

NEWSLETTER

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Mission Statement

"To provide, through a non-profit charitable organization, for the stabilization, maintenance, revitalization and enhancement of the family structure in a culturally sensitive manner."

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Stay connected! Social Media is a great way to keep involved and up to date with GFASS's events throughout the year. Follow us on Twitter, Like us on Facebook.



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Family Assault Support Services

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February, 2016

Inside this issue

Tsi Tionkwatention A'non:wara 1

Ratiweientéhta's (They are Learning) 2-3

A Day in the Life of Bryce.. 4

* *MMIW Inquiry* 5

* *Partner Abuse Prevention Month*

Pink Shirt Day 6

Tsi Tionkwatention A'non:wara

Rason:ne~ My Home on Turtle Island

The Youth Lodge provides a therapeutic approach in a culturally sensitive manner that encompasses mental, physical, spiritual and emotional areas.

(consequences) is futile. In fact, behaviors are usually the symptom of the real problems which need to be addressed.

We provide learning situations where the youth can gain skills to more adequately meet their life's ambitions. Our program focus is to assist the youth to self-assess and learn to independently move successfully through their lives, accepting responsibility for their behavior and learning new skills.

TREATMENT PHILOSOPHY

"My Home on Turtle Island" is a group home for First Nations youth operating on the Six Nations of the Grand River. With the support of the Board of Directors, the staff of the Lodge follow the philosophy of Choice Theory as written by Dr. William Glasser.

It is our approach that to continue to focus on the behavior of the youth and to attempt to change the behaviors through the use of external controls such as reward and punishment

Counselling - Referral to long-term counselling.

- Elders utilizing traditional approaches and methods as appropriate.

INTAKE

Referrals are forwarded to the Intake Worker at Ganohkwasra Family Assault Support Services.

Intake consists of:

- Pre-assessment screening (suitability of services)
- Completion of Intake Package
- Supervisor Interview/ Screening

For more information, please contact Alana McDonald, Manager of Residential Services at (519) 445-4324

COUNSELLING

Individual and/or group counselling is provided by:

- Youth Lodge Staff (primary worker) as defined in each resident's plan of care.
- Community

Ganohkwásra' Staff

ADMINISTRATION

- Executive Director

- Manager of Therapeutic Services
- Manager of Residential Services
- Office Manager
- Data Entry Finance Clerk
- Executive Assistant
- Community Educator
- Receptionist
- Cultural Worker
- Maintenance Worker
- Custodian Staff

COMMUNITY COUNSELLING

- Community Counselling Supervisor
- Women Community Counsellors
- Mens Community Counsellor

SHELTER

- Shelter Supervisor
- Shelter Counsellors
- Relief Staff
- Gayenawahsra Counsellors

YOUTH LODGE

- Youth Lodge Supervisor
- Child & Youth Counsellors
- Relief Staff

OUTREACH SERVICES

- Outreach Services Supervisor
- Intake Workers
- Transitional/Family Court Support Worker
- Child & Youth Counsellors

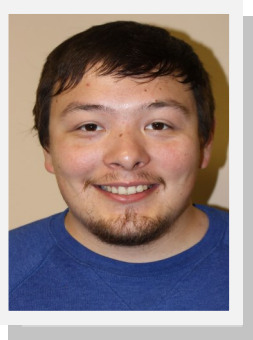
RATIWEIENTÉHTA'S

THEY ARE LEARNING) ALTERNATIVE LEARNING CLASSROOM

- Classroom Teacher
- Classroom Counsellor

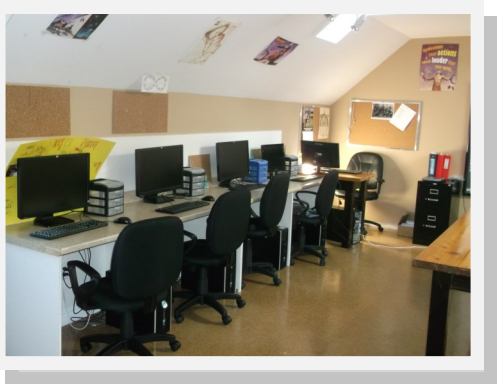
Ratiweientéhta's (They are Learning) Alternative Learning Classroom

The first thing you notice when entering the Ratiweientéhta's classroom is that the environment is very soothing and peaceful. The scent of essential oil blends waft through the air, while students work diligently. The classroom officially opened on March 3, 2013. The program can accommodate a total of eight students. Students do not have to be staying at the Youth Lodge to be a student, but must be a client of Ganohkwasra. The program was designed to give students an opportunity to take ownership of their education. It provides them with the support that may be needed, embedded into the daily routine of their education. Classroom support is provided through the teacher, and the classroom counsellor. Similar to the other programs and services offered at Ganohkwasra, Ratiweiá entéhta's uses William Glasser's model, Choice Theory. Choice theory encourages you to self reflect on your current reality, and begin to establish goals and wants in life. The essence of Choice Theory is that it begins to empower you to take responsibility for the choices you make in life. It provides a basis for helping one to accept responsibility for their total being. This essential support, in combination with an intimate 1:1 learning environment proves to be a winning combination for our students! At Ratiweientéhta's they are able to gain the skills and confidence needed to focus



Joe Martin,
Classroom Counsellor

more on their education. The ultimate goal is for students to integrate back into the mainstream education system armed with tools for future success.



“My message to other youth would be don't stop. Just keep on going. Keep trying.”



Ganohkwasra supports 1 Billion Rising for Justice. Join us as we honour our style of dance - Womens Shuffle Dance Ehsganye -

~March 7, 2016~
1 Billion Rising

*In Ganohkwasra Healing Centre

- 12:00 pm Welcome and Background
- 12:10 pm 1 Billion Rising Documentary
- 12:20 pm Women's Shuffle Dance
- 12:30 pm 1 Billion Rising Dance "Break the Chain"

Followed by a light lunch

PRACTICE DATES For
1 Billion Rising Dance

Feb 23, Feb 25 12-12:30pm
Mar 1 - Mar 3, 12-12:30pm

Ganohkwasra staff invite you to come out and learn the "Break the Chain" 4 minute 1 Billion Rising Dance Routine along with them. All practices in the Healing Centre. You can check out the How to: "Break the Chain" Choreography

http://www.youtube.com/watch?v=_U5CZfPydVA

November~Partner Abuse Prevention Month



As part of our Partner Abuse Prevention month activities, GFASS hosted Mrs. Universe, Ashley Burnham. This was an inspiring evening as she shared her personal story and how it helped shape who she is today. She spoke of her passion for helping Aboriginal women, and how she is using her platform to bring awareness to MMIW in Canada. In November, we also hosted Kahsenniyo Williams who shared her story then offered some original spoken word poetry. In addition, we hosted a "Learning From the Experts" Talk show, bringing in three seasoned couples who shared their relationship secrets. Nia:wen for helping us spread awareness. Remember, it's within your reach to live a life free from violence!

The last Wednesday in February is Pink Shirt Day; it is a time to raise awareness. Pink Shirt Day started in In 2007 after two high school students in Nova Scotia stood up for another student who was being bullied. The grade 9 student was being bullied for wearing a pink shirt to school. As a show of support, the two students went out and bought 50 pink shirts which they wore and rallied other students to also wear. The next day a sea of pink shirts was visible at their high school. On the last Wednesday of February communities across Canada wear something pink to symbolize that as a society we will not tolerate bullying anywhere.

Bullying does exist in our community as well as the surrounding communities. It is a serious issue. Sometimes, what gets lost in this conversation is a discussion on how we can become proactive? How can we empower ourselves so we know how to react if we are ever faced with this? Lets start by being mindful and taking a personal inventory of how we treat others. Here are some words in the Cayuga language that can help our minds begin to process the behaviours we may be facing, participating in or be aware of in our community.

Ga' nig <u>g</u> hi:yo	the good mind
Gagónyo <u>h</u> sde	respect
Odrihwagwaí <u>h</u> sɔ:'	integrity
ad <u>e</u> ni <u>d</u> éɔ:sra'	kindness
Gagóy <u>o</u> h <u>s</u> de:'	honesty
Gai <u>h</u> waé <u>d</u> o <u>h</u> g <u>o</u> h	responsibility
Ohrihwagwá <u>h</u> isɔ:	fairness
Oihwado <u>g</u> e <u>h</u> sra	trustworthiness
Gahsgyá <u>o</u> :nyɔ:'	encouragement
g <u>e</u> dá <u>o</u> h <u>s</u> ra'	mercy
Ganó <u>h</u> kw <u>s</u> ra'	love
g <u>e</u> d <u>e</u> ɔ'	compassion
Aw <u>e</u> nah <u>o</u> ' d <u>e</u> :	soft kind words
O <u>g</u> eh <u>t</u>	openness

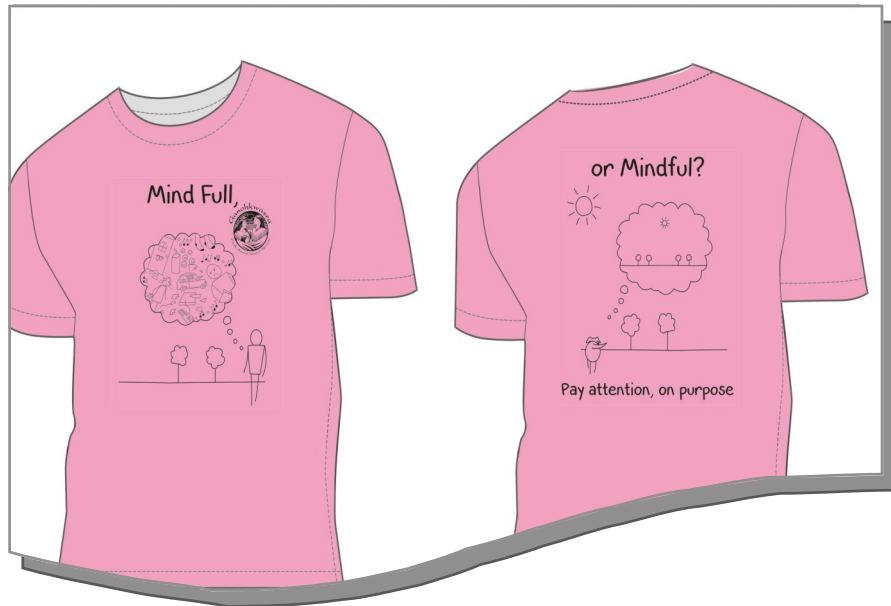
This Year's Theme...Be Mindful

Ganohkwasra Family Assault Support Services chooses an annual theme for our organization to help us promote positive awareness. We just completed “Be The Change” in 2015. 2016 welcomes our theme of “Be Mindful.”

What is mindfulness? It is defined as “a state of active, open attention on the present. When you’re **mindful**, you observe your thoughts and feelings from a distance, without judging them good or bad. Instead of letting your life pass you by, **mindfulness** means living in the moment and awakening to experience.”

(source: *Psychology Today*)

To help promote this concept in our community, our staff have developed different slogans on mindfulness that will be printed on the back of our tee-shirts. This is to help spread awareness and to get people to think first. Awareness is key in changing any behaviour.



Harvesting and braiding white corn, which can be used for mush.

Culture is an important part of our way of life. It is our responsibility to provide what we can to enrich the lives of our youth; many of whom have not had this opportunity to learn traditional teachings. The curriculum is therefore culturally based and incorporates as much Haudenosaunee teachings into it. We are however, mindful of providing these teachings, philosophies and values in a respectful manner that honours every individuals beliefs.

One example of weaving culture into the curriculum is through planting and harvesting a garden. They also had the opportunity to harvest white corn which was planted for the community. Teachings around the uses and care of drying the corn were shared as this is a big part of Haudenosaunee culture. This also helps give a sense of pride at their accomplishments!



Tomatoes growing and waiting to be harvested.



Students working at the Greenhouse

A Day in the Life of Bryce..



How long have you been a student at Ratiweientéhta's?

Two Years. I came here in October.

What do you think are the benefits of coming to school here?

I can get earn credits towards my Grade 12. I like that it's a smaller classroom with less people. It's a safer place than where I was before. With 7 compared to 40 people in the classroom it's a lot easier to focus.

I have been able to work my way up at my own pace. When I started here I was at a grade 2 reading level. They've really helped me work through my reading skills and I've improved a lot since I've been here! It's a little bit easier to work here because if I need something I know I can always ask someone.

Tell us about a typical day in the classroom.

I have a Food & Culture class here. Kitty from the Greenhouse showed us how to make salsa. I took that information back to school and studied the history about the ingredients and where the plants come from. It was pretty good!

What would your message be to other youth that may be reading this?

There are a lot of people here that I can talk to if I need to. I didn't have that at my other school. In the past, I dealt with things in my own way in the moment...that's how I ended up here. Now when I have a problem with someone we are able to talk it out like men. I've learned how to work some things out differently. We have respect for each other.

My message to other youth would be don't stop. Just keep on going. Keep trying. You got to have goals. I would like to get my grade 12, and maybe get my welding certificate. Right now, I'm seeing what's out there.

Nia:wen to Bryce for taking the time to sit with me and share his story about his journey at Ratiweientéhta's. You are an inspiration to other youth!

MMIW Inquiry to Begin

It was announced in December that Canada will launch an inquiry into Missing & Murdered Indigenous Women! Two meetings were held in Ottawa. One was with the government & survivors and families of loved ones that have passed on. The second meeting was with provincial and territorial Aboriginal organizations in Canada. Regional meetings will continue to be held from January to March, 2016. To be involved in having your say on how this inquiry should be designed, please refer to www.aadnc-aandc.gc.ca/eng/1449240082445/1449240106460

There is also an opportunity to complete an online survey on this website. Get your opinion heard on this important issue!

Get your limited edition "Embrace Me With Love" shawls at Ganohkwasra, Artist: Dena Annett. Cost:\$45



30-Hr Family Violence Prevention Program

The Family Violence Prevention Training is a community education program offered to any individual with an interest in traditional Onkwehonwe (First Nations) and/or contemporary mainstream approaches to helping and healing from the devastating effects of family violence. The training consists of 9 sessions:

Tues. April 7	Introduction to Ganohkwasra/History of Family Violence in First Nations Communities
Sat. April 9	Dynamics of Family Violence/Effects of FV, Children Exposed to Family Violence/Youth & FV
Tues. April 12	Sexual Abuse
Thurs. April 14	Elder Abuse
Tues. April 19	The Relationship of Substance Abuse & FV
Thurs. April 21	Revitalizing the Family ~Honouring our Men
Tues. April 26	Revitalizing the Family - Honouring our Women
Thurs. April 28	Ending Family Violence & Celebration

Participants will increase their awareness of family violence issues through interactive experiences, videos, group work, lectures, discussion and self-reflection. Each session will address educational information, traditional perspectives, tools, and issues and feelings related to the topic. Due to the sensitive nature of the training material support people are available to participants at each session. **Registration Fee: \$100.00.** Contact Michelle Thomas at (519)445-4324 for more information.

Module Times:

**5:30 - 9:00 pm Exception:
Saturday, April 11 9:00 am - 4:00 pm**