Lethbridge Indigenous Sharing Network Interagency Meeting

Wednesday August 3rd, 2022

Time: 9:00am | Location: Online Teams

# In Attendance

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| --- | --- | --- |
| Cassandra Chalifoux | Debbie Deak | Katie-Jo Rabbit |
| Chevie-lee Mitchell | Kirby Elfring | Charmaine Buckskin |
| Caitlin Gajdostik | Janine Jackson | Kelly Smith |
| Jessy Pisony-Koci | Miranda Hargreaves | Cheryl Seaborn |
| Taylor Holtorf | Lisa Despas | Margaret Lyster-By Email |
| Billie-J Heavy Shields-By Email | Echo Nowak-By Email |  |
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# Meeting Opening

* -Land Acknowledgement by Cassandra Chalifoux
* -Prayer by Katie-Jo Rabbit

# Jessy Pisony-Koci/Taylor Holtorf- Alpha House Shelter and Stabilization Centre

* They are managers at the shelter and stabilization center. Taylor manages the shelter and Jessy manages their stabilization department with alpha house.
* This is their first meeting with the network.
* On September 14th, they are having a service day inside shelter. It is similar to project connect, they're kind of doing a mini version of that inside shelter. They will have an ID clinic, food, beverages, that kind of thing. They're getting a masseuse and a hairdresser to come in and do haircuts and massages. They have the nursing team, outreach team coming in, and a few other agencies. If anyone want to be a part of that just send them an email. They can set up a table for you inside the shelter. It will be from 10:00am to 3:00pm.
* Wanted to know what the network was all about.

# Caitlin Gajdostik-Community Foundation of Lethbridge and Southwestern Alberta

* She works at the Community Foundation of Lethbridge in Southwestern Alberta. She is the grants coordinator.
* First thing is that Caitlin is hosting a grants information session tomorrow morning at 10:30am. She'll be going over their two grants programs that are open right now for applications. That's their Community Priorities Fund and their Henrys Farley Fund For rural life. So she'll be going over the grants criteria, the timeline for projects, how to answer some key questions, and some examples of things we fund that sort of thing. if you're interested in attending tomorrow at 10:30 AM, it's over zoom. Um, I'll put my information in the chat and you can just reach out to me. And so alongside that our grants programs are open for our fall intake. So the deadline will be on October 15th for our grants programs. um, and then we will reopen again in the new year for a March 15th deadline.
* She is hosting a Grants Information session tomorrow (Sept 8) at 10:30 a.m. over Zoom. We will go over Grant Guidelines, how to apply, and project examples. If you would like to attend, or know of someone that might like to attend please reach out to Caitlin at [grants@cflsa.ca](mailto:grants@cflsa.ca) and I will send you details.
* Their grant programs are open for applications and will close on October 15. You can read more and apply through their website: <https://cflsa.ca/grants/>

# Cheryl Seaborn-Church of Jesus Christ of Latter Day Saints

* She is communications director of the church of Jesus Christ of Latter Day Saint. She is here to learn how she can support some of these organizations and agencies as an organization as well. Today she is hear to listen and find out what is going on in the community.

# Chevie-Lee Mitchell-Indigenous Community Supports Navigator-Opokaa’sin

* She is the indigenous community support navigator at Opokaasin. She is actively taking referrals as well as intakes for the Indi for indigenous community members who are looking just for any kind of supports, which include cultural supports.
* She is also doing cultural safety trainings for companies and their clients.
* They just started going back to school yesterday. So for head start and daycare, um, our parent navigators should be starting up a new year of programming soon. So she does cultural, um, parenting programs. And then. We partnered with a few other companies around the city to be a part of the powwow and popup clinic on Friday, September 23rd. it will be held at Galt gardens, it is free admission, and there will be a feast at 6:00 PM.
* She will resend the poster to make sure that Cassandra has a copy to send out.

# Debbie Deak Ed.D.-Network Coordinator/Prevention Conversation Facilitator-FASD

* Debbie is with the South Alberta Fetal Alcohol Spectrum Disorder (FASD) Network. Together with her colleague, Brenda Burton, she coordinates that Network.
* She is also the Prevention Conversation Facilitator for the Network. Under that umbrella she visits with groups and shares information focused on the prevention of prenatal alcohol exposure.
* September 9th is international FASD day. It is a day that is recognized across the world and a big part of that recognition is the symbol you may be seeing on lawn signs around the city and the region that has a pair of red shoes on it. It is part of the Red Shoes Rock Campaign which started with a fellow in Ontario who is affected by FASD. His goal was to reduce the stigma associated with talking about it. He thought if he wore something eye catching, that maybe he could start some conversations with people and that's really taken off. The red shoes are symbolic across the world of starting conversations around the topic of reducing prenatal alcohol exposure.
* Throughout the month of September they have launched a fairly hefty media campaign across the regions. Their Network serves from Coleman in the west through to Taber, south to the USA border and up to almost Claresholm.
* Their network offers supports for individual adults who are affected by FASD through McMan’s through the Life Coach Program. McMan also offer a Caregiver Support Group for those responsible for caring for someone affected by prenatal alcohol exposure. The Network funds the assessment and diagnostic clinic for FASD through Lethbridge family Services and a police persons position, Peter Wigand, who works with the youth who are or have come in contact with the law and possibly are affected by prenatal alcohol exposure. Sabrina Hacker, at Peak Support Services offers that same type of services for adults.
* The Network provides support for First Nations women from the Piikani Reserve through McMan’s PCAP (Parent Child Assistance Program) Program; AHS off this same assistance through their first steps program. Those are mentors that work with women who may themselves be affected by FASD or have children who have been prenatally exposed. Those mentors will stay with women for a period of three years to help them secure the necessary support. For positive pathways in their lives and the lives of their children.
* For the month of September, they're very honored that the Kainai nation has taken 40 of our lawn signs to be dispersed in the communities of Laverne standoff and Moses lake. They also have lawn signs that are being displayed on the Piikani nation. September 9th is also suicide prevention awareness day. She is very honored that Corona tail feathers from blood tribe health and wellness has invited her to be a part of the event that they're hosting and sharing that day at Standoff.
* They will also have several billboards, two billboards in the city displaying their messaging and they're attending a number of events. They were at the university yesterday for their new student orientation and as well.
* They are very happy this year that they can attend the word on the street festival on September 17th.
* They will be at the crossings library, which connects the two high school Chinook and CCH, uh, on later dates in September to visit. Students there in getting our messaging out. So I'm looking at my notes and I. that's about what I have. Oh, first for us this year, this was a first in our awareness campaign.
* They sent their public service announcement and our poster out to 37 different religious organizations and groups. And they have had word back from three of them that they will be sharing this information with their respective congregations.

# Lisa Despas-Service Canada

* Lisa is with Service Canada.
* They have had some new people join their organization. Connie Wyatt in Lethbridge, she's going to be covering Lethbridge and area. Ray Ivan Vanis who is in Calgary with Lisa. They'll be covering Calgary and part of Southern Alberta in the east. Between the three of them, they are going to be able to help anybody. Contact information for new people and general mailbox below.
* They are starting a gradual reopening. They are doing in person presentation, but with approval only right now.
* Lisa Despas – [lisa.despas@servicecanada.gc.ca](mailto:lisa.despas@servicecanada.gc.ca)
* Connie Wyatt – [connie.wyatt@servicecanada.gc.ca](mailto:connie.wyatt@servicecanada.gc.ca)
* Ray Ivanus - [raymond.ivanus@servicecanada.gc.ca](mailto:raymond.ivanus@servicecanada.gc.ca)
* General Delivery - [ESDC.WT.SMLC-COLS.WT.EDSC@servicecanada.gc.ca](mailto:ESDC.WT.SMLC-COLS.WT.EDSC@servicecanada.gc.ca)

# Janine Jackson- Family Centre

* She is the indigenous program coordinator for family center downtown. They had a lot of events going on throughout the summer, which were all really successful. Some Teepee raisings, some medicine teachings, and they just did their pool party last week.
* September 28th until the first week in December, they have their traditional parenting program. They're still taking registrations for that. They're actually in the process of maybe doing some name change on that, maybe just calling it a family support program, with that program they have elders come in every session, and it takes place every Wednesday night from five to eight. They have elders come in every session and they are really the ones who do most of the facilitating and talking about traditional Blackfoot teachings. It's open to all indigenous families, not just Blackfoot, but the teachings are from a Blackfoot perspective. They have free childcare as well. So the children actually end up going into their own room in their own space and they have their own programming going on as the adults are doing the traditional parenting program, free supper every evening before we start session, and usually start at 5:45pm to 5:50pm, which gives everyone time to meet, hang out and eat supper before the session starts. Everything is free, they take up to about seven families, so far they only have three registered.
* They are also starting a new program at family center that hasn't been done before, which is an indigenous cooking program, as the coordinator, it's something that Janine is kind of passionate about because she is also a chef. They're doing the class at the interfaith food bank. They have a kitchen in there, a family center kitchen. It's an indigenous youth cooking program from the ages 11 to 15, but they are willing to stretch it a little bit, for example if like a kiddo just turned 16. That will be every Thursday, evenings from 4:15pm to 6:15pm starting September 22nd. She believes it is a nine week program, what they do in that one is the kids will come in and they just cook a meal together. They cook enough that they can take home to their families. They also learn a lot of important skills and tools such as healthy eating, eating on a budget, how to shop properly in a grocery store, and health things that affect indigenous people, such as diabetes. They have awesome elders, knowledge keepers, like William singer who come and help them out. He'll be doing one session teaching about traditional plants of Blackfoot territory.
* They have a bunch of other programs at family center that are free and open to everyone. She will get the program guide out to Cassandra.
* She will also be down at the popup clinic at gault gardens on September 23rd. They'll have a table there as well, and she'll send all the posters out to Cassandra.
* Registrations for the other programs won't close until they have all the families that they need or all the youth as well. For that youth program, they already have five youth signed up and they're trying to aim for six, they are also doing a waiting list. If you know any youth from the ages of 11 to 15, it's gonna be a pretty awesome program.
* During truth and reconciliation week they’re doing an event at the interfaith food bank partnering with interfaith food bank. It's open to the public. Everyone is welcome and she is trying to line up some powwow dancers and they’re going to make Barry soup and fry bread. She will send the details to Cassandra as she finds them out.

# Katie-Jo Rabbit-

* She is with New west theater and currently they have a show called next to normal. It is dealing with suicide, addictions, infant loss, and mental health. If anyone is interested in that, she will put a promotional code in the chat box so that people can attend. The show is tonight at 7:00 PM. It is a bit short notice, but she does have a few vouchers, so if anybody's extremely interested, but can't make it for tonight, she can definitely give you some vouchers.
* The next show that they're going to have deals with the Ukraine issues. That will be sometime in October.
* She really wants to promote the show that's happening in February, which is Honor Beat. It's an indigenous play written by an indigenous woman with local indigenous women starring in this show. She will definitely ensure that everyone gets tickets to that.
* Currently they're going to be starting a writing circle, there'll be a zoom link for the month of September, then once everyone gets kind of situated and into the routine, they'll be meeting in person.
* She is trying to diversify the audience for New West Theater, if you have any ideas or feedback
* [outreach@newwesttheater.com](mailto:outreach@newwesttheater.com)
* Show title: Next to NormalShow Date: September 7, 2022Show time: 7:30 pm Doors open: 7:00 Ticket Link: <https://enmaxcentre.evenue.net/cgi-bin/ncommerce3/EVExecMacro?linkID=lethbridge-multi&evm=prmo&RSRC=&RDAT=&caller=PR>Promotion Code: **NTNMUSICAL** Enmax Centre - Lethbridge, AlbertaOnline Ticket Office.Feel free to share this link with anyone who is interested in attending

# Kelly Smith- City of Lethbridge

* Kelly is from the city of Lethbridge. She is attending these meetings so that she can gather activities and events going on in the community to disperse amongst the contracts that they manage, because she is part of the contract team. One of her roles is to do site visits with service providers and spend time with frontline workers.

# Kirby Elfring- Chinook Reginal Library System

* Kirby is with Chinook Regional Library System. Basically what they do is they’re a network of 33 libraries from all across South Western Alberta. Their organization supports libraries and what they do. They have a call for proposals for a conference that they do for our libraries. If you're interested in providing any sort of educational facilitation that you think would benefit their libraries, she can send out that call for proposals to the group. If there's any messaging you want to get out to member libraries around the region, that includes all the rural libraries as well.
* Southern Alberta Library Conference Call for Proposals: <https://salc.wildapricot.org/publications>

# Miranda Hargreaves-Chinook Sexual Assault Centre

* Miranda is with the Chinook Sexual Assault Centre
* This Saturday They are super excited to announce that they're doing their galaxy bowl event, which is a fundraiser for their child advocacy center. It will be held at galaxy bowl, which is on the north side. Tickets are $25 a person or $84 for a group of four. Tickets include a cosmic black light bowling session like a bowling time, fountain beverage, and snacks. It'll also include seeing the silent auction. They have some really great things through the silent auction, including a paddle board. Tickets can be purchased at galaxy bowl and West or South Scotia bank. They're going to be matching up to $3,000 and a hundred percent of the proceeds are going to go towards their field for their child and youth advocate center.
* They have the healthy living expo, which is happening this Friday. That they're going be a part of, it runs from 1:00pm to 7:00pm on Friday and Saturday. It runs from 10 to 6:00 PM. There's going to be over a hundred vendors there. They're super excited to be part of that.
* They’re embracing relationships group is back. This is for females identifying 18, plus that have been impacted by sexual violence. This runs from September 22nd to November 16th 6:00pm to 8:00pm in the evenings, they have started taking our registration.
* They will also have their trauma informed yoga group, which will be in October. It runs October 7th to the 28th and runs for an hour and a half from 6:00pm to 7:30pm.
* They are going to be doing their youth group, which starts October 7th and runs to December 2nd. This is for youth ages 14 to 17 that have been impacted by sexual violence. This is on Friday afternoons. She'll send out all these posters.
* The last one that she is super excited about is their first responders to sexual violence training. Right now they're still doing their early bird ticket prices for that which is $250 if purchased before September 13th. She'll send out the post on how to get signed up for that. What it does is it helps individuals and community build capacity to respond effectively to sexual violence disclosures. It's a really great resource to have for those that may be working with individuals that are experiencing sexual violence and disclosing to them.
* Other than that, they're attending a whole bunch of community events, including things at the college and university.
* <https://scontent.fyyc2-1.fna.fbcdn.net/v/t39.30808-6/305402218_1394693514354645_1612921610184026495_n.jpg?_nc_cat=100&ccb=1-7&_nc_sid=730e14&_nc_ohc=gozc2OBfp8kAX9ZHawZ&_nc_ht=scontent.fyyc2-1.fna&oh=00_AT8peQ7SffZi4JsxjqyGvb28FN2VmwPz7vvK26P4nqVlGw&oe=631E0B71>

# Cassandra Chalifoux- NCSA

* Cassandra is with Native Counseling Services of Alberta. They Help people with court related things that they do not need a layer for. For example, filing court documents. They also have a free commissioner of oaths service. They have a Family Court Worker, a Traffic Court Worker, a Criminal Court Worker, and a Peacemaker.
* She would like to make sure that everyone sends all the information for their reconciliation events to her so she can help boost the attendance numbers for all the events that are going on. She believes that participation in these events helps bring people together and bolster there understating of culture and the changing of their minds.
* Just wanted to remind everyone if they can not attend a meeting to just decline it and they will still receive the next invite. She understands that everyone is not always available. You will still receive the monthly meeting minutes, weekly communications and postings for the events going on. Meetings take place the first Wednesday of every month.
* The purpose of the network is to cast a large net connecting as many organizations as possible so that we can assist the indigenous community with our programs and services. Even though we are Indigenous focused we do not exclude anyone that needs our help.
* The Supporting Indigenous Sharing Network website will finally be launching on September 12th. Cassandra will be in charge of the LISN section of the website and will finally be in charge of the postings for that section. All posters and other information will be posted on a daily basis as it is received.
* Please send Cassandra a copy of the logo you would like to be posted with your organization on the website as well as a write up about your organization.
* All postings put onto the website will be attached to the organization that they came from and then will be attached to one of the focus groups of the network. Some of the focus groups are Events, Job Opportunities, Health & Wellness, Social Justice & Reconciliation, just to name a few.
* Resources such as booklets can be attached as well. For example, the TRC Calls to action is attached as a resource.
* Cassandra would like to know what everyone has going on for reconciliation week and how she can help support you in the events you have going on.
* Cassandra is getting a food truck going to help support the organizations in this network with their events. She is bringing it home on the 22nd and will be getting it up and running as soon as possible.
* There have been no updates on the Bowman building at this time. She has reached out and received no response to her inquiry, she will reach out again.

# Echo Nowak- City of Lethbridge-Via Email

* Echo is with the City of Lethbridge.
* She wanted to let everyone know that there will be a reconciliation calendar of events. If you would like more information or want to be added to the calendar please contact her.
* Echo Nowak: [Echo.Nowak@lethbridge.ca](mailto:Echo.Nowak@lethbridge.ca)

# Margaret Lyster- Chinook Reginal Library Read-On-Via Email

* Margaret is from Read On Adult Literacy and Learning at the Lethbridge Public Library. They offer learning opportunities to help adults improve skills for work and daily life. Registration for fall classes is now open.
* In addition to classes, Read On can also provide adults with one-on-one tutoring up to about a Grade Ten or CLB Level 7, with reading, writing, spelling, grammar, and basic math. Student and volunteer tutor pairs meet at a time that fits their schedules.
* Registration for one-on-one tutoring is always open and requires the learner to take an assessment. There’s a one-time fee of $30, but this may be reduced or waived if there is financial hardship.
* Read On also offers digital skills support for people who struggle with technology. Interested adults can register by calling them at 403-320-4701 or dropping by their office at the Main Branch of Lethbridge Public Library.
* They also offer a great selection of high interest-low level books for struggling readers and a variety of workbooks for people who want to study on their own. Library memberships are free and anyone can borrow our resources.
* For more information, registration and updates, visit our website at [www.lethlib.ca/readon](https://can01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.lethlib.ca%2Freadon&data=05%7C01%7Ccassandra-chalifoux%40ncsa.ca%7C5d9cfaa2866540a657e008da91d6e323%7Cce254aa915c345a2a15c98778c47583c%7C1%7C0%7C637982649368820594%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=e3fjyxN8Kx4c4KbSSy161HShDBLKe66ZiU%2FUZw6f3ZQ%3D&reserved=0).  
  To connect with us, please email: [readonclasses@lethlib.ca](mailto:readonclasses@lethlib.ca), or call 403-320-4701.

# Billie-J Heavy Shields- Sweetgrass Youth Alliance-Via Email

* Billie-J is with Sweetgrass Youth Alliance.
* Sweetgrass Youth Alliance is back in full swing- they have been extended to Cardston and will be providing outreach in Cardston Mondays day time rest of the week evenings and weekends - starts sept 1st.
* They also have their pow wow club back and you can look for updates in their facebook group: Sweetgrass Youth Alliance.

# Meeting Duration

**Start Time**: 8:51am **Adjourned**: 9:25am **Duration**: 25 Minutes

# Next Meeting

**Date**: August 7th, 2022 **Time**: 9:00am **Location**: Online Teams