

Orihwase'shón: 'a ne Wahta Rontenro Raotirihwá:ke

Enniska - The Time of Lateness



February 2022



THIS ISSUE

- ◆ Calendar of Events
- ◆ Chief/Council Update
- ◆ Minutes
- ◆ FYI & Notices
- ◆ Education & Training
- ◆ Health & Social Services

Virtual Public Council Meeting

There will be a virtual Public Council Meeting on **Tuesday February 22nd, 2022 at 7:00PM**. The meeting will be hosted on **Zoom**. Please **REGISTER** in advance at the following link:

https://zoom.us/join/zoom/register/tJckcO2hpzgsG9K7c1_ENPjv2C4BakrcqUI8

See inside for more information on how to use Zoom and join the meeting.

Community Buildings Closed

The Administration Building, Cultural Healing Centre, and Gym are closed for the time being in order to help prevent the spread of COVID-19. We will continue to reassess the situation and reopen when it is safe to do so. You will find updates on the [website](#) and [Facebook](#) page. The Landfill will remain open during its normal schedule.

If you have any questions about the status of the closures, please call 705-762-2354.

Are you thinking about building or renovating? Contact Karen or Matthew for help with the various Housing Programs, Subsidy Programs & Mortgage Programs that are available. 705-762-2354

karen.sahanatien@wahtamohawks.ca
matthew.commandant@wahtamohawks.ca



CHIEF AND COUNCIL UPDATE

Chief Philip Franks

Staying warm and staying healthy seemed to be the focus in January. Depending on how you think, good or bad, we are at mid winter.

Council has recently identified a couple of issues that we will be following up on with regard to land usage planning. The project to do a land use study is still on the table. A small part of that has to do with individual vs common interests in reserve lands. We recently received a legal opinion on the matter and Council will be discussing that document.

Council received a draft Cemetery Policy from Administration for discussion. Looking to the future, there are some questions to be considered going forward, such as how much area do we have for the cemetery and where we can expand. The make up of the community is changing, so does the traditional practice of members burials continue? Will non-member spouses be permitted to internment and what part does residency play in that. While having these things accepted as policy are not an immediate need, these kinds of discussions would be good to have moving forward.

The issue of allowing members to build roads to access their property by way of existing road allowances has been in discussions for some time now. Throughout January there have been two applications and these initial plans have been posted on social media and our website for comment. A decision will be made on these very soon.

Wahta Administration has developed a vaccination policy regarding COVID-19 that will apply to staff and Council as we look forward to reopening. This policy of required proof of vaccination before returning to the offices was written keeping in mind the health and safety of the employees, and the people they come into contact during the course of their work.

The investigation of the creation of a Child Welfare Law will pick up steam in the coming months. We have Fogel Law on the project. Funding for this study was provided by the federal government through the Association of Iroquois and Allied Indians. Child and Family services are delivered to our members through Dnaagdawenmag Binnoojiiyag, an accredited Indigenous agency. Having our own law can help shape the way those services are delivered.

These items along with further development of the Citizenship Code make up a large part of Council's focus at this time. Certainly, there are a number of other items that Council deals with during the course of the month. Many of these can be seen in this newsletter through the Council minutes section.

We look forward to hearing any comments on these or other items so we can best develop policies or laws that meet membership approval as we go into the future.

Nia:wen kowa for reading.



Wahta Mohawks Council Meeting Minutes

Date: Wed Dec 8th, 2021

Time: 9:30 am

Those Present:

Chief Philip Franks

Councillor Blaine Commandant

Councillor Lorie Strength-Fenton

Councillor Teresa Greasley

Councillor Jesse Strength

In Attendance:

Murray Maracle, Senior Administrator

Samantha Walker, Council Executive Assistant

Randell Sonmor, Capital Assets Manager

Adoption of Agenda & Minutes

Motion 1:

Moved by Lorie Strength-Fenton and seconded by Jesse Strength to adopt the December 8th agenda.

ALL IN FAVOUR

CARRIED

Motion 2:

Moved by Lorie Strength-Fenton and seconded by Blaine Commandant to approve the minutes from November 25th, 2021.

ALL IN FAVOUR

CARRIED

Motion 3:

Moved by Jesse Strength and seconded by Lorie Strength-Fenton to approve the minutes from December 1st, 2021.

ALL IN FAVOUR

CARRIED

Briefing Note – New Triplex Proposal

Capital Assets Manager, Randell Sonmor, presented a briefing note on a proposal for a new triplex. Indigenous Services Canada has introduced new funding for a New Housing Program. Based on the funding available, Randell recommends a triplex with one-bedroom units, as previous rental applications indicated there was a need for housing for single adults. Council discussed potential locations, as well as different options for the types of units. Council provided approval for Randell to proceed with the application to continue to the next stage.

Can Sky Invoice Approval

Capital Assets Manager, Randell Sonmor presented Council with a cheque requisition for the final payment to Can Sky Roofing for the work they completed on the Administration Building Roof Repair Project. There was a 10% hold back on each previous invoice, which have been included on the final invoice. The final inspections have taken place and warranty certificates have been provided. The final cost of the project was \$1,118,686.00.

Motion 4:

Moved by Teresa Greasley and seconded by Blaine Commandant to approve the final payment to Can Sky Roofing for Invoice #5489 in the amount of \$101,033.66.

ALL IN FAVOUR

CARRIED

Road Request Posts Approval

Senior Administrator, Murray Maracle, provided Council with two notices regarding community member requests to utilize community lands. Council reviewed the document and agreed to have the notices posted in the January newsletter, social media, and on the website, in order to allow community members the chance to provide feedback on the requests.

Membership/Voters Lists

Councillor Strength-Fenton informed Council that a few members have informed her that they were not on the voting list. This has caused some concern over the membership list and voters list being outdated. Council would like to consider a new system to maintain the membership list to ensure it is up to date and can be used to generate voter lists, mailout lists, etc.

Draft Vaccination Policy

Chief Franks inquired about the Vaccination Policy, and whether Council should be included within the Administration's policy or have their own. Senior Administrator, Murray Maracle suggested that Council update the Code of Conduct to allow for the enforcement of the vaccination policy, which would allow Council to sanction other members of Council for violating the Code of Conduct.

Adjournment

Motion 5:

Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to adjourn at 11:30am.

ALL IN FAVOUR

CARRIED



Wahta Mohawks Council Meeting Minutes

Date: Wed Jan 5th, 2022

Time: 9:30 am

Those Present:

Chief Philip Franks

Councillor Blaine Commandant

Councillor Lorie Strength-Fenton

Councillor Teresa Greasley

Councillor Jesse Strength

In Attendance:

Samantha Walker, Council Executive Assistant

Adoption of Agenda

Motion 1:

Moved by Lorie Strength-Fenton and seconded by Jesse Strength to adopt the January 5th agenda.

ALL IN FAVOUR

CARRIED

Child Welfare Funding Application

Chief Franks provided information on the Application from Hensel Law on Child Welfare for future funding. The application includes a proposed workplan, statement of financial position, etc. Council agrees to proceed with the funding application.

Motion: 2:

Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to support the Child Welfare Capacity Funding Proposal to the Federal Government.

ALL IN FAVOUR

CARRIED

Land Request Notices

The land request notices were posted on social media and in the monthly Newsletter on January 5th, and will be posted for 30 days to allow for community members to comment. The requests will also be discussed at the January Public Council Meeting.

General Concerns

Council discussed a few general concerns in the community. The Water Fill Station is only accessible during business hours due to the gate at the Administration Building, which can make it difficult for members to utilize. Council would like to investigate some of the available COVID-19 funding available to see if a second Water Fill Station could be installed at the Cultural Healing Centre. Rapid test availability is another issue being brought forward, so the Chief will ask the Emergency Control Group what they recommend, and plan to provide messaging to the community. Chief Franks will also be sitting on a meeting with Indigenous Services Canada and the Chiefs in Ontario regarding COVID-19. He will provide Council with an update at the next meeting.

Discussion on Strategic Plan Progress

Council reviewed the ongoing Strategic Plan to see which items are outstanding and what the potential completion dates could be. They also discussed the possibility of having Councillors focus or lead certain items that they have knowledge or interest in. Council also discussed the possibility of extending regular meetings to work on policies and the strategic plan.

Adjournment

Motion 3:

Moved by Teresa Greasley and seconded by Jesse Strength to adjourn at 12:30pm.

ALL IN FAVOUR

CARRIED

Virtual Public Council Meeting

Tuesday February 22nd, 2022, 7:00pm

Please join us for a virtual Public Council Meeting on Zoom!

Register in advance for the meeting:

https://zoom.us/meeting/register/tJckcO2hpszgsG9K7c1_ENPjv2C4BakrcqUI8

After registering, you will receive a confirmation email containing information about joining the meeting.

If you need any help getting started or have any questions, please contact Samantha at Samantha.walker@wahtamohawks.ca

Wahta Housing Subsidies

Wahta Mohawks offers subsidies for New Construction and Renovations. We also have a subsidy for Water and Sanitation.

- New Construction Housing subsidies are limited to a maximum of \$26,300.00 each.
- Renovation subsidies are available to a maximum of \$26,300.00 on a 50/50 cost sharing basis.



We have only two of these subsidies available each year so it would mean two housing subsidies, or one housing subsidy and renovation subsidies totaling \$26,300.00 etc.


We also offer a Water and Sanitation subsidy of \$15,000.00 available for two new homes or to assist with the replacement of a well, pump, water system or for septic system renovation.

Address Update

If you have moved or plan to move, please let us know your new address whether it be a mailing address, email address, home phone and cell phone.

Contact karen.sahanatien@wahtamohawks.ca to update your contact information.

Lets keep in touch!



GET YOUR WATER TESTED

The best time to sample your well water is when the probability of contamination is greatest. This is likely to be in early spring just after the thaw, after an extended dry spell, following heavy rains or after lengthy periods of non-use. If you live on the Territory and would like your water to be tested, please contact Evan Holmes at 705-644-9884.

Land for Sale	Land for Sale	Land Wanted	Land Wanted	Land Wanted	Land Wanted
2 acres adjacent to Musk. Rd. 38 with driveway	Various locations	Band member looking to purchase waterfront property on lake Gibson.	Band member interested in purchasing a building lot along the river. If you own one of these lots and would consider selling it, we're most interested in speaking with you. We may also be interested in other lots not on the river. Please contact Diane at 226-332-2352	Band member looking to purchase property. Please contact 705-801-9508	Property for lease for member to use as recreational land, e.g. Camping Any size, any location Leah 705-238-9004 leah.readman@gmail.com
5 Acres adjacent to Musk. Rd. 38 with no driveway	Call 705-762-0013 for more information	Please contact Chantell. 289-440-2464			
80+ acres with bush lot and waterfront					
For more info, please call 705-644-4227					

Kanien'kéha Mohawk Language

Youth and Family – Online Zoom

Wednesday's 4:15-5:00pm. School-aged youth welcome. Join anytime weekly.

Language Nest - Online Zoom

Monday mornings 10:30am. Caregivers and preschool aged children may participate in this early-years exposure and supports for Kanien'kéha in the home.

CAN8 Language Software - sign ups are still welcome. Please email if you would like instructions and access to this program for self-led learning paired with Richard's teaching supports.

Partnering with Community

We are seeking interested stakeholders, learners, speakers, elders and knowledge keepers who would be willing to advise on language planning at various stages, or participate in various programing as knowledge keepers who could share their language, culture, and teachings with community.

All registrations and questions welcome at sarah.chaloux@wahtamohawks.ca
Language Instructor Richard Hay can be reached at richard.hay@wahtamohawks.ca

Indigenous Healthy Babies Healthy Children

This service is offered to Indigenous families with children 0-6 years old. Objective is to prepare families for parenting through all stages (pre- to post-natal, early years) to provide the best opportunity for healthy development using a wholistic, culturally responsive, and strength-based approach to care.

Services include home visits, intakes, early identification and screenings, family support plans, service navigation, referrals and advocacy. Cultural component of this service will include a series on cultural teachings dedicated to the early life stages, and parenting. If you are interested and have not yet enrolled, please reach out to begin the intake process.

To register email sarah.chaloux@wahtamohawks.ca

Money Talks

What a great presentation. Thank you to all of you who participated.

Karen Collacutt presented a different approach when dealing with money and how to become friends with it. This is a tool to help families become more aware of their money and work toward financial independence. Become friends with your money.

This is a tool that **Post-Secondary Students** can use to better understand their money and how it can ready themselves for the future. It was so easy to understand and incredibly useful.

We hope to offer this again soon as it was so informative.

Those who were there are already asking for the next step!

Testimony from some of our participants:

"The information was so useful, in fact, I have already put it into practice".

"I spent the day looking at my budget and used Karen's method to start getting to know my money"

If you are interested, please contact me.

jacqueline.stewart@wahtamaohawks.ca

Post-Secondary Education News

A new Handbook is in the works that will be full of information to prepare new PSE students on their new adventure into Post Secondary Education.

Watch for another invitation to Money Talks with Karen Collacutt. This is a great tool to have when it comes to your money, working with it and getting to better understand how you can budget for the future. I know you will find this time well spent.

If you are interested, please contact jacqueline.stewart@wahtamohawks.ca

Good Luck with your studies!!

Staff Introduction



Shé:kon,

My name is Stephanie DeCaire,

I have recently joined Wahta Mohawks team as a Family Well-Being Worker. As a member of the education department, I will be working with children and families in the community.

I previously worked as residential counsellor providing support in a group home environment and bring over 17 years of experience in social services. I completed my Social Service Worker diploma with honors through First Nation Technical Institute and Canadore College.

Some of you may know me as I am a member of Wahta as well. I'm excited for the opportunity to serve the interests of the community and look forward to getting to know everyone.

In kindness,
Stephanie
Wenhi'tanó'ron

WAHTA MOHAWKS

MARCH BREAK CAMP

Culture - Language - Land-Based Learning



PLEASE SAVE THE DATE AND REGISTER EARLY

March 14th - 17th

Monday - Thursday 9:00am-4:00pm
Open to school-aged children

Camp will run outside, in a land-based learning, forest school environment centered around cultural teachings and activities.

Please register by February 28th, 2022, include the clothing size of your youth.

arrangements will be made to restructure in the case of new or changing covid protocols

email: sarah.chaloux@wahtamohawks.ca or
amy.davidson@wahtamohawks.ca

TC Energy

BUILD STRONG

Protect

Educate

Support

Sustain

“

**I was looking for
scholarships that
aligned with my
personal values.”**

SONJA V., Athabasca Chipewyan First Nation, Alta.
TC Energy Indigenous Legacy Scholarship Recipient



Apply for our Indigenous Legacy Scholarship

SEE IF YOU PRE-QUALIFY BY ANSWERING FIVE QUICK QUESTIONS.



ONLINE APPLICATION DEADLINE:

May 6, 2022 ▶ [Tcscholarships.com](https://www.tcscholarships.com)



Wahta Mohawks Health and Social

Ongoing Monthly Services

Online Traditional Healer Sessions with Jane Burning

Please register with Kristan Sahanatien – kristan.sahanatien@wahtamohawks.ca or Sherry Byrne – sherry.byrne@wahtamohawks.ca or 705 762 2354. Ext 241 or 250.

Music Therapy

Once a month we will provide an online group music-assisted progressive muscle relaxation session. Music can be used to assist the relaxation process, and to teach relaxation skills for independent self-care. Along with this, we also offer 1:1 music therapy sessions. For more information, please contact Kristan Sahanatien – kristan.sahanatien@wahtamohawks.ca or Sherry Byrne – sherry.byrne@wahtamohawks.ca

Cannabis 1:1 Sessions

Dr. Lionel Marks de Chabris. Dr. Lionel is a pain and addiction specialist working out of Northern Ontario. We have had Dr. Lionel host multiple workshops for the community throughout the summer months and have received great feedback from participants. Dr. Lionel would be providing his expertise knowledge in this area and answer any questions you may have. For further information or to register, please contact Kristan Sahanatien – kristan.sahanatien@wahtamohawks.ca .

Falling Leaf Program

This program is designed to bring another element of safety into our seniors' homes, prolonging them to be at home without worry. This program brings ease to our families who have loved ones with a risk of falling as well.

Contact: Bobby Decaire - Bobby.decaire@wahtamohawks.ca or 705-641-1263

Music and Memory

Music and memory is used to calm anxiety and help with Dementia, Alzheimer's and much more. This unit is meant to be used anytime and any place. This can go with you anywhere. To Sign up for your Personalized unit please Email or Call Bobby Decaire

Contact: Bobby.decaire@wahtamohawks.ca or 705-641-1263

Please note we have a closing date for ordering items as February 18th, so the falling leaf program and music and memory will need to be ordered before February 18th

Madeline's Mobile Salon:

We have Madeline's mobile hair care coming to our seniors. Keeping safety as our first priority Madeline comes to homes with PPE and adheres to all protocols required by Wahta, she cleans

up when leaving and is experienced with mobility issues, so any circumstances, whether you are male or female, from color, cuts, perms to just wash please call or email to book your appointment. Spots fill up fast.

Contact : Bobby.decaire@wahtamohawks.ca or 705-641-1263

Personal Care Services

If you feel you are in need of homecare or have a family member in the community that would benefit from this service, please contact Bobby Decaire for an over the phone assessment on needs to see if you qualify. This service assists our seniors to stay in their own homes longer.

Bobby.decaire@wahtamohawks.ca or 705-641-1263

Wills/Estate and POA Information

Do you have a Power of Attorney (POA)? Do you have a will? Would you just like more information?

To avoid leaving these until last minute we have arranged for some information to be distributed to our seniors (ages 65+) to provide more information and to have these services provided. This program is designed to relieve families from worry or stress by doing it now instead of later. For more information or to sign up please contact

Bobby.decaire@wahtamohawks.ca or 705-641-1263

Program Registrations for February and March 2022

Harm Reduction & Opiates Education Zoom Workshop – February 10th at 2pm. Please register with Kristan Sahanatien – Kristan.sahanatien@wahtamohawks.ca . Registration deadline is February 8th, 2022.

Bingo – (Adults and Seniors) – February 22nd at 6pm. Please register with Kristan Sahanatien – Kristan.sahanatien@wahtamohawks.ca . Registration deadline is February 8th, 2022.

Adults & Seniors Program - Card Making Kits

If you would like to register for a card making kit, please contact Sherry Byrne - sherry.byrne@wahtamohawks.ca by February 7th, 2022.

Children & Youth Program- Paint & Plant Stoneware Flower Gardening Kit

If you would like to register for a flowering gardening kit, please contact Sherry Byrne at sherry.byrne@wahtamohawks.ca by February 7th, 2022.

Adults (18 to 64) Program – Bird Feeders (one per household)

If you would like to receive a bird feeder, please contact Sherry Byrne at sherry.byrne@wahtamohawks.ca by February 7th, 2022.

Valentine's Day Dinner

Whether you are a family, couple or single, Valentine's Day is the day of love.

If you are interested in preparing your own special dinner - 1 dinner kit per household-spaces limited. Please contact Sara- sara.decaire@wahtamohawks.ca or 705 801 5300 by Friday February 4th.

Plant and Tree Identification w Joe Pitawanakwat

Joe is part of Creator's Garden which is based out of Peterborough.

They're focus, first and foremost, is on teaching the legitimacy of plant-based medicine.

They teach people the intricacies of how identify and sustainably harvest and use

Every part of these beautiful plants. If you are interested in attending this 2-part online workshop, please contact: Sara- sara.decaire@wahtamohawks.ca or 705 801 5300 by February 4th. Workshops to take place in February and March.

Indigenous Food Sovereignty w Cody McGregor IDHC

Food sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and the right of peoples to define their own food and agriculture systems. If you are interested in participating in this online workshop, please contact: Sara- sara.decaire@wahtamohawks.ca or 705 801 5300. By Friday February 11th.



B'saanibamaadsiwin

Aboriginal Mental Health Program

Starting in 2021 CMHA Muskoka Parry Sound began two collaborative programs with CMHA Simcoe and Mamaway Wiidokdaadwin Indigenous Inter-professional Primary Health Care Team. Together we are offering a Day or Evening Treatment Program for individuals who are looking to make changes to their substance use. This program is unique in that it allows individuals to stay in their community while at the same time receiving intensive addiction programming. This program offers a 4 week delivery, running Monday through Thursday and will be running either from 1-3pm or from 5-8 pm, for 2 -12 participants per group. This allows those who are working / have childcare obligations, to receive support in a way that has not been available before. Programming is currently being offered virtually and CMHA MPS staff will support clients in accessing technology so that this will not be a barrier to support. This programming is also unique as it is offered from a harm reduction lens, allowing any individual who is looking to make changes to their use to be welcomed into a community of support. Our next group will running beginning on January 31, 2022 and will be offered either in a day or evening format.

Our second program is the Mobile Withdrawal Management program which supports individuals with mild to moderate substance use to withdrawal within community. Clients are able to access up to 30 days of intensive addiction counselling, case management, peer specialist support and nurse practitioner consults as they withdrawal from their substance of choice. This program works in both abstinence and harm reduction lenses, and individuals identify the substance that they would like support with.

If you are interested in further information regarding these programs or would like to participate, please contact our intake line at, 705-721-9554.

Niá:wen

Saturday February 19th, 2022

Starts at 8am

Ice Fishing Derby 2022

*If you wish to participate, please sign up by contacting
karen.sahanatien@wahtamohawks.ca
by January 14th, 2022.*

Due to the ongoing pandemic the annual ice fishing derby won't be held as usual. This year people can ice fish at any location on February 19th, 2022 from 8am to 3pm.

*If you catch a pike, please take a picture with you and your fish with a measuring device and send to
karen.sahanatien@wahtamohawks.ca*

Prizes for those who participate.

Please plan on participating and remember to social distance.

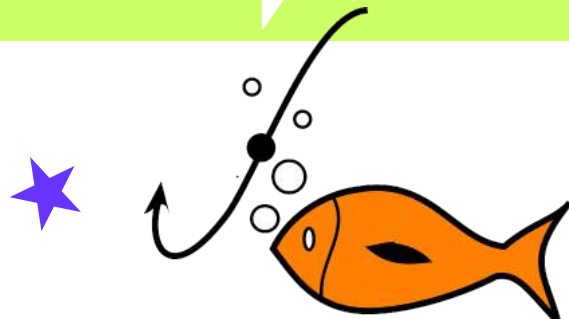
Stay safe everyone!

Ice Fish at any location

*Fun for the whole
Family*

*Categories for women, men
and youth*

*Pictures maybe used in the
Wahta newsletter and
facebook page*





Canadian Mental
Health Association
Muskoka - Parry Sound

Addictions and
Mental Health Services



South Muskoka Family Support Group

A 7-week closed psycho-educational group intended for family members or individuals concerned about another's substance use, gambling, or gaming.

Topics covered include:

- Stages of Change
- Relationship changes
- Enabling
- Creating Boundaries
- Treatment in Ontario
- Distress Tolerance
- Cycle of use
- Grief and Loss

**Starting February 23, we will be offering
an ongoing virtual group every
3rd Thursday of the month from
6:00pm—8:00pm**

Telephone assistance will be provided to help
you set up your device.

Please call 705-645-2262 if interested.



Connect with
others with
similar
experiences

Learn new skills
and strategies to
help you with
your goals

Address your
physical,
mental,
emotional, and
spiritual health

Adults age 16
and older living
in Simcoe
County or
Muskoka District

Registration:

To register for this
program contact
our Central
Registration at:
705-721-9554

Jan 31st – Feb 24th DAY or Evening PROGRAM

SUPPORTING PEOPLE WITH SUBSTANCE USE GOALS

Mon, Tue, Wed, Thurs Afternoons 1:00-4:00pm OR 5:00-8:00pm

Join us for a 4-week virtual program for individuals who would like support with substance use goals. This program will provide skills-based education and opportunities to connect with other individuals. This program utilizes cross-cultural harmonization to support growth and healing.

This program is offered collaboratively by Mamaway Wiidokdaadwin Indigenous Interprofessional Primary Care Team, CMHA Simcoe County, and CMHA Muskoka Parry Sound



Canadian Mental
Health Association
Association canadienne
pour la santé mentale

*Simcoe
County*

GAMBLING, SUBSTANCE USE & MENTAL HEALTH SERVICES



Canadian Mental
Health Association
Muskoka - Parry Sound

Addictions and
Mental Health Services



B'SAANIBAMAADSIWIN
ABORIGINAL MENTAL HEALTH

What to Do (and Not Do) When Children Are Anxious

 childmind.org/article/what-to-do-and-not-do-when-children-are-anxious

How to respect feelings without empowering fears

Clark Goldstein, PhD

When children are chronically anxious, even the most well-meaning parents, not wanting a child to suffer, can actually make the youngster's anxiety worse. It happens when parents try to protect kids from their fears. Here are pointers for helping children escape the cycle of anxiety.

1. The goal isn't to eliminate anxiety, but to help a child manage it.

None of us wants to see a child unhappy, but the best way to help kids overcome anxiety isn't to try to remove stressors that trigger it. It's to help them learn to tolerate their anxiety and function as well as they can, even when they're anxious. And as a byproduct of that, the anxiety will decrease over time.

2. Don't avoid things just because they make a child anxious.

Helping children avoid the things they are afraid of will make them feel better in the short term, but it reinforces the anxiety over the long run. Let's say a child in an uncomfortable situation gets upset and starts to cry — not to be manipulative, but just because that's how they feel. If their parents whisk them out of there, or remove the thing they're afraid of, the child has learned that coping mechanism. And that cycle has the potential to repeat itself.

3. Express positive — but realistic — expectations.

You can't promise a child that their fears are unrealistic—that they won't fail a test, that they'll have fun ice skating, or that another child won't laugh at them during show & tell. But you can express confidence that they're going to be okay, that they will be able to manage it. And you can let them know that as they face those fears, the anxiety level will drop over time. This gives them confidence that your expectations are realistic, and that you're not going to ask them to do something they can't handle.

4. Respect their feelings, but don't empower them.

It's important to understand that validation doesn't always mean agreement. So if a child is terrified about going to the doctor because they're due for a shot, you don't want to belittle those fears, but you also don't want to amplify them. You want to listen and be empathetic, help them understand what they're anxious about, and encourage them to feel that they can face their fears. The message you want to send is, "I know you're scared, and that's okay, and I'm here, and I'm going to help you get through this."

5. Don't ask leading questions.

Encourage your child to talk about their feelings, but try not to ask leading questions—"Are you anxious about the big test? Are you worried about the science fair?" To avoid feeding the cycle of anxiety, just ask open-ended questions: "How are you feeling about the science fair?"

6. Don't reinforce the child's fears.

What you don't want to do is be saying, with your tone of voice or body language: "Maybe this *is* something that you should be afraid of." Let's say a child has had a negative experience with a dog. Next time they're around a dog, you might be anxious about how they will respond, and you might unintentionally send a message that they *should*, indeed, be worried.

7. Encourage the child to tolerate her anxiety.

Let your child know that you appreciate the work it takes to tolerate anxiety in order to do what they want or need to do. It's really encouraging them to engage in life and to let the anxiety take its natural curve. We call it the "habituation curve." That means that it will drop over time as he continues to have contact with the *stressor*.

It might not drop to zero, it might not drop as quickly as you would like, but that's how we get over our fears.

8. Try to keep the anticipatory period short.

When we're afraid of something, the hardest time is really *before* we do it. So another rule of thumb for parents is to really try to eliminate or reduce the anticipatory period. If a child is nervous about going to a doctor's appointment, you don't want to launch into a discussion about it two hours before you go; that's likely to get your child more keyed up. So just try to shorten that period to a minimum.

9. Think things through with the child.

Sometimes it helps to talk through what would happen if a child's fear came true—how would they handle it? A child who's anxious about separating from their parents might worry about what would happen if a parent didn't come to pick them up. So we talk about that. If your mom doesn't come at the end of soccer practice, what would you do? "Well I would tell the coach my mom's not here." And what do you think the coach would do? "Well he would call my mom. Or he would wait with me." A child who's afraid that a stranger might be sent to pick them up can have a code word from their parents that anyone they sent would know. For some kids, having a plan can reduce the uncertainty in a healthy, effective way.

10. Try to model healthy ways of handling anxiety.

There are multiple ways you can help kids handle anxiety by letting them see how you cope with anxiety yourself. Kids are perceptive, and they're going to take it in if you keep complaining on the phone to a friend that you can't handle the stress or the anxiety. I'm not saying to pretend that you don't have stress and anxiety, but let kids hear or see you managing it calmly, tolerating it, feeling good about getting through it.

Good Food Box

Northern Produce will be delivering Good Food Boxes to everyone who is signed up.

If you have not signed up and are interested in receiving the Good Food Box, and you live on reserve, please email Sara at sara.decaire@wahtamohawks.ca. You can also contact our receptionist Skye at 705-762-2354, and she will give Sara the message.



Ambulance Payment Assistance

Attention: If you have used an Ambulance to West Parry Sound Health Centre (Parry Sound Hospital)

When you receive your bill please get in contact with:

Patricia Austin, M.O.A.

Financial Services Clerk

West Parry Sound Health Centre

6 Albert Street, Parry Sound P2A 3A4

Phone: (705) 746-4540 ext 4112

email: paustin@wpshc.com

www.wpshc.com



Patricia can, with the status number that you provide, send the bill to FNIHB for payment directly!

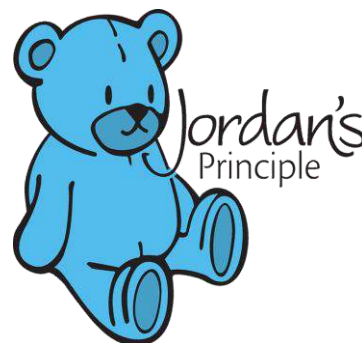
If any questions arise please contact Christine for assistance.

if you live elsewhere and have to use an ambulance get in touch with that hospitals finance department and see if this can be arranged for you

What is Jordan's Principle?

Jordan's Principle is meant to prevent First Nations children from being denied essential services or experiencing delays in receiving them. Different levels of government fund different services for First Nations children, and as a result it can be hard to figure out how to access necessary products, services, and supports. Under Jordan's Principle, we can:

- ✓ Inform families about the resources available for their child and how to access it
- ✓ Coordinate access to products, services, and supports
- ✓ Provide funding when it's needed to make sure products, services, and supports are accessed without delay



Who can apply to Jordan's Principle?

A child under the age of majority in their province of residence can access Jordan's Principle, if they permanently reside in Canada, and if the child meets **one** of the following criteria:

- ✓ Child is registered or eligible to be registered under the Indian Act
- ✓ Child has one parent or guardian who is registered/eligible to be registered under the Indian Act
- ✓ Child is recognized by their nation for the purposes of Jordan's Principle
- ✓ Child is ordinarily resident on reserve

What is covered under Jordan's Principle?

Health:

- ✓ mobility aids
- ✓ wheelchair ramps
- ✓ addiction services
- ✓ services from Elders
- ✓ mental health services
- ✓ specialized hearing aids
- ✓ traditional healing services
- ✓ services for children in care
- ✓ assessments and screenings
- ✓ transportation to appointments
- ✓ medical supplies and equipment
- ✓ long term care for children with specialized needs
- ✓ therapeutic services for individuals or groups

Social:

- ✓ social worker
- ✓ land-based activities
- ✓ personal support worker
- ✓ specialized summer camps
- ✓ respite care
- ✓ specialized programs based on cultural beliefs and practices

Education:

- ✓ school supplies
- ✓ tutoring services
- ✓ teaching assistants
- ✓ specialized school transportation
- ✓ psycho-educational assessments
- ✓ assistive technologies and electronics

For more information, please contact:

Kathleen White, Jordan's Principle Navigator

kathleen.white@wahtamohawks.ca or (705) 330-1875

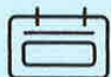


RAAM CLINIC

West Parry Sound Rapid Access Addiction Medicine Clinic

The Rapid Access Addiction Medicine (RAAM) Clinic is a low-barrier, culturally safe clinic for individuals 16 years of age and older who are struggling with substance use concerns; or for friends and family seeking personal support around a loved one's substance use.

Although not required, referrals are helpful and appreciated. Walk-ins are welcome.



Start Date:
Monday May 27, 2019



Mondays: 2 PM - 6 PM
Thursdays: 8 AM - 12 PM



West Parry Sound Health
Centre - Ambulatory Care
6 Albert St., Parry Sound



Check-in at Admitting

For additional information, referral forms, patient hand-outs, and brochures, please contact us:



705-375-9900

or call:



705-746-4264

and ask for a RAAM counsellor



Canadian Mental
Health Association
Muskegon - Parry Sound

Addictions and
Mental Health Services



West Parry Sound Health Centre

Rural Nurse Practitioner-Led Clinic

Kagita Mikam Employment & Training

Intake applications are ongoing for Kagita Mikam Employment & Training Programs. If you are unemployed, underemployed or out of school and would like to receive training to get back into the workforce then support is available upon meeting the criteria and funding availability.



Programs available through Kagita Mikam are: Purchase of Training, Targeted Wage Subsidy, Mobility Assistance, Youth Work Experience, Employment Assistance Supports and Self Employment Assistance. Funding for training is for 1 year only. Members of Wahta Mohawks without status are eligible for funding. A Letter from Wahta Mohawks stating that you have membership must be provided. Members with status must provide status number and membership letter. For more information on the program please contact **Kathleen White** at **705-762-2354 x. 240** or by email at **kathleen.white@wahtamohawks.ca**



Do you need support...someone to talk to?? Everyone needs support at one time or another.

Aboriginal Mental Health and Addictions Program (B'saanibaamaadsiwin)
705-746-2512 24/7 Support Line

This program is aimed at providing culturally appropriate support and treatment for Indigenous individuals, families, and community. Model of service is culturally relevant and community specific therapeutic interventions that are based on best practices.

Please contact Sherry for referral (ext. 250) or referrals for counselling and treatment can come through any source or self-referral throughout the districts of Muskoka and Parry Sound. Services can be accessed by calling the Parry Sound Office. People can be supported in community or go into their offices...whatever your preference may be.

If you would like an appointment with **Dr. Ed Connors** please call **Sherry Byrne** at 705-762-2354 ext. 250.

Wahta Mohawks Business Directory

Business Name	Phone Number	Website	Services Offered
Commandant Towing and Recovery	(705) 205-1418		Towing and Recovery Free Scrap Vehicle Removal Tire Services – vehicles, trailers, atvs
First Nations Liquidation	(705) 762-0101	https://firstnationliquidation.com/	Convenience Gifts Fireworks Household items
Long House Grill	(705) 762 6687	https://firstnationliquidation.com/longhouse-grill/	Restaurant
Mrs. H's Fish & Chips	(705) 762-4262	https://mrshsfishandchips.ca/	Restaurant
Muskoka Rural Electric	(705) 762-3440	www.muskokaruralelectric.com	Licensed electricians
Poseidon Plumbing	(705) 801-6164	http://godofwater.ca/	Full-service plumber
Redd Roads Craft and Smoke Shop	(705) 706-1476		Native crafts and smokes
Sahanatien Haulage	(705) 762-5346	https://lshaulage.com/	Site development Roads and driveways Septic systems Landscaping and supplies Material delivery
Team Boats	(855) 770-8326	https://teamboats.ca/	Custom Aluminum Boats
The Big Smoke	(705) 762-4934		Smoke Convenience
Wahta Station	(705) 762-2195	https://thewahtastation.com/	Convenience Grocery
Wahta Springs	(800) 593-0127	http://www.wahtasprings.com/	Water Bottling
What-a-Convenience	(705) 762-1923		Gas Station Bakery Gifts
Wolf Energy Muskoka and Trading Post	(249) 605-0238	https://wolfenergymuskoka.ca/	Trading Post Gas Station Gifts Grocery Wellness
Womb Rising	(705) 323-5599	www.wombrising.com	Birth Services

If you own and operate a business on territory and you would like to be included in this directory,
please contact Kathleen White at
kathleen.white@wahtamohawks.ca or (705) 330-1875.

Contact Information

Chief & Council

Chief Philip Franks	philip.franks@wahtamohawksCouncil.ca	705-528-9468
Councillor Blaine Commandant	blaine.commandant@wahtamohawksCouncil.ca	705-394-8699
Councillor Teresa Greasley	teresa.greasley@wahtamohawksCouncil.ca	705-644-9934
Councillor Lorie Strength-Fenton	lorie.fenton-strength@wahtamohawksCouncil.ca	705-774-2796
Councillor Jesse Strength	jesse.strength@wahtamohawksCouncil.ca	TBD

Administration

705-762-2354

Scott Aubichon	Lands and Resources Coordinator	Ext. 242
Sherry Byrne	Community Wellbeing & Good Minds Programming Coord.	Ext. 250
Sarah Chaloux	Language Activator	Ext. 259
Matthew Commandant	Housing Coordinator	Ext. 275
Joanne Contant	Chief Financial Officer	Ext. 227
Christine Cox	Health & Social Services Manager	Ext. 273
Amy Davidson	Family Well-Being Worker	Ext. 203
Bobby DeCaire	Senior Services Coordinator	N/A
Courtnei DeCaire	Financial Assistant	Ext. 230
Sara DeCaire	Diabetes & Seniors Programming Coordinator	Ext. 206
Skye DeCaire	Receptionist	Ext. 221
Richard Hay	Kanien'keha Language Instructor	N/A
Carol Holmes	Education Services Manager	Ext. 233
Murray Maracle	Senior Administrator	Ext. 231
Kim North	Finance Clerk	Ext. 237
Karen Sahanatien	Membership/Lands & Housing Clerk	Ext. 222
Kristan Sahanatien	NNADAP	Ext. 241
Randell Sonmor	Capital Assets Manager	Ext. 224
Jacqueline Stewart	Education Assistant	N/A
Samantha Walker	Council Executive Assistant/Librarian	Ext. 272
Kathleen White	Ontario Works Administrator/Employment & Training	Ext. 240

Maintenance & Public Works

Berry Berwick	Public Works Supervisor	705-641-0722
Harry Byrne	Maintenance Supervisor	705-641-0833
Terry DeCaire	Maintenance	705-644-9862
Evan Holmes	Public Works	705-644-9884

Please Feel Free to Call with any Questions or Concerns

Administration Office Hours:

Monday through Thursday, 8:00am - 4:30pm

Fridays 8:00am - 2:00pm