonald, Milton Joachim & Tommy Wanyandie.

Hunting, Environment, & Resource Development: Ernie Delorme, Myles McDonald, Audrey (Dale) Printup, Joe Karakuntie, Milton Joachim, Vicky McDonald, Dean Wanyandie & Mike Moberly Jr.

Business & Employment Development Opportunities: Billy McDonald Jr., Emil Moberly, Vicky McDonald, Joe Karakuntie, Gordon Delorme, Mike Moberly Jr. & Judy Joachim.

Social Development: Jo Leavitt, Judy Joachim, Marilyn Wanyandie, Ernie Moberly, Lorraine Delorme, Dale Desjarlais, & Vicky McDonald.

The first meeting for the Committees will take place on April 4, 1996 at the Eagle's Nest Community Hall, beginning at 6:30 p.m.

Elders Council

At our General Meeting of March 16, 1996 we asked for volunteers to start an Elders Council. We were fortunate to have many people volunteer to be on this Council. These honored people are: Allan Joachim Sr., Tommy Wanyandie, Wally Delorme, Emil Moberly, Joe Karakuntie, Malcolm Moberly, Casey Joachim, Milton Joachim, Norman McDonald, Fred Wanyandie, Mike Moberly Sr., Dean Wanyandie & Lucy Wanyandie.

Thank you for your interest!



INTRODUCING: Linda Delorme,

Administrative Assistant

I would like to take this time to introduce myself. My name is Linda Delorme and I work for the Aseniwuche Winewak Society as Administrative Assistant. I assist with community meetings and house visits with the surrounding Cooperatives and Enterprises.

I will also be in training for Administrative duties. I would also like to take this time to say what a great pleasure it is to be working with Doris, Virginia, and Kelly.

If you have any concerns to bring forward to the Society, or if you require any information regarding this introduction, please contact me at 827-2628.

Summer Employment



ALBERTA
JUNIOR
FOREST
RANGERS

Do you love the outdoors? Are you a full-time high school student between 16-18 years old? If so then apply to the Junior Forest Ranger Program.

It is seven weeks of adventures and challenges. Remember, this is not a summer camp.

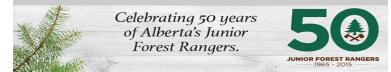
Learn about wildfire, forests and environmental management through various work projects. Earn high school credits and become certified in first aid, wildfire orientation & brush saw operation. Get ready to spend your summer outside.

Application forms available at:
AlbertaJFR.ca

Apply before April 1st

1-780-422-9276

For more information






Congratulations Josh McAlpine

On February 19, 2016, Josh became the third Non-Aboriginal person to receive a certificate in Indigenous Leadership, Governance, and Management Excellence from the Banff Centre. This is a huge accomplishment for Josh and a Certificate in Indigenous Leadership, Governance, and Management Excellence is awarded to individuals who recognize the importance of continuing education and have successfully completed a total of six programs. The programs are strategically focused on building capacity to assist communities to successfully move forward into the era of asserting self-determination. Josh shared that it was an incredible journey of learning and forming new relationships with communities across Canada. The time commitment is huge for both program participants and employers. Each program started on a Sunday evening and ended on a Friday afternoon. Josh completed the program over a two and a half year period. David MacPhee, Ken Moberly, Rose Delorme-Sayah and Jaymie Campbell have also graduated from the program. Rachelle McDonald, Garry McDonald, and Jason Delorme are currently working towards their certificates. Participation in the program was made possible by industry sponsorship from companies such as Conoco-Phillips Canada and Northern Gateway.



March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13 DAYLIGHT SAVINGS TIME BEGINS	14	15	16	17 ELDERS COUNCIL 9AM-12PM 	18	19
20 SPRING EQUINOX	21	22	23 VICTORIA DAY	24	25 GOOD FRIDAY	26
27 EASTER SUNDAY 	28 EASTER MONDAY 	29	30 COMMUNITY MEETING @ Eagle's Nest for A La Peche and McDonald Flats	31		

Mountains and Moccasins Presentation Series

Mountains and Moccasins invites Metis and First Nations presenters to Jasper National Park to share cultural experiences. Each presenter comes with a unique story to tell. Share your own story!

Contact the Program Coordinator, Julie-Anne Weaver, Jasper National Park
780-883-0353 / Julie-anne.weaver@pc.gc.ca



IMPORTANT MEMBERSHIP INFORMATION

ATTENTION: ALL MEMBERS OF ASENIWUCHE
WINEWAK NATION of CANADA

AWN is trying to update our membership and family tree information such as:

If we have any new members

If existing members have had children and they haven't been added to our lists

Correct name spellings or missing middle names, full birth dates ETC. If you are curious about what information we need from you, please feel free to call the office at (780) 827-5510 and ask to speak to Bonnie. She can tell you what information we need for you specifically.

Updated membership information is essential to the AWN office for our programs and services. Forms may be picked up at the office, emailed, or sent by regular mail.





The Latest From The Office



These lovely young jingle dancers, were out at the Rox Solid Fitness dinner & entertainment fundraiser. This event benefitted the youth cheerleading & martial arts youth club.

Photo by Jaeda Feddema



NEED SOMEONE TO TALK TO AND YOU DON'T KNOW WHO TO TURN TO?

Crisis Lines are 24 Hours and you can choose to remain anonymous.

BULLYING HELP LINE

1-888-456-2323

CHILD ABUSE HOT-LINE

1-800-387-KIDS
(5437)

CHILD DISABILITY RESOURCE LINK

1-866-346-4661

FAMILY VIOLENCE INFO LINE

310-1818
(TOLL-FREE, 24/7)

PARENT INFORMATION LINE

1-866-714-KIDS
(5437)

AADAC HELP LINE

1-866-332-2322

KIDS HELP PHONE

1-800-668-6868

PARENT HELP LINE

1-888-603-9100

MENTAL HEALTH HELP LINE

1-877-303-2642

SMOKER'S HELP LINE

1-866-332-2322



ABORIGINAL COMMUNITY ACTIVITY FEE ASSISTANCE PROGRAM

Partnership between

Green View FCSS & Town of Grande Cache FCSS

What is it?

A program offered to remove financial barriers for residents of Greenview to access physical activity and participate in activities that:

- Help people to develop independence, strengthen coping skills and become more resistant to crisis.
- Help People to develop interpersonal and group skills which enhance constructive relationships among people

Who can apply?

Residents of Greenview that:

- Are referred by a health care or social services professional.

And;

- In addictions recovery
- Healing after a traumatic experience
- Adjusting to drastic life changes (i.e. divorce, job loss, death of a loved one)
- Have physical and/or mental disabilities

How can you apply or get more information?

Contact

Amber Hennig
Town of Grande Cache FCSS
780-827-2446 ext. 221
amber.hennig@grandecache.ca



Traditional Land Use

AWN will be hosting a community information session on Wednesday March 30, 2016 at Eagles Nest from 6-8pm in regards to the proposed plans for cut-blocks in McDonald Flats and A La Pêche areas. The Consultation team is working with community members to compile traditional and current use in the two specified areas to illustrate the impacts caused by any kind of development. If you have information that you would like to share with the Consultation team, please visit the AWN office and speak to Jaymie, Josh or Garry. If you have questions or would like to find out more about this, please contact us at the office.

In February, the Consultation team and a few elders completed a tour of two water diversion project locations along the Embarras River and the Erith River between Edson and Robb. Representatives from Tourmaline provided a detailed tour of their operations. This tour was completed because Tourmaline has applied for water diversion licenses within AWN's Traditional Lands and we had requested to see the extent of these operations. If you would like to learn more about Tourmaline's water diversion projects or others, please feel welcome to ask us at the office.

Jaymie and Josh attended a Water and Hydraulic Fracturing Conference in Edmonton at the beginning of February. Understanding water use issues, human health risks and contamination concerns associated with hydraulic fracturing are of great concern and were discussed in detail. Many researchers, Industry, Government and Aboriginal representative were present at this conference to engage in this important topic. A cumulative effects approach is needed to ensure sustainable development of oil and gas resources and water, which was also highlighted at this conference. For more information on this, visit either of us at the AWN office.

AWN received a draft plan of the Muskeg Seepee Firesmart Wildfire Mitigation Strategy from Alberta Agriculture and Forestry near the end of February to review. The goal of this strategy is to provide a guide for Alberta Agriculture and Forestry and the stakeholders to implement FireSmart initiatives within the area while retaining and/or enhancing the integrity of the forest environment. In 2011, the Muskeg Seepee Working Group was initiated which included AWN Elders and community members and many other stakeholders. If you would like to review the plan or learn more, please come to the office and ask for Garry or Josh.

AWN and Grande Cache Coal completed their annual CIBA review with Max Wang and David MacPhee in February. An update of the progress of the Environmental Advisory Committee meetings and the Task Force were provided to both organizations.

AWN continues to engage with the Provincial government and the FLMF in a variety of forums regarding caribou. We are planning on completing some TLU work on Red Rock Prairie Creek and Narraway herds in April. We are anticipating seeing some movement on the range plan in the coming months, and are pushing hard for AWN to have an active management role on the landscape. We have been clear and direct about caribou habitat areas identified by the Elders, as well as our desire for the use of strychnine poisoning in wolf control measures to be discontinued. We anticipate this process to happen rapidly, so please watch Facebook and the website for community engagement opportunities.

St. Patrick's Day Facts:

In the early 1600s, St. Patrick's Day became a Christian day of feast. It is recognized by the Anglican, Catholic, Eastern Orthodox and Lutheran churches.

Saint Patrick used the shamrock, to teach the Irish Pagans about the Holy Trinity.

Saint Patrick taught Christianity for 30 years. He died on March 17th, 461 A.D.

The reason for choosing March 17th as St. Patrick's Day is because that is the day he died.

The color originally associated with St. Patrick's Day was blue. It eventually changed to green. In the 1600s people began to wear shamrocks and green ribbons on St. Patrick's Day.

One legend says that Saint Patrick drove snakes out of Ireland. It is actually symbolic of converting the Pagans to Christianity.

The first St. Patrick's Day parade was held in Boston in 1737, not in Ireland.

The Irish flag is orange, white and green.

It's common for bars to serve green beer on St. Patrick's Day.

Approximately 34 million Americans have Irish ancestors. Ireland only has 4.1 million people.

22 of the Presidents of the U.S. had Irish heritage, including Barack Obama





Road to Success

"My first law teachers were not the professors I met in law school. They were Elders and others from the *Aseniwuche Winewak*. I was only fifteen when an *Aseniwuche Winewak* Elder, walking with me and his daughter by the Smoky River, told me a story of a loved one transformed into an agent of harm and violence, and what he and others had done to protect both her and the community until she could heal. There are parts of the story I still do not understand, but even then, I understood I was being taught something very important about one way people solve problems and keep each other safe in the world. And that I was being taught it entirely through story."



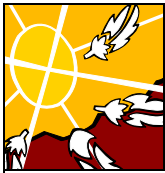
I also talked about how much I have learned from those that participated in the *Accessing Justice and Reconciliation [AJR] Project*, which was about how Cree people historically responded to issues of harm and violence and from those who participated in the *Cree Justice Project Report*, which was about how Cree legal responses to harm and violence might be more formally applied today. The *AJR Cree Legal Traditions Report* can be found online at <http://www.indigenousbar.ca/indigenoulaw/project-documents/>. Both of these final reports are available at the AWN office. Both reports formed a big part of two chapters of my dissertation. Everybody who has read them is amazed at people's knowledge and generosity. While over 25 people participated, many people chose to stay anonymous. I acknowledge and thank everyone who participated. I thank those that stayed anonymous and those who chose to share their names: Joe Karakuntie, Marie McDonald and Robert Wanyandie. I also thank Carol Wanyandie, who was an awesome community coordinator and translator, Danny McDonald, who also helped, and everyone who had conversations with me and was a friend along the way. And of course, I have to thank my partner, Kenny McDonald, and my kids, for their patience with this long journey.

In my PhD work, I argue that law is more than judges, police and jails. It has to be. It can be about people working together to build relationships, solve problems and keep each other safe from harm. I talked about how we can learn Cree laws through stories.

My main question was close to my heart: How do we speak about the unspeakable? How do we protect those we love, *from* those we love? We know this isn't easy, and there are no quick fixes. I struggled with the difference I often saw, between the powerful stories I heard about the ways people historically kept each other safe, and the lack of safety within communities today. This is a fact of life in many, if not most Indigenous communities across the country. It's hard, but not hopeless. Cree people have internal strengths and resources we can access and start to more mindfully and openly apply to today's challenges. My PhD work focused on how we can do this today.

Dr. Judith Herman has described how veterans transformed the public and professional recognition of PTSD by collectively "insisting upon the rightness, the dignity of their distress." The heart of my work has been to acknowledge distress – the devastating scope of current issues of loss and violence, but also insist upon the rightness and dignity of colonialism survivors' decision-making – of my first law teachers' decision-making, and their law teachers' decision making. I agree with the Truth and Reconciliation Commission, that recovering and rebuilding Indigenous laws may hold more effective answers for restoring safety, peace and order in communities. I hope my graduate work has contributed, in a small way, to this goal.

It may seem crazy to spend as many years in school as I have. But I love to learn, in school and out of school. If you have a dream, school is a great place to explore it away from community politics and lateral violence. You have space to reflect. You hear new ideas and make connections across the globe. You learn to trust yourself and to challenge your own thinking in new ways. You also gain new ways of giving back. Who knows – the dream you have inside you might be just what the community, or the world, needs!



Bonnie MacPhee

Tansi Everyone,

I've been working at the AWN office since July last summer. I started working in the office two weeks after I moved back from Moscow, Idaho where I was attending the University of Idaho for 3 years. I was working on a Bachelor of Science with a Major in Anthropology and a Minor in American Indian Studies (Native Studies).

The definition of Anthropology is, a science that studies people and especially their history, development, distribution and culture. I love learning about cultures and this degree helped me to learn about all the different aspects that can define a culture. I would love to further my education and understanding of this science by studying our own culture and story here in Grande Cache, and by one day returning to school. I am currently one course away from having my university degree, and plan on taking the course online sometime in the next year.

Before I moved to the United States for university, I was working a temporary position at ADC for a year and a half, after I had finished a Bookkeeping Diploma (with a one year emphasis in Oil and Gas Administration) at the Grande Prairie Regional College. After going to college at GPRC, I knew that I wanted to further my education at a university but I didn't know where I wanted to go, or what I wanted to study. Working at ADC gave me the time I needed to research what I wanted to study and to apply to universities. I looked at universities all over Canada, and to a few places in the U.S., and in the end, the choices came down to the University of British Columbia in Vancouver and the University of Idaho. I chose to study in the U.S. because the school showed a lot of interest in me as a student and their administrators were by far the most helpful that I have ever had the pleasure of dealing with.

Moving to another country by myself, where I didn't know anyone is by far one of the hardest and most rewarding things that I have ever done for myself. I joined the Native American Student Association on campus and got to meet and make friends with all sorts of different tribes from all over the U.S.. I believe that I have experiences that I would have never acquired, had I stayed in Grande Cache, or in Canada for that matter and I will carry these experiences with me for the rest of my life. One of my Anthropology/American Indian Studies instructors, Dr. Rodney Frey, referred to learning new teachings as huckleberry picking and that as we go through life we carry our huckleberry baskets and it is our responsibility to use our "huckleberries" as best we can.

As for what I do in the office, I do a little bit of everything. I book people in for the Drivers Training Program, update the AWN Family Tree, update the AWN Membership List, and help Rachelle out with any projects that she asks me to assist with. You can sometimes see me at the Tawow Centre covering the Career Resource Centre if the ladies there are on vacation or are having a sick day. I am also working on AWN's historical information. Eventually we would like all of the Elder, historical, and TLU information to be organized in a logical system that could be used for looking up information on places, people, animals, sites, plants, etcetera. This will be a long process, but I consider myself lucky to be working on a project that mirrors what I went to school for. As an added bonus I get to learn more about my own history and culture. We have an incredible story here in Grande Cache and it is humbling to learn what our past relatives did for us, so that we could flourish as a Nation. Hiy Hiy

Moving so far away and for so long was hard, but knowing that my family here in the mountains was proud of me, made me stronger and gave me resolve to finish even when I wanted to quit.

Thank you everyone, especially my Late Great-Grandma Lucy, and my Late Uncle Dean.



Is It Really a Need?

What is the difference between things you need and things you want? For some people, there really isn't a difference.

All of us have legitimate needs. We need to have food to eat, water to drink, air to breathe. But, all too often, when we listen closely to how we talk to ourselves and others, we will hear about all kinds of pressing "needs": "I need to get that promotion." "I need to sit by the window." "I need her to call me." "I need you to stand up for me."

And, most often, we will also hear about the tension and stress that go along with these so-called needs, because, after all, what if we don't get what we need? We multiply the pressure we put on ourselves when we apply "need" to everything. Often, there is the implied "or else something awful will happen," which isn't necessarily true.

It is a sign of real maturity when we can upgrade most of our needs to wants or preferences, and it is a sure-fire way to lower our stress quotient, as well. For example, supposing the status-giving promotion you needed so badly doesn't come through. You are devastated, right? Every thought, every action is colored from this perceived "failure" to get what you "need."

But what if you change your thinking from a need to a preference? Sure, you wanted the recognition that promotion would have brought, but the world will not quit spinning without it, and there are many positive things about your present job, as well. Perhaps your desire for recognition can be met in some other way - volunteer work, for instance.

There is a tremendous difference in how you experience life when you make this shift. Try it and see.



Aseniwuche Environmental Corp.

Cheryl MacPhee, Health Safety & Environment Training Coordinator

AEC-ONSITE WITH 7 GEN

On Sunday January 31, 2016 I was fortunate to start a job with 7 Generations, shadowing two Environmentalists on a horizontal directional drilling rig.

The two Environmentalists from a company called CCI were already 50+ days into the project when I joined their team.

Their job included water sampling, checking the sump levels, watching for frack outs, and of course keeping track of all this information collected.



Cheryl (AEC) Dallas & Neil with CCI

We would start our day by joining the morning safety meeting with the rest of the rig crew. Then as soon as it was daylight we were off to start our water sampling.

It was a beautiful walk along the Cutbank River getting the seven water samples, all from different sites. The walk was about a kilometer long and was done twice daily unless the samples showed any major level changes.

If there were changes in levels, the environmentalists had many things to factor into what/why might be causing these changes.

For example, there was a change in the turbidity of one of the water samples one day, so we had to gather additional water samples from different sites to see if other sites were affected as well.

There was so much to see and so much to learn.

I was lucky to be paired up with two people that were eager to teach and explain each step of what they did throughout the two weeks I was able to spend with them until the project was finished.

It was such a valuable experience for me to be a part of.

It gives me great peace of mind knowing we have people like these two environmentalists who are so knowledgeable, diligent, and have such a true love for the land.

I would like to thank 7 Generations for the opportunity and for the great hospitality in camp! I look forward to AEC getting more valuable experiences for our community members!



ASENIWUCHE
ENVIRONMENTAL CORPORATION

MÉTIS YOUTH— DO YOU HAVE WHAT IT TAKES?

Métis Youth Environmental
Career Program

This program is for Métis youth, ages 15-17. Gain exposure to environmental careers, participate in canoeing, work experience and so much more. Receive \$1,000 upon successful completion! Space is limited. Apply today!

Program Runs

August 10 – 25, 2016

Application Deadline July
22, 2016

Call 1-888-48-MÉTIS to
apply, or for more
information!

Rupert's Island Institute
Metis Centre of Excellence

MÉTIS TRAINING TO EMPLOYMENT

MÉTIS ENVIRONMENTAL CAREER PROGRAM

Application Deadline: July 22, 2016
Program Runs August 10 – 25, 2016
1-888-48-MÉTIS
www.metisemployment.ca

DO YOU HAVE WHAT IT TAKES?

This program is for Métis youth, ages 15-17. Gain exposure to environmental careers, participate in canoeing, work experience and so much more. Receive \$1,000 upon successful completion! Space is limited. Apply today!

"The reason why this program was good for me was because I had the staff I was back then really helped a lot for me and then when I came to this camp and learned all these things: First Aid, Wilderness First Aid, Forestry, GPS, Mapping, Canoeing, Camping and Archery. Canoeing and when I have this camp and go out in the woods, it's good to know I could save someone's life or when I get lost I know what to do so all these skills I now know, I could put them to good use."

—Noah Swan—

"This program is valuable to me because the stuff they teach you can't be learnt from school and you get to practice what you learn. You aren't just learning from a book, you get to watch them and practice. You get to try out some careers for work. It helped show me how being useful to a certain environment could really affect who you are as a person. And being out there with those staff, it's definitely something that I like to be more connected to our earth and all the small things we could do to help it. It showed me the true beauty of nature and honestly, I feel way better knowing that their eyes believe."

—Shyla Nash—

"This program was good for me because I learnt skills that I had never thought I'd ever be able to use in. When it comes to being in the program and how it was worthwhile for me, I'd say that I was really happy. And I was always looking forward for work. It helped show me how being useful to a certain environment could really affect who you are as a person. And being out there with those staff, it's definitely something that I like to be more connected to our earth and all the small things we could do to help it. It showed me the true beauty of nature and honestly, I feel way better knowing that their eyes believe."

—Noah Swan—



Grande Cache Parent Link

The Tawow Centre



Bookworms

Looking for something fun to do with your preschooler?

Borrow a Bookworms Bag!

Find a Bookworms Bag at the following location

Each Bookworms Bag contains: a story and story related activities for you and your child or children to enjoy together.

How does it work?

Go to the location on this poster, ask to borrow a Bookworms Bag, sign it out, enjoy for a week and then return.

How much does it cost?

This is a FREE program for our community sponsored by Growing Grande Children Early Childhood Coalition

For more information regarding this program designed to foster a love of books in your child please contact:
Amber Hennig
Chairperson

Growing Grande Children –
Early Childhood Coalition

Amber.hennig@grandecache.ca
780-827-2446 ext. 221



GROWING GRANDE CHILDREN
Grande Cache Early Childhood Coalition

Find us on 

Growing Grande Children
Grande Cache Early
Childhood Coalition



*Looking for something to do on Monday Evenings?
Want to tucker your little one out with stories and snacks before bedtime?*

Care for a coffee or tea with good company?

Want more opportunities for your child to build friendships?

MEET & EAT

A Chance for Parents and Children to Connect!

The Meet & Eat is a family night of story-telling and snacks! Miss Amber will be telling stories and showing ways to be creative with your little ones in spurring imagination and fun with stories! It is also a great way to meet other parents and allow for your child's friendships to continue to grow!

Where: The Parent Link Centre

@ The Tawow

When: Monday Feb 29th @ 6pm

Monday March 14th @ 6pm

Monday March 21st @ 6pm

Snacks are provided

parentLINKcentre





Triple-P Parenting

Parents.
stay positive!



PARENTING with CONFIDENCE

& compassion

POSITIVE DISCIPLINE WORKSHOP

Children are hardwired from birth to connect with others, and those who feel a sense of connection to their community, family, and school are more likely to behave.

Positive Discipline offers parent workshops aimed to help parents become the best parent they can be. We provide parents with respectful tools that incorporate kindness and firmness into parenting while teaching children important life & social skills. Positive Discipline teaches in a manner that is deeply respectful and encouraging for both children and adults.

The program speaks to common behaviour concerns such as:

- Not listening -Back talk
 - Homework hassles -
 - morning and bedtime problems -
 - Defiance -
- Do any of these behaviours sound familiar? Positive Discipline Workshop could be perfect for YOU!*

These **FREE** workshops are fun, interactive, and are designed to create long term change in the child and parent -- not just a short term quick fix.

Workshops are offered one-to-one, at your convenience!

For more information, Call Mary at the Tawow Centre (780) 827-3324 or email a registration request to mary@aseniwuche.com

Discussion Group Triple P

...for common parenting problems

What is it?

A Triple P Discussion Group brings together about 10–12 parents, providing them with developmental and child management advice on specific problem behaviour. Each two-hour discussion group can be taken as a stand-alone session or as part of a series.

Topics are:

- dealing with disobedience
- managing fighting and aggression
- developing good bedtime routines
- hassle-free shopping with children

Who is it for?

Discussion groups are for parents of children from birth–12 years, with common mild developmental or behavioural problems such as disobedience, tantrums while shopping, poor bedtime routines, fighting, and aggression.

When is it?

Tuesday afternoons from 1:30-3:30pm @ The Tawow Centre

Indicators for Triple P Discussion Groups are:

- The parent needs information about how to deal with a specific parenting or behaviour issue
- The problem behaviour is mild or moderate
- The problem behaviour started relatively recently (less than six months)
- The family may have already done a higher level of Triple P but needs specific, short-term support as maintenance.

MORE INFORMATION:

780.827.3324 or email: mary@aseniwuche.com



Parent Link Centre

The question most commonly asked by parents:

“Is my child where they need to be?”

As a parent we continually wonder about our child's development. Is my child playing with others? Does my child's speech sound right? Why does he get so angry and throw temper tantrums?

GREAT NEWS

Representatives from 5 Early Childhood environments have come together to form a team. These trained Ages and Stages Consultants are here to help answer those questions.

A quick parent filled-out survey will look at the following areas of your child's development

Communication
Gross motor
Fine motor
Problem solving
Personal-social
Social-emotional

HOW DO I GET STARTED?

Contact any one of the following

Ages and Stages Consultants

Mary McNeill
Family Support Worker
TAWOW Centre
780-827-3324

Emily Ernst
Family Support Worker
FCSS
780-827-4336

Tina Lively

Supervisor of Preschool
Programs
Town of Grande Cache
780-827-2446 ext. 237

Amber Hennig
Assistant Manager, Programs
Town of Grande Cache
780-827-2446 ext. 221

Jayne Pollock

Director
Grande Cache Child Care
Society
780-827-5100



Stay &

Stay & Play is an afternoon of fun!

Miss Tina will guide families through activities, crafts, games, storytelling and more!

It is a time for young children to enjoy both structured and unstructured child-led play together, and unleash their sense of imagination and wonder!

It is a great way to meet other parents and allow for your child's friendships to continue to grow!

Want to have fun with your little ones?

Care for more chances for your child to meet and play with other kids?

Want to expose you child to new toys, activities and places?

Looking for a way to connect with other parents in town?

Snacks are provided
All families are welcome!
For more information,
call (780) 827-3324



parentLINKcentre

WHERE:

GC Parent Link Centre
@ The Tawow Centre
10020-99th Street

WHEN:

Thurs, March 3rd @ 1pm
Thurs, March 17th @ 1pm
Thurs, March 24th @ 1pm
Thurs, March 31st @ 1pm



Parent Link Centre

Our Grande Cache Parent Link Centre provides free parenting and play programs to meet the unique needs of the community we live in!

Information and Programs include:

- Music, movement, and literacy and numeracy programs
- Parent learning opportunities such as Triple P – Positive Parenting Program
- The Ages and Stages questionnaire
- An opportunity to learn more about your child's growth
- A chance to talk to staff about information to support and strengthen your skills and confidence in parenting
- An opportunity to gain skills for dealing positively with behavioural concerns
- A chance to connect with other parents and caregivers in the community by attending drop-ins, programs and other services in group settings

PLC PLAY:

**Tuesday and Thursday Mornings
from 9:30-11:30am**

Wednesday Afternoons from 1:30-4:30pm

Keep an eye out for our new **"Passport to Play"**

Offer, a variety of activities and challenges to complete with your children in order to make sure developmental milestones are being met and for a chance to win prizes!

For more information, call the Tawow Centre @ (780) 827-3324
Stay posted on our Facebook page for updates!



Hope to see you here soon!

Discussion Group Triple P ...for common parenting problems

What is it?

A Triple P Discussion Group brings together about 10-12 parents, providing them with developmental and child management advice on a specific problem behaviour. Each two-hour discussion group can be taken as a stand-alone session or as part of a series.

Topics are:

- dealing with disobedience
- managing fighting and aggression
- developing good bedtime routines
- hassle-free shopping with children

Who is it for?

Discussion groups are for parents of children from birth-12 years, with common mild developmental or behavioural problems such as disobedience, tantrums while shopping, poor bedtime routines and fighting and aggression.

When is it?

Tuesday afternoons from 1:30-3:30pm @ The Tawow Centre
Indicators for Triple P Discussion Groups are:

- The parent needs information about how to deal with a specific parenting or behaviour issue
- The problem behaviour is mild or moderate
- The problem behaviour started relatively recently (less than six months)
- The family may have a ready done a higher level of Triple P but needs specific, short-term support as maintenance.

MORE INFORMATION:

**780.827.3324 or email:
mary@aseniwuche.com**