ST. MARY’S FIRST NATION NEWSLETTER

SITANSISK KOLUSUWAKON

Happy Valentine’s Day
St. Mary’s First Nation

Job Competition- Social Worker

Child Protection and Prevention

Full Time (36 hrs/week)

Under the direction and supervision of the C&F Services Director, the Social Worker will be responsible for Intake and Investigation, Child and Adult Protection, Counselling, Family Support, Crisis Intervention, Case management, After Hours services on a rotational basis, Program Planning and implementation, as well as other Social Work related duties.

Qualifications:

1. Must have a degree in Social Work from an accredited university.
2. Must be a member in good standing of the New Brunswick Association of Social Workers.
3. Must maintain confidentiality on and off the job
4. Must be able to adapt one’s social work theory and practice to the culture of the community to ensure that culturally appropriate service is delivered.
5. Must be responsible, reliable, and a team player.
6. Must have good analytical skills and be able to exercise good judgement in crisis situations.
7. Must be willing to work after hours emergency on call on a rotational basis.
8. Must demonstrate a high level of professionalism both on and off the job.
9. Preference will be given to those who have experience in Child Protection as well as an interest in preventive program creation and delivery.
10. Familiarity with the NB Families Case Management System would be a definite asset.
11. Prior knowledge of First Nation’s in New Brunswick and an understanding of specific challenges pertaining to FN communities would be a definite asset.
12. Preference will be given to those applicants who demonstrate skills and experience in working with Aboriginal people and communities, and/or are of Aboriginal decent.

Deadline for applications is February 16th, 2017 by 4:00pm.

Forward Resume to:
Lisa Wilson Director of Human Resources
150 Cliffe Street
Fredericton, N.B. E3A OA1
Fax 506-472-6220 or e-mail lisawilson@smfn.ca
Those who helped make the lodge possible.

<table>
<thead>
<tr>
<th>Lynzée Laporte</th>
<th>Lisa Wilson</th>
<th>Allan Sabattis Atwin</th>
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</thead>
<tbody>
<tr>
<td>Diane Paul</td>
<td>Tasha Paul-Cloutier</td>
<td>Zabed Bear, Andrew</td>
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<tr>
<td>Angee Acquin</td>
<td>Roderick Seudath</td>
<td>and clan</td>
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<tr>
<td>Gregg Hunt &amp; Owen Dickie</td>
<td>Rhonda Paul</td>
<td>Bernie Derrico</td>
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<tr>
<td>CDI Financial</td>
<td>Kerry Arpie</td>
<td>Amber Richardson</td>
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<tr>
<td>Walter (Cannon) and Chris Paul</td>
<td>Healing our Nations</td>
<td>Cecilia Paul and clan</td>
</tr>
<tr>
<td>Northside Tire</td>
<td>Andrew Philips, Jesse Yerxa, and son</td>
<td>Melinda Paul and kids</td>
</tr>
<tr>
<td>Brent Suttie</td>
<td>Tanya Atkinson</td>
<td>Steve Whalen, Melissa, Dillon, and granddaughter</td>
</tr>
<tr>
<td>Judie Acquin</td>
<td>Sarah Rose and Brian Dorey</td>
<td>Penn Suzette</td>
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<tr>
<td>Brent Sabean</td>
<td>Jack Carr</td>
<td>David Chisholm</td>
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<tr>
<td>Brett Collins</td>
<td>Cody, Danielle Brooks, and kids</td>
<td>Penny, Stevie, and Steve</td>
</tr>
<tr>
<td>Auto City Derek Sullivan</td>
<td>Dwayne Ward The Vault</td>
<td>Pamela Paul Montour</td>
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<tr>
<td>Stephanie Francis</td>
<td>Ashley Nash</td>
<td>Shannon Ditches Riley</td>
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<tr>
<td>Jamie Crawford</td>
<td>Kristina Birch</td>
<td>Clinton, Cynthia, Dreyson, &amp; DierDre</td>
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<tr>
<td>Barb Brown and Cookie</td>
<td>Candice Paul</td>
<td>Robert Paul and clan</td>
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<tr>
<td>Emilee and Kailey Paul</td>
<td>Patrick Brooks</td>
<td>Suzanne McCoy</td>
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<tr>
<td>Megan Fullarton and son</td>
<td>Sarah Shepard</td>
<td>Andrea Sullivan</td>
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<tr>
<td>Crystal Colford</td>
<td>Anonymous</td>
<td>Penn and Jenn</td>
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<tr>
<td>Bobbi, Derek, and kids</td>
<td>Sara Fraser</td>
<td>Jessica Millier</td>
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<tr>
<td>Anonymous</td>
<td>Nicole, Allen, &amp; Kids</td>
<td>Diane Paul and boys</td>
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<tr>
<td>Sherry Parsons</td>
<td>Jayme Johnson clan</td>
<td>Robin Gauthier</td>
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<tr>
<td>Jonas Nash (Joey Bear)</td>
<td>St. Mary's Tree Service, Walter, Laura, and clan</td>
<td>Robert Paul</td>
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<tr>
<td>Brent Reed</td>
<td>Reid Polchies</td>
<td>Eric Price</td>
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<tr>
<td>Genine Paul</td>
<td>Krista Dawn Paul</td>
<td>Pam Doak</td>
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<tr>
<td>Michelle Sacbie</td>
<td>Marion Paul</td>
<td>Hand drum and Rawhide Supplies</td>
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<tr>
<td>Shayla O’Donnell</td>
<td>Shannon Phillips</td>
<td>Tara Brooks &amp; Stephne Girard</td>
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<tr>
<td>Shelley Polchies</td>
<td>Robert Paul</td>
<td>Thunder, Hus, Maci</td>
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<tr>
<td>George Youssef</td>
<td>Brad &amp; Jess</td>
<td>Mike Bernard</td>
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<tr>
<td>Shelly, Ross and clan</td>
<td>Rick &amp; Sue Bear</td>
<td>Leonard Lewey</td>
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<tr>
<td>Tony Gabriel Jr &amp; family</td>
<td>John Brooks</td>
<td>Wally, Michelle and kids</td>
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<tr>
<td>Tom, Kelsey&amp; boys</td>
<td>Mart Blanchard</td>
<td>Tom Nash</td>
</tr>
<tr>
<td>Stone Bear</td>
<td>Jonas Nash Sr</td>
<td>Jim McKay</td>
</tr>
<tr>
<td>Justin Mann</td>
<td>Donna Brooks</td>
<td>Laura Astle &amp; Alice Harding</td>
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<tr>
<td>Bill Nash</td>
<td>Dane Riley</td>
<td>Ron Trembley</td>
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<tr>
<td>Allen Carty</td>
<td>Dawn Steevens</td>
<td>Juliana Paul</td>
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<tr>
<td>Jason Johnson</td>
<td>Chris Downey</td>
<td>Tim Sowers</td>
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<tr>
<td>Brandon Jordan</td>
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<td>Dan Mills</td>
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A special thanks to Maliseet Nation Mental Wellness for furnishing the entire lodge.

Would also like to thank:

Mitten Siding, Paul Construction, Gabriel Electric, St. Mary’s Community Planning, St. Mary’s Housing, St. Mary’s Health Centre, Wilkins, Ritchie’s Carpet, Tony Pepperoni, Fredericton Police, Jack Youssef, Nelson Rose, and those that provided food during construction.

The carpenters who helped: Rodney Bear, Burton Brooks, Marcus Murdock, Ernie McKay, John Hanson, Bob Sewell, Chris Downey, and a few more but can’t remember names.

I apologize if I forgot to list your name, please just notify me and appropriate changes will be made.
EVERYONE WELCOME
IN BACK OF 50 SACOBIÉ COURT

A place for people to take a break!

THE LODGE

P.S. There was not enough room to list all those who care about you.

Lodge would have not been possible.
Lodge: It were not for all the support of those who helped and cared the
those who volunteered their time and skill in the building process of the
money, food, and material donations. We would also like to thank

We would like to express our greatest appreciation to all those who made
Available. Please be respectful.

If you need to use the bathroom, my mother’s house is

Respect others who may be also using the lodge.

Clean up after yourself.

No smoking in the lodge.

Are under the influence and in need.

Alcohol and drugs are not permitted in or around the

If you need professional help, do not hesitate to call.

Simple guidelines during your stay at the lodge:

**ALL ARE WELCOME**

Someone will monitor the lodge to maintain a safe

and may occur.

This is a non-profit facility and we do not accept responsibility

need time alone.

The lodge offers a short-term getaway for those who may

remain, a place where one can get away to relax and heal.

The lodge was built to help those who may need a place of

a job.

a pet. Breakups with boyfriend or girlfriend, divorce, and even

in many different ways. Loss could be the death of a loved one,

Loss comes in many different forms and people deal with loss

income levels, and cultures.

Mental illness affects people of all ages, educational and

Mental illness is their lifetime.

20% of Canadians will personally experience a mental

through a family member, friend or colleague.

Mental illness indirectly affects all Canadians at some time
Mawiw Council Inc. is seeking four (4) service coordinators to implement the *Jordan’s Principle – Child First Initiative for Service Coordination Project*. This 3-year project will facilitate service coordination in New Brunswick to improve access to federal and provincial/territorial health and social programs and services to all First Nations children and their families.

**Start date:** February/March 2017  
**Location:** To be determined  
**Salary:** Depending on qualifications, experience, role (51,000.00 – 58,000.00)

The coordinators will also work collectively as the Jordan’s Principle Service Coordination Team to provide mutual support, develop plans that help feed into developing a regional approach to Jordan’s Principle service coordination, build communications and collaboration across the participating First Nations, and provide an overall coordinated approach. The service coordinators will be responsible for:

**Case Management**
- Supporting the full continuum of care planning and case management processes.
- Developing, implementing, and monitoring integrated care plans.
- Supporting planning for clients transitioning into adulthood.

**Intake, Assessment and Coordination**
- Making referrals to professionals for assessment.
- Helping clients navigate systems, including organizing or undertaking assessments with professionals (i.e., social workers) and referrals for service.
- Coordinating access to federal, provincial and territorial services based on assessments.
- Identifying alternative models of service delivery for improved access and efficiency.
- Making referrals to Regional Jordan’s Principle Focal Points.
- Collecting and reporting on client utilization and service data

**Outreach**
- Facilitating early intervention.
- Improving client awareness of existing supports and services.
- Assisting in identifying children with a disability with unmet needs.
- Liaising with other organizations to identify services to enhance government support.
• Working with First Nations, provinces/territories on the implementation of Jordan's Principle.

Administration
• Working collectively as part of the Jordan’s Principle Service Coordination Team.
• Attending meetings, as required.
• Implementing the project workplan on time and on budget.
• Maintaining a record of activities.
• Reporting (to the Team Captain, the Coordination Team, Mawiw, and funders).
• Performing other related duties, as required.

One of the service coordinators will act as Team Captain and will also be responsible for:

• Overseeing the Jordan’s Principle Service Coordination Team;
• Monitoring the workplan and ensuring that deliverables and timelines are met;
• Providing a point of contact for the Team;
• Liaising with the Regional Resource, the Focal Point, other service coordination hubs, and others on behalf of the Team;
• Reporting on behalf of the Team to the Oversight Committee, Mawiw Executive Director, Board, and the funders, and;
• Maintaining Team records of activities.

Qualifications:

• Degree in social work, nursing, education, or a related profession
• At least 5 years of experience working in social, health or education fields
• Knowledge of and experience working with First Nation communities
• A high level of confidentiality
• Valid driving license and use of a vehicle
• Ability to travel; travel will be required

Applications are due February 13, 2017 by 4:00pm AST and can be faxed or emailed to:

Tara Levi, Executive Director
Mawiw Council Inc.
506-4241340 (Cell)
506-523-8350 (Fax)
Email address: taralevi.mawiw@efned.ca
COMPETITION #:           #124-16.17     CLOSING DATE:      March 3, 2017 4:30pm
EMPLOYMENT GROUP:       P.T.S.U.          SALARY OR RATE:    $40,449 - $50,562 Per Annum
EMPLOYMENT DATE (Tentative):        As soon as possible           APPOINTMENT TYPE & HOURS OF WORK:   Full-Time (36.25 HPW)
                                                                                                     1 Year Term
                                                                                                     External Funding

FUNCTION:
The general function of the Coordinator of Wabanaki Language Revival Program will be to provide cohesive and collaborative direction for language initiatives designed to revive, maintain, and preserve Mi’kmaq and Wolastoqey languages.

REPRESENTATIVE RESPONSIBILITIES:
- Coordinate meetings of a Language Committee consisting of MWC staff, Elders, teachers and other language stakeholders in order to devise and support a directive for Mi’kmaq and Wolastoqey language revival strategies. Work with the Language Committee to establish an awareness campaign on language renewal and the associated wellness of Indigenous communities that have revived language and culture.
- Plan community meetings to strategize with fluent speakers, fluent comprehenders and emergent language users to determine the needs of communities for support of language revival.
- Support the gathering and dissemination of current data and research that is being done in the areas of digital technology, language course development, mentorship programs and other language revival activities.
- Establish a MWC data base for all language development services, apps, courses, programs, publications and other resources pertaining to good practices in language renewal.
- Propose and develop new resources (digital, paper, oral) and collaborate with the MWC Language Committee for the publication of language resources, such as films, emergent reader books, and on-going research.
- Plan for the development of language apps serving both Mi’kmaq and Wolastoqey beginner to intermediate language learners.
- Create an on-line resource for Mi’kmaq and Wolastoqey language learners and visit communities to provide orientation to this resource.
- Research language immersion/bilingual programs that are in place within Canada and around the world.
- Develop and implement a summer institute or camp for language immersion.
- Explore funding options within Canada, which support Indigenous language initiatives, and the TRC Calls to Action.

REQUIREMENTS:
- Bachelor’s degree or higher
- Fluency in Mi’kmaq or Wolastoqey languages an asset
- Knowledge of Wabanaki language systems is required
- Candidates should be familiar with Mi’kmaq and Wolastoqey ceremonies and traditions.
- Have ability to negotiate various worldviews and perspectives in a productive and collegial manner.

** To be given consideration for this competition, you must demonstrate how, when and where you acquired the requirements outlined for this position. Your resume must present education and work experience in chronological order, with work experience detailed in both months and years, and whether it was part-time or full-time**

THE UNIVERSITY OF NEW BRUNSWICK IS COMMITTED TO THE PRINCIPLE OF EMPLOYMENT EQUITY

Applications are accepted until 4:30PM on the closing date listed above.
New Brunswick Pow Wow Trail 2017

Come and Dance to the Beat of Our Drum

Aboriginal Festivals & Events

<table>
<thead>
<tr>
<th>First Nation</th>
<th>Location</th>
<th>Dates</th>
<th>Contact #</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. St. Mary's (Sitansisk)</td>
<td>Old Reserve Union Street, Fredericton</td>
<td>June 16-18</td>
<td>506.458.9511</td>
</tr>
<tr>
<td>2. Tobique (Negootgook)</td>
<td>Tobique Mudwass Park</td>
<td>June 23-26</td>
<td>506.273.5424</td>
</tr>
<tr>
<td>3. AFN's Fisherman Pow Wow</td>
<td>Waterford Green Park, Miramichi</td>
<td>June 30 – July 1</td>
<td>506.424-1340</td>
</tr>
<tr>
<td>4. Pabineau (Oinpegitioig)</td>
<td>Pabineau Pow Wow Ground</td>
<td>July 1-2</td>
<td>506.548.9211</td>
</tr>
<tr>
<td>5. Eel Ground (Natoaganeg)</td>
<td>Eel Ground Pow Wow Ground</td>
<td>July 13-16</td>
<td>506.627.4600</td>
</tr>
<tr>
<td>6. Metepenagiag Mi'kmaq Nation</td>
<td>Metepenagiag Pow Wow Ground</td>
<td>July 21-23</td>
<td>506.836.6118</td>
</tr>
<tr>
<td>7. AFN's Fisherman Pow Wow</td>
<td>Aboriginal Heritage Garden</td>
<td>August 18-20</td>
<td>506.684.6272</td>
</tr>
<tr>
<td>8. Esgenoôpetitj (Burnt Church)</td>
<td>Esgenoôpetitj Pow Wow Ground</td>
<td>August 18-20</td>
<td>506.776.1200</td>
</tr>
<tr>
<td>9. Elsipogtog</td>
<td>Elsipogtog Beside School</td>
<td>September 2-3</td>
<td>506.523.8345</td>
</tr>
<tr>
<td>10. Kingsclear (Pilick)</td>
<td>Kingsclear Old Church Ground</td>
<td>September 23-24</td>
<td>506.363.3019</td>
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</tbody>
</table>

The Mi'kmaq and Wolastokiyik First Nations in New Brunswick welcome you to visit our communities and join in the celebration of our culture through dance, song, chants, and feasts. The Pow Wows still carry on the tradition of embracing family, friends, and guests each year. There will be an array of vendors with authentic artwork and crafts, traditional clothing and concessions. Powwows normally start on Thursday and Friday with Sunrise Ceremonies at 6 AM, with lighting of the Sacred Fire and vendor set up; Grand Entrance is held on Saturday and Sunday at 1 pm.
**Saint Mary’s Child and Family Services is Looking to Recruit Foster and Adoptive Families**

**Making an Application**

A prospective applicant must complete an application form available at the local office of Child and Family Services.

The application requires personal information, family information, marriage or relationship history, education history, employment history, finances, completion of a medical form, overview of your home, and personal references.

A prior contact check with Child and Family Services/SD and a criminal record check will be required.

**Non-negotiable Eligibility Criteria**

Following are the non-negotiable eligibility criteria which a prospective applicant must meet to proceed with the application:

- **Age**: The applicant must be at least 19 years of age.

- **Health Conditions**:

  * **General**: The applicant must be in a state of sufficient physical and mental health to care adequately for the child and be free from and not a carrier of any serious communicable disease.

  * **Physical Disability**: An applicant who has a physical disability must provide a signed document from his/her doctor attesting to his/her ability to carry out all normal parenting functions to sufficiently meet the needs of children.

  * **Psychiatric and Psychological Disorders**: If there is a history of a diagnosed psychiatric or psychological disorder, the applicant must provide a signed document from a psychiatrist, mental health professional or a doctor indicating the ability of the applicant to carry out all normal parenting functions to sufficiently meet the needs of children.

  * **Alcoholism, Drug Addiction and Gambling**: An applicant who has been sober or drug free for over three years may be considered. A person with a gambling problem needs to demonstrate responsible financial management for a five year period after completing a treatment program. The applicant must have a document signed by a doctor, mental health professional or addictions counsellor indicating, in their professional opinion, the client’s ability to parent.

  * **Pregnancy and Infancy**: If an applicant is pregnant at the time of application, the application is delayed until the infant reaches the age of 12 months. The application will be delayed if the youngest child at home is less than one year old.
• **Traumatic Events:** Applications must not be considered within 12 months of a major illness or a traumatic event within the family (e.g. death of a child, recent separation or divorce, bankruptcy).

• **Financial self-sufficiency of the Applicant:** Every applicant must provide a financial statement and demonstrate financial self-sufficiency.

• **Criminal Record:** If an applicant or any person over the age of 19 years residing in the home of an applicant has a criminal record in accordance with the Policy on Prior Contact and Criminal Record Checks, then the applicant is ineligible.

• **Status as a Protection Family:**
  
  (a) An applicant who has received services under Child Protection due to physical, sexual abuse or neglect including one whose children have been or are presently in care, is ineligible.

  (b) An applicant who has been implicated in an adult protection case is ineligible.

• **Status as a former foster family:**
  
  (a) A former foster family who was closed due to abuse or neglect of a child in care is ineligible to be re-opened.

  (b) A former foster family who was closed due to poor working relationships with the department may be reconsidered for fostering upon application two years after the date of closure.

• **Status as a couple:** A couple (married or two adults in a supportive living arrangement) applying, must have lived together for at least one (1) year prior to application.

• **Status as a “Adult Residential Facility”:** Any applicants who are presently operating an “Adult Residential Facility” in their home, are ineligible.

If an applicant does not meet all of the above non-negotiable eligibility criteria, the Social Worker must counsel them out of the process.

**Physical Assessment of the Residence**

An applicant must have living space that provides a secure and healthy environment for children, in accordance with the Family Foster Care Standards, Section 3 – Environment of Care. A physical assessment of the home must be completed before an application can be considered. (Environment of Care Standards Compliance Checklist is used). A Social Worker will make at least one home visit to assess the suitability of the residence.
PRIDE Pre-service Training

After an applicant has completed the initial assessment and has decided to continue with the assessment process, they are required to complete the nine (9) sessions or 27 hours of PRIDE Pre-service Training that will be offered. All nine sessions must be completed before a final decision can be made. To provide more information to applicants, the Pre-service Training is offered to combined groups of those looking to foster and those looking to adopt.

During the PRIDE Pre-service Training a Social Worker will meet with the family to discuss their experiences in the Pre-service program and discuss with the applicant any concerns the PRIDE Trainer may have concerning the applicant’s responses and participation during the sessions.

At any time during this process of Pre-service, three decisions can be made:

1. the applicant decides to select-out of the assessment process because they no longer wish to continue;
2. the applicant is not demonstrating the competencies required to be a foster family and the Social Worker counsels them out of the assessment process;
3. the applicant is demonstrating the competencies required to be a foster family and the Social Worker is helping to further develop their competencies to complete the assessment.

Final Approval

Based on the information gathered during the initial assessment, the PRIDE Pre-service Training, the home visit and other information gathered by the Social Worker, a decision will be made by the supervisor as a designate of the Minister, to approve an applicant.

Becoming a foster/adoptive family is a privilege not a right and the final decision to approve an applicant rests with Child and Family Services.

The new family signs a Resource Agreement with Child and Family Services along with an Oath of Confidentiality.

If you have an interest or questions; please contact Peter Keith at 452-2750.
8 Mental Health Self-Saboteurs

Work stress, or worse, job loss or the loss of a loved one to a breakup, or worse, death—can understandably cause a deep depression that’s difficult to recover from. However, many of our common, every day habits (i.e., activity levels, sleep loss, alcohol or drug use, and even harboring grudges) can all harm our mental well-being.

Here are eight common ways that many of us self-sabotage our mental health—without even realizing it...

1. You’re Sleep Deprived

There’s a very good reason why we trudge through the day on edge, irritable, and downright sour after a night (or extended period) of poor sleep. Those who are habitually deprived of healthy shut-eye increase your risk of developing a depression- or anxiety-related disorders due to a startling lack of melatonin, a sleep-related hormone that fosters your circadian rhythm (the biological sleep process). To sleep more soundly, the National Sleep Foundation recommends limiting caffeine and alcohol consumption before bed, as well as shutting off light-emitting technology (i.e., laptop, computer, tablet, and smartphones) at least 3 hours before you hit the hay.

2. You’re a Workaholic

A 2011 UK study shows us that work-life balance is vital for good mental health. The study, which monitored civil servants who worked 11 or more hours daily, found that a “workaholic” lifestyle increased the chances of depression by 85 percent compared to those who put their family, social lives, relaxation, and passions at the top of their priority lists.

3. You Insist on a Nightcap

Alcohol might perk you up in social situations, however, neuroscientists at the University of California, San Diego deem boozing a “depressant” for good reason. Alcohol has a depressive effect on the central nervous system, dampening your mood and sleep patterns. This is why drinking right before bedtime will cause poor sleep even though it may appear to help you fall asleep more quickly.

4. You Don’t Exercise

I have news for you, avoiding exercise may cause more than a spare tire around your midsection—it will interfere with your mood as well. In fact, researchers at Harvard Medical School have established that just 20-minutes of brisk activity daily has a positive effect on brain chemicals and hormones, which in turn play a role in boosting contentment and self-esteem while reducing anxiety and depression.

5. You Supress Negative Emotions

An angry outburst might be embarrassing or regretful, however, the purging of negative emotions (i.e., anger, frustration, and sadness) through healthy catharsis is actually very healthy, according to a co-study from Harvard School of Public Health and the University of Rochester. Findings showed that bottling up negative feelings put folks at risk of depression and literally taking years off their lives, by increasing the risk premature death by 35-percent, the risk of heart disease by 47-percent for heart disease, and the risk of cancer by 70-percent.

6. You’re a Hermit

You might prefer to hibernate come fall and winter, however, a research from the U.S. Centers for Disease Control shows that lack of time spent out of doors leads to vitamin D (sunshine vitamin) deficiency as well as high rates of depression, obesity, diabetes, cancer, cardiovascular disease, osteoporosis, and the development of several autoimmune diseases. This is why spending as much time outside as possible is essential for our mental wellbeing. With winter approaching, it’s still important to make a point to get outside periodically, even when it’s cold, to prevent depression and Seasonal Affective Disorder (SAD).

7. You’re a Pack Rat

If you’re house slightly goes into hoarding territory, look within. Psychologists at New York’s Montefiore Medical Center, claim that those who live comfortably amidst clutter are actually ignoring it and experiencing psychological distress that can be rooted in depression- or anxiety-related conditions. Alternately, try investing in experience-based rather than material objects for improved mental health.

8. You’re a Perfectionist

There’s a good reason why many of us should go easier on ourselves, especially if our standards for career, education, athleticism, and more aspects of our life are a little... shall we say, unrealistic. In fact, a body of research from the American Psychological Association shows that demanding perfectionism can cause a series of mental health issues (i.e., eating disorders like anorexia, anxiety, depression, and suicide). Experts suggest that rather than trying to satisfy the unattainable goal to appear perfect—we should focus on a healthy motivation for reaching ambitious goals while learning and making room for educational missteps along the way.
Crisis Helpline

Call for immediate support

Must have band number

1-800-565-3294

National Helpline – Safe, competent, confidential practitioners available outside the community

1-855-242-3310
Save the Dates
March 25 & 26, 2017
First Nations Mental Health First Aid

First Nations Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This course has five basic actions:

Engage and evaluate the risk of suicide or harm.
Assist the person to seek professional help.
Give reassurance and information.
Listen without judgement
Encourage self-help strategies and other community supports.

Facilitators: Veronica WolfEagle and Yolanda Levi
Time: 9:00 am – 6:00 pm (Lunch & snacks provided)
Location: Cultural Center

Please Note: It is mandatory that you complete both full days in order to receive a certificate.
Are you concerned for a loved one or someone you know who may be struggling with opiate addiction?

Two lead trainers from Direction 180 will travel from Halifax to Saint Mary’s to provide overdose awareness training and take home naloxone in partnership with the Health Team Members of Saint Mary’s First Nation. The training will include: overdose prevention training, signs of an overdose, responding to and following up to an overdose event. Each participant will have the opportunity to gain hands on experience and will receive a kit for their personal use.

Background:

Fatal and non-fatal pharmaceutical opioid poisonings/overdoses are on the rise across nationally including in First Nations communities. There are also continued reports of fatal and non-fatal overdoses that are suspected or confirmed to involve non-pharmaceutical (illicit) fentanyl. In response, there has been a great deal of effort invested in increasing the availability of naloxone, a drug that temporarily reverses the effects of opioids and can save lives in opioid overdose situations.

Direction 180, a program of the Mi’kmaw Native Friendship is a community-based, opioid treatment program located in the north end of Halifax, Nova Scotia. Our primary goal is to reduce the inherent risks associated with opioid addiction through low-barrier access to opioid assisted treatment.

Since our programs inception in 2001, Direction 180 staff have developed and implemented over 40 health promotion or research initiatives with the aim of improving health outcomes among people who use drugs.
Top Tips for Mums and Dads

What are the most important things we can offer our children?

**Unconditional love** – love them always, no matter what they do

**A sense of security** – try and make their home a safe and loving place

**Encouragement** – notice the good in things they do. Praise and affirm

**Attention** – every day spend some quality time with each child.

**Guidance** – back it up by setting a good example

**Boundaries** – set age appropriate boundaries for your children and stick to them. Be kind and firm.

**Respect** – never miss what they say because they are children. Give your full attention

**Forgiveness** - when things go wrong, deal with it and move on. Apologize yourself when you make mistakes

**Growing Independence** – learn to let go so that your child can grow in confidence and independence.
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