Lethbridge Indigenous Sharing Network Interagency Meeting

Wednesday February 7th, 2024

Time: 9:00am | Location: Online Teams

# In Attendance

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| --- | --- | --- |
| Cassandra Chalifoux | Ollie Okeowo | Stephanie Lowe |
| Caylee Gorzitza | Debbie Deak | Amy Cran |
| Treena Tallow | Kathy Koustrup | Emilie Houerie |
| Nisa Alook-Lambrecht | Danny Ng | Lauryn Evans |
| Terri Young Pine | Sylvia Harris | Billie Jae Heavy Shields |
| Verona Tail Feathers | Alexis Clare | Natasha Fox |
| Royal Adkin | Billy Woitte |  |
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# Meeting Opening

* -Land Acknowledgement by Cassandra Chalifoux
* -Prayer by Cassandra Chalifoux

# Ollie Okeowo – Naloxone Distribution Consultant – Alberta Health Services

* From an Alberta Health Services perspective harm reduction just refers to policies and programs that aim to reduce negative consequences related to psychoactive substance use without requiring reduction. This means that we recognize substance use could be on the spectrum and it's unrealistic or undesirable to solve some individuals, so not requiring them to discontinue their substance use in order to be able to receive equitable and compassionate care.
* “Harm reduction can be summarized with meeting somebody where they're at, but not leaving them where you found them.” – Sarah Wakeman
* They're a provincial grant funded team and they were created in 2018 to enhance naloxone distribution and education practices across Alberta. Their team just tries to serve them, try to be a support for harm reduction, learning and practice and within AHS, as well as just serve as a resource for policies that pertain to working with individuals who engage in substance use and the community Naloxone program.
* The Naloxone program was essentially created to allow a variety of programs to be able to distribute Naloxone kits to the public for free in order to address and reduce accidental opioid poisoning deaths that are happening in the community. The kits should be available at no cost, in a low barrier fashion. Individuals don't need to disclose identifiers. They don't also need to prove or disclose that they are going to be at risk of experiencing a poisoning to be able to receive a kit. They are publicly funded for members of the public, so at this time they're not for workplace administration. Occupational Health and Safety is a completely different program that's being offered by the government.
* You don't need a prescription to be able to get a naloxone kit and training should always be offered with each kit, but an individual can decline the training and they can still receive the kit.
* Naloxone just works as an anecdotal opioid poisoning. What it does is it occupies the same receptors that the opioids normally bind to. What happens is these receptors have a higher affinity for the naloxone, so the naloxone essentially temporarily bumps off the opioid. Naloxone lasts anywhere from 20 to 90 minutes. Most opioids they can last anywhere from 2 to 24 hours, so as soon as naloxone wears off, it's possible for a person to go right back into the poisonous state. It is also known how toxic drug supplies are, there's usually quite a bit of unknown substances. Naloxone will reverse the effects of the opioids, but there are other substances, it won't reverse though. A person can still have a decreased consciousness or decreased respiratory state even after naloxone is administered. Right now Naloxone is available in an injectable and intranasal version. With their program they only have the injectable for at this time. Intranasal can be acquired through FIRMIB or pharmacies that are participate in as well as Veterans Affairs Canada I believe.
* Some quick facts on it. Again, it's an opioid antagonist, so it temporarily blocks the effects of the opioids. If you think somebody's showing signs of opioid poisoning, but you're not sure what substances they've taken, you can still give them naloxone. If there's no opioids in their system, it's going to have no effect on them, it takes about 2 to 5 minutes for it to kick in and can last 20 to 90 minutes. That's why they stress the importance to call 911, because then again, a person can slip back into a poisoning. The kits should be stored at 15 to 30 degrees and protected from light. Some studies has also shown that even if all you have is an expired naloxone kit, it's still 80% more effective than not giving them anything.
* The kits have the instruction insert, a pair of nitrile gloves, CPR barrier mask, which is lovely because it just means the breath is going one way, alcohol pads, the Vanish point syringes. These are lovely because the safety engine had syringes, so once you fully depress the plunger, the needle automatically retracts, that way you know you don't have to worry about poking yourself accidentally.
* You can also visit the link to find a specific zone or geographic area you can use the PDF listings and they also have the interactive map, if you were trying to find the closest location to you that offers naloxone kits. They've got pharmacies, community based programs, supervised consumption sites, shelters, a whole variety of programs can be considered for the distribution site. They don't have many criteria’s just the kits need to be in a temperature controlled storage, so unfortunately it just means you can't leave the naloxone outside for long periods of time, It needs to be a commercial address. Unfortunately the program doesn't support residential addresses at this time. No personal addresses and stuff like that, you can't be a distribution site from your home. Also, you have to agree to submit the monthly reports, which is required by all voter health.
* They have a bunch of evidence based training tools that you can find on the site and on the site you'll be able to access handouts, assessments, checklists. They even have a step by step guide of like how to register with our program, how to submit the monthly report and where to find the training.
* A report came out in 2017 and it had everybody talking. One of the reasons why they were talking about it was because they found the reality to be a bit shocking. Most of the individuals on the report were employed, had visited an emergency department, most of the deaths were occurring in people's home, so it was a bit of a shocker at that time. Fast forward to 2024 and the numbers are a whole lot worse.
* Despite like indigenous people representing just 2% of the total population, indigenous people account for 10% of the overall overdose death. We also know, indigenous women are four times more likely to experience a fatal overdose poisoning than a non-indigenous woman. The severity of the crisis, it's likely like being understated just because there's quite a bit of poor disaggregation of data on indigenous people in many settings. This just again just kind of highlights the severity of the crisis, especially here in Lethbridge. This is all publicly available information. You should be able to access this information on your own.
* Although it looks like we're trending downwards trend line, if you look at it for 2023, we surpassed every month except from February 2022, we surpassed every month in terms of poisoning death count. It shows you too that we haven't even received numbers for November and December and we are already surpassed the numbers for 2022. It just shows you again how significant this crisis is becoming. This shows just how toxic and volatile our drug supply is and how it just constantly changes by year as we can see like compared to last year we're seeing a 17% decrease in fentanyl. The meth has gone up by about 33% and cocaine, alcohol has gone down a little bit. The one they wanted to highlight was just a huge increase we're seeing this year in benzodiazepine compared to last year, right. That’s about a 1000% increase, which is alarming. We're seeing increases in naloxone being distributed across all areas of the south zone, which is pretty cool. Compared to other places in the other zones, Lethbridge they would say or even the south zone is we're doing quite well, but again, we know we have a high population of indigenous folks here in Lethbridge and also we know how impacted Lethbridge is by the current overdose and poisoning crisis.
* If you guys know anybody that you think would be a good fit with the naloxone program to distribute in the south zone, if you know, please help them share the word out there because the more places that they can have distributed in the south zone, the better it would be and for the individuals as well.
* They have a struggle e-mail listserv and it's just this informal way for all of us to be able to stay informed on the different trends and bad batches that's going on in the community, anybody can post, it's just an e-mail listserv, It doesn't need to be like medically verified there. It can be anecdotal information and it's just ritually for us as service providers or individuals who are working in this community just for us to be able to stay informed. They believe historically they usually get quite a bit of posts from the shelter. The shelter would usually say, hey, this is kind of what we're seeing and as well as the SESOPS, they would say, hey guys, you know, we've seen increased either traffic or we've seen increased overdoses and such happening. There are two lists, there's one for Lethbridge and there's one for Medicine Hat. To Registrar please just shoot us an e-mail and we would be more than happy to have you on that listserv.
* ollie.okeowo@ahs.ca
* <https://www.albertahealthservices.ca/>

# Treena Tallow – Aboriginal Addictions & Mental Health Advisor – Alberta Health Services

* Treena is an Aboriginal Addiction and Mental Health Advisor for Alberta Health Services. She has been working with Ollie and his team provincially since last year, working in the different communities, trying to support them to increase access to naloxone. They have been taking a different approach to this issue. Rescoping naloxone to target individuals and families through indigenous organizations. They've been working with multiple indigenous organizations creating partnerships with them.
* Alot of times people are hesitant to become a distribution site because they may be attracting the vulnerable population on the streets. Sometimes people will have incidents and so they want to try to avoid that, especially if they're working with youth and families.
* Right now, they've been able to sign up many organizations’ kind of on a down low situation where they're not advertising that they're a distribution site, but they're basically just creating a partnership to help support their individuals and families. Any individual or family can pick up these kits and help distribute them to their relations, their friends in the community.
* They know that the majority of overdose deaths are occurring in homes. So, they are trying to help support families in creating more access to the kits, so matriarchs in their family can pass them to maybe relatives or friends that may be vulnerable maybe possibly using these types of drugs. Unfortunately, they've had youth testing out drugs with bad consequences and so they just want to really see if they can increase these kits amongst our indigenous individuals and families and communities.
* Anything you guys can do to help pass on these kits to people you know would be great. If you want to just get a hold of Treena or Ollie, it's not very difficult getting registered. It will take you just filling out the forms, getting registered and ordering your kits. You should have them within three weeks.
* The monthly reporting is just basically in and out how many kits you've received, how many kits you've distributed and there's a column there for if you know if there were any reversals. There is no limit to the number of kits you can get.
* Treena.tallow-mason@albertahealthservices.ca
* <https://www.albertahealthservices.ca/>

# Verona Tail Feathers – Brighter Futures/ Interagency/Prevention of Family Violence Coordinator – Blood Tribe Health Department

* They have their interagency meeting on February 29th, the last Thursday of the month and it'll be held over at the Red Crow College.
* They have also request for the naloxone presentation by their harm reduction under community health. PJ Fox will be doing that presentation.
* Their health fair got postponed either to March or April. They don’t have a set date yet. It was scheduled for the reading week, but they have a Children's Service Youth and Arts Summit and that’s at the Blood Tribe Recreation. It's open to all youth, you can call Children's Services For more information. (403) 737-2900
* One other thing I had to report was the missing and murdered indigenous people, It used to be missing and murdered indigenous women and girls. They are having a run on February 19th, the Monday of Reading week and that's also open to the public and people can register through Race Pro online. It's Family Day, so they decided to work and have an activity for all family members.
* verona.tf@btdh.ca
* (403) 737-3883 Ex. 8618
* [www.bthd.ca](http://www.bthd.ca)
* <https://www.facebook.com/kainaiwellnesscentre>

# Terri Young Pine – Indigenous Facilitator – Family Centre

* Terry Young Pine is the Indigenous program facilitator at the family center. She facilitates many of the programs there, but the main one that she is focused on is called All my Relations and it's a family program that they are going to be running again March 6th to May 1st. Last time it was 11 weeks, but this time around it's going to be a nine-week program. They're recruiting for that.
* What comes with that? They have childcare, a hot meal which Cassandra caters for them, and they have 4 elders that we work with in the community, so they're at the sessions every night. They do Wednesday evening, 6:00 to 8:00 PM. If you know of any families, you guys can send them to them.
* Terri has a Coworker her name is Brittany A Young Man so they can meet families where they're at, bring them for coffee give them more information about the program and just get them get them comfortable with them.
* They also do have a All My Relations youth program that they're delivering in the high schools. They're doing 3 at Victoria Park High School, Catholic Central High School, Winston Churchill High School, and Girls Club. They ran that on January 29th, so they do that every two weeks for six session, six sessions. Their next session will be coming up soon, February 12th. If you know any youth that want to come down, they can come meet us at Boys and Girls Club. They do that 3:30 to 4:30 every Monday. If you know families or youth send them to them their way.
* terriyoungpine@famcentre.ca
* (403) 320-4232 Ex.218
* <https://www.famcentre.ca/>

# Sylvia Harris – Owner/Operator - Sylvia P. Harris Consulting

* Sylvia is a consultant within her own company. She is actually consulting with Fifth on 5th right now and they're waiting for some funding and is crossing everything that they do get the funding. She will have more to share when the funding goes through.
* No updates this month
* Sylvia.harris@alumni.uleth.ca

# Stephanie Lowe – Adult Learning Liaison (Read On Literacy and Learning) – Lethbridge Public Library

* Stephanie is the Adult Learning Liaison with Read On Adult Literacy and Learning in the Lethbridge Public Library.
* There are no updates for this month.
* Stephanie.lowe@lethlib.ca
* [www.lethlib.ca](http://www.lethlib.ca)
* (403) 320-3977

# Nisa Alook-Lambrecht – Health Promotion Facilitator – Healthy Schools Team - Alberta Health Services

* Nisa works with the Healthy Schools team with AHS here in Southwest Alberta. The Healthy Schools team works with the 8 school divisions in Southwest Alberta on anything comprehensive school Health based. Really anything schools come to them with requests, they try and support them. A really big request from schools is vaping and vaping prevention and reduction, so we are having a big virtual learning opportunity for parents coming up March 6th. It's called Vaping What Parents Need to Know and it's a joint project between them and the population health team at AHS. This is just one big event for parents to come and learn about vaping, ask questions, and understand this youth vaping epidemic that we're in. It's going to be hosted virtually through SAPDC, which is the Southern Alberta Professional Development Consortium. It's open to anyone. Nisa will send out a poster with a registration link.
* Their team is getting ready for teachers convention if anyone attends those where they're hosting A nurture relationships presentation as well as another vaping one because that's a hot topic. If you can attend, that'd be great.
* Nisa.lambrecht@albertahealthservices.ca
* **(587) 779-4404**
* [www.albertahealthservices.ca](http://www.albertahealthservices.ca)
* [SAPDC | Vaping: What Parents Need to Know](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.sapdc.ca%2Fprogram%2F12177&data=05%7C02%7Ccassandra-chalifoux%40ncsa.ca%7C9a0507fe5970447ddf8e08dc2da3cea5%7Cce254aa915c345a2a15c98778c47583c%7C0%7C0%7C638435428766444227%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=yiaJyjSC9PrKz%2FK83HAyMDqgKIX7kxMKQSP0e1hxRIc%3D&reserved=0)

# Natasha Fox – Indigenous Services Facilitator – Lethbridge Public Library

* Natasha is the Indigenous Services Facilitator. She wanted to update you all on a few programs that they had carried out back in January. They had two workshops for the Let's Get Beading program which was a great success. They had about 20 participants approximately in each class and that was really great. More people wanted to learn more skill coming up with a New Year's resolution.
* There is another one called Beginner's Blackfoot Through Art. This workshop is on Mondays from 6:00pm to 7:00pm and it's at the main library branch and it's open to anybody. Their first day was actually Monday. There was a pretty good turnout for that. If you have anybody that's interested that would like to join, it is starting off as beginners. They had some beginner's Blackfoot paint on rocks.
* The second week they're going to be doing the beginner's Blackfoot painting night light. They're going to have the glow in the dark paint and then that will be on canvas.
* ]The third week will be the following Monday after Family Day. That will be the 26th of February and they'll be doing a mini Blackfoot paper book. If anyone is interested again and if you can send that out to your contacts from 6:00pm to 7:00pm, as they'd like to keep our Blackfoot language and culture going.
* Another workshop that they're looking at is in March and that will be on Monday evenings as well starting at 6:00 PM and that is for traditional drumming lessons and they'll be doing like hand drumming. Anybody that's interested, families, youth would like to come out and learn some traditional hand drumming. They'll have Little Rock Club presenting that day and maybe they'll do some round dances as well because when you drum you just want to move with the beat.
* Any other questions, feel free to reach out to Tenaya and Natasha at the indigenous.services@lethlib.ca or they also have our contact information on the LISN platform as well.
* Indigenous.services@lethlib.ca
* Natasha.fox@lethlib.ca
* Tenaya.benson@lethlib.ca
* (403) 380-7330
* [www.lethlib.ca](http://www.lethlib.ca)

# Kathy Koustrup – Correctional Services Canada

* Kathy is with Corrections Service Canada, she is an Indigenous Community liaison officer with the Calgary Parole Board and her area is Lethbridge and Red Deer. Her position is to find resources for parolees that are on day parole, full parole, it can be anything from housing, income support, clothing, food, culture, elders. She hopes she can find some resources within LISN that can help her clients.
* Kathy.koustrup@csc-scc.gc.ca
* (403) 292-5995
* <https://www.canada.ca/en/correctional-service.html>

# Debbie Deak – Co-coordinator/Prevention Conversation – South Alberta FASD Network

* Debbie Deak is the Co-coordinator with the South Alberta Fetal Alcohol Spectrum Disorder or FASD Network. Their Network covers the region from Coleman in the West through to Bow Island in the east, South to the US border and up to around Claresholm. The Network provide a range of supports and services for individuals who may have been prenatally exposed to alcohol or who have been diagnosed with FASD. They fund the clinic for assessment and diagnosis of both children and adults.
* The Blood Tribe Employment and Skills Training group are offering folks an opportunity to become trained through a disability program lens and she believes it starts February 20th. Katie Jo Rabbit has invited Debbie, the FASD Instructional Coach who works with schools, as well as two members of the Lethbridge Family Services FASD Assessment and Diagnostic Clinic team. They will be working with the attendees, who have registered through Blood Tribe Social Development on March 6th and 7th for the full 2 days. The training is being held at Laverne. Presenters are meeting with Katie Jo Rabbit and the instructor who's responsible for the entire program on February 12th. Debbie will know more of the details following this meeting.
* Deborah.deak@shaw.ca
* (403) 330-8897
* [www.safasd.ca](http://www.safasd.ca)

# Danny Ng – Owner/Operator - Ng Enterprises Inc

* Danny is with [www.sisn.ca](http://www.sisn.ca) website and my responsibility is to keep it running and a directory set up for everyone.
* Danny shared his screen showing the landing page for SISN. He explained that one of the things that Cassandra does is post all the minutes from the meetings under the focus area Lethbridge's Indigenous Sharing Network.
* The other aspect of the website provided is a directory service and that is intended to for the LISN to put their information into the directory. You can add in contact information, your logo, a description about your organization, and even a link to your website. You can also copy the SISN link at the top of the web page and lead them to your profile, workshop, event ect. On SISN.
* Once you've you're satisfied then you submit your profile for approval and that'll go to Cassandra and then she'll contact you if there's any you know missing information or if you need to update anything just to make sure you're real and then and then she'll approve it and then you guys will appear on the directory.
* The other thing that you can do which Danny heard a few people talking about is that you have events or workshops or things you want to share. Under events you can submit your events there and include all of the information for it such as Date, Time, Venue, Contact info ect.

How to sign up as a Network Partner:

1. Go to [www.sisn.ca/lethbridge](http://www.sisn.ca/lethbridge)
2. Click on Directory at the top of the screen near the middle
3. Scroll down until you see “**What is a SISN.CA Partner?”**
4. Click on the large gray button at the bottom labeled Become a Network Partner
5. Fill in all of the information that you can
6. Click the button at the bottom labelled **Submit Profile for Approval**
7. That’s it you’re all done 😊

Please sign up to be a network partner so we can get things running smoothly and have our information shared in real time!

* danny@ngei.ca
* (403) 607-1414
* [www.ngei.ca](http://www.ngei.ca)
* [www.sisn.ca](http://www.sisn.ca)

# Caylee Gorzitza – Volunteer – Victim Services

* Caylee is a volunteer with victim services. She is trying to connect with indigenous members of the community because they've acknowledged that they're a group of majority of Caucasians and unfortunately their demographic that they help is majority Indigenous and they're unsure if they're doing the right things or saying the right things. They want to learn from you directly if there's things that they can do better to help Indigenous in crisis. Sometimes they're going into peoples homes and maybe they're not doing the culturally appropriate things, maybe they're not saying the right things. Also, if there's other resources out there that they're not connecting with that they could be connecting them with in the moment of crisis, they would like to get to know them.
* On a side note Caylee is doing the push up challenge for Mental Health Alberta and they send out facts every day and the fact today is 63% of Indigenous women have experienced sexual assault or physical assault. If they're not supplying them with the correct resources in their community, with their community members, that's a big gap that they're missing. If you have any information for Caylee or want to connect with her project, please get in touch with her.
* She is trying to put a project together to take back to her team. There's about 65 of them and she wants to take this information back to them and teach them and she'd rather have indigenous members do the training.
* The Victim Services Unit is looking to recruit some Indigenous volunteers. If you know anyone that would be interested, please get them in touch with Caylee.
* C.gorzitza@outlook.com
* (403) 360-3699
* <https://www.lethbridgepolice.ca/join-the-victim-witness-services-unit-and-be-there-for-your-community>

# Amy Cran – Community Impact Coordinator – YWCA Lethbridge and District

* Amy is the community impact coordinator in external relations with the YWCA Lethbridge and District. Many of you are familiar with them, but their primary mandate is really around domestic violence, but also poverty, housing and homelessness. That's kind of where they're sitting and intersecting right now.
* She recognizes that they do need to do more work to integrate and collaborate more with organizations in Lethbridge to really bring in an indigenous perspective, both for their staff to improve training, but also to have some improved programming for their clients as a number of our clients are indigenous. So that’s been something that they've been really excited to kind of move forward with lately, collaborating with the city and Blackfoot Hub a little more recently.
* For upcoming events, they do have one that's a little bit pressing and exciting, which is their Women of Distinctions Awards and those take place every March to recognize the contributions of women in our community. Theye have a number of categories that touch on everything from education, community, leadership and we do have a reconciliation and action category as well to recognize women who have contributed to advancing and Indigenization and reconciliation efforts in our community. Nominations for those close this Sunday on February 11th. The event itself is on International Women's Day, which is March 8th.
* acran@ywcalethbridge.com
* (403) 329-0088
* <https://ywcalethbridge.com/>

# Alexis Clare – Family Resource Adult Coordinator – Autism Society Alberta’s Family Resource Centre

* Alexis works for ASA Family Resource Center, Autism Society Alberta's family Resource Center. They're pan disability, which they're trying to get out into the community because a lot of people don't know that we're not autism specific. So what we can do is help families zero to 99 get on government programming for funding for disability services, connect with other disability programs, agencies in the city, but also the province. They're provincial, where their team is mostly virtual and they have their office in the Multicultural Centre.
* They have a nonviolent crisis intervention training coming up on March 20th, and it's at a really discounted rate at $75. It will be at the Multicultural Center March 20th, 9:00am to 4:30pm, and they have 5 slots that they're still wanting to fill. If anybody knows anybody through work or just general interest email Alexis.
* alexisc@autismalberta.ca
* (587) 486-2469
* <https://autismalberta.ca/family-resource-centres/>

# Royal Adkin – Indigenous Student Advisor – University of Lethbridge

* Royal Adkins is an Indigenous Student Advisor with the University of Lethbridge. They are prepping for Indigenous Awareness Week. They're really trying to cultivate an atmosphere here on campus for this week for each faculty and departments to be doing their own things. He'll have a finalized schedule closer to the meeting in March, but they're planning on doing like a mini powwow at the university for the opening ceremonies. The English department is potentially having a speaker come in to do presentations. sports and rec is trying to reach out to some of the high schools in the area and have them come and compete against like the Pronghorns sports teams. There's just a lot of different events and so they're trying to coordinate that bring it all together and then provide a really cool week of different events for indigenous Awareness Week.
* There's some interesting stuff on their Facebook page that we just posted. They have a new program that's coming to the university, just got named and Royal doesn't want to mess up any of the announcements about that, but feel free to check them out on social media and Instagram and that kind of stuff.
* Royal.adkin@uleth.ca
* (403) 329-2492
* [www.uleth.ca](http://www.uleth.ca)

# Lauryn Evans – System Navigator and Education Specialist – Chinook Sexual Assault Centre

* Lauryn Evans and is a System Navigator and Education Specialist with the Chinook Sexual Assault Centre. Miranda Hargreaves is typically the one that attends LISN, but she will be going on maternity leave come March and Lauryn is happily taking over the committees she is on. CSAC is an agency that supports all individuals that have been impacted by sexualized violence, both recent and historic. They also provide support to those who are supporters for those that have been impacted by sexualized violence – this could be a friend, partner, or family member. Individuals can reach out to us via phone by calling, emailing us, or reaching out via social media.
* They don’t have too much of an update on their end. On May 4th and May 5th, The Leading Edge Physiotherapy RunWild is holding a race and are donating funds raised to their special program: Chinook Child and Youth Advocacy Centre. Along with two other centres: Caribou Child and Youth Centre and Zebra Child and Youth Advocacy Centre. You can register for the run on [https://www.runwild.ca](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.runwild.ca%2F&data=05%7C02%7Ccassandra-chalifoux%40ncsa.ca%7C9f1811b8c4874fbd6f3a08dc2801f2c5%7Cce254aa915c345a2a15c98778c47583c%7C0%7C0%7C638429236045526216%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=tCeRgLgV2OVg5y3ZOIayajabWylRQYCzp8VFM0vWW%2BE%3D&reserved=0)
* They also have a peer-support group, Friends with Boundaries, starting on February 28th. It is a peer-support group for female-identifying individuals aged 13-18 years old and we are working with Lethbridge Family Services for it. Lauryn will attach a poster for the group as well.
* Stay-tuned with watching their social media for updates on Sexual Violence Awareness Month (SVAM) and what fun things we have underway and planned!
* lauryn@csacleth.ca
* (403) 694-1094

<https://csacleth.ca/>

# Cassandra Chalifoux - Community Engagement Partnerships Coordinator – Native Counselling Services of Alberta

* Cassandra is the Community Engagement and Partnerships Coordinator for Native Counselling Services of Alberta.
* In house they mostly offer justice services, so they have court workers that do, Family Court, Criminal Court, Traffic Court, Youth Court, Domestic Violence Court. They also have a peacemaker, but the recommendations for the peacemaker come through the Crown Prosecutor's office.
* Cassandra tends to try and help everybody with everything else in between, whether that's, you know, copying, faxing, filling out an application, whatever she can do to help. If you're unsure, you can always send the person to Cassandra and she will help them or get them to the right place.
* They have plans to start up a trauma workshop beginning in late March. She is just waiting for approval from her partner on their workplan. They're going to open with a healing circle. It'll be two healing circles, but on the same day just kind of to help more people without, you know, extending it for an entire day and 1/2. Then they will do four weeks of healing through art. They don't know what that looks like yet just because they have to get approval and to line up everything at first. Obviously, they'll have food involved and they will have some speakers coming in to share about the trauma that they deal with on a daily basis and how they deal with that, just to help, maybe there's something that somebody never thought of that could help them. Then they'll follow that up in their last week with a knowledge gathering where they just kind of ask everybody how what they thought of the workshop and you know what they'd like to see included in the workshop or diss-included in the workshop. Hopefully they can start running that on a regular basis because one of the things that is definitely needed in Lethbridge is trauma work. There's so many people suffering from so much trauma that anything they can do to relieve a little bit of that, Cassandra is on board for that.
* When it comes to the major events for indigenous people, Cassandra does not normally plan her own, but is available to help you with yours in any way that she possibly can. Cassandra will come do anything from welcoming people to helping with set up and tear down. She would rather help to make your events bigger and better then run one at the same time.
* Tax season is coming up. Cassandra has all of the free tax programs downloaded and ready to go on her computer. She is just waiting for #1 her password from CRA which usually takes forever, or her activation key. Taxes aren't available to be filed until the 19th of February, so after the 19th of February, she will be going into the shelter for multiple dates to do taxes there for free and then she will also be offering free tax appointments within office. If you know anybody who needs help with their taxes, she is more than willing to book appointments and help them out with that. Also, like she said, she'll be running a few free tax sessions at the shelter. She just has to line that up with the caseworkers there and see where she fits in because there are a few organizations that go into the shelter to offer services. So as soon as she knows about that, she will definitely be posting that on SISN as well as sending that out to everybody.
* If you didn't get information in because of today's the day of technical difficulties, please just send Cassandra an e-mail and she will make sure all your information gets included into the meeting minutes. If you remember something that you wanted to mention in the meeting and you forgot, send that to me in an e-mail and she will add it into the meeting minutes so that it goes out to everybody within our group, which you know, Cassandra was excited to say is over 140 people at this point, which is fantastic. She really hopes that it just continues to grow and she can connect everybody possible because she knows there's still a lot of different organizations that are existing and running without being connected to each other.

How to sign up as a Network Partner:

1. Go to [www.sisn.ca/lethbridge](http://www.sisn.ca/lethbridge)
2. Click on Directory at the top of the screen near the middle
3. Scroll down until you see “**What is a SISN.CA Partner?”**
4. Click on the large gray button at the bottom labeled Become a Network Partner
5. Fill in all of the information that you can
6. Click the button at the bottom labelled **Submit Profile for Approval**
7. That’s it you’re all done 😊

Please sign up to be a network partner so we can get things running smoothly and have our information shared in real time!

* Cassandra-chalifoux@ncsa.ca-
* Direct: (403) 329-1968 Cell: (403) 317-0827 Main Office: (403) 329-6140
* [www.ncsa.ca](http://www.ncsa.ca)

# Meeting Duration

**Start Time**: 8:51am **Adjourned**: 10:03am **Duration**: 1 Hour 12 Minutes

# Next Meeting

**Date**: March 6th, 2024 **Time**: 9:00am **Location**: Online Teams