

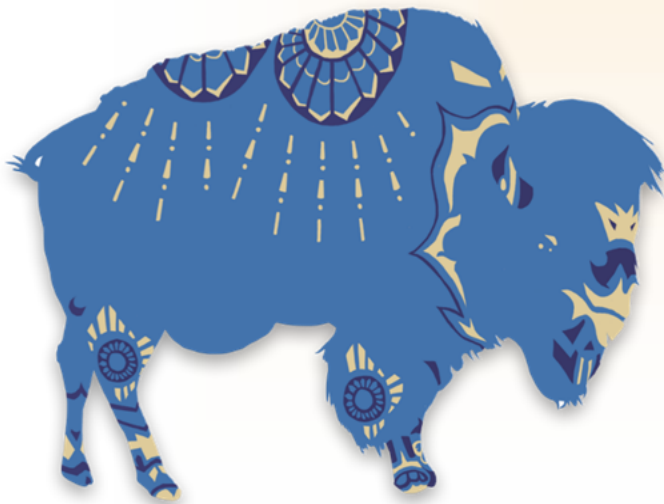
The Canadian Native Friendship Centre

March 2022



Sugar Moon

The third moon of Creation is Sugar Moon. As the maple sap begins to run, we learn of one of the main medicines given to the People which balances our blood, and heals us. During this time, we are encouraged to balance our lives as we would our blood sugar levels, by using Divine Law.



Respect/ Buffalo Teaching

The teaching of respect is taught to us by the buffalo. The buffalo provided Indigenous Peoples with everything they needed to survive: hides for warmth and shelter, meat for eating, muscle for sinew, and bones for tools. The buffalo reminds us to respect all living things, and in doing so we achieve a balance that keeps us alive.

New Facilitator!
Hand Drum Instructor and Singer

Steve O'Chiese

Ahneen Tansi,

I'm Steven O'Chiese from Hinton, Alberta that is located in the foothills mountain range near Jasper.

I have been a powwow singer and ceremony person for as long as I can remember. My hobbies are drum making, hunting, fishing, being outdoors and bush crafting. I am a easy going father of two awesome children; trying to find the balance of our culture and living in this modern world we are all apart of.



Monthly Cree Words

Niski-pîsim

March

Kimiwan

Rain

Paskwâw Mostos

Buffalo

Mestan

Sap

Nisto

Three

Manâtcihiwewin

Respect

Sesipâskwatâhtik

Maple Tree

Niya

Me

Miyoskamin

Springtime

YOUTH HANGOUTS

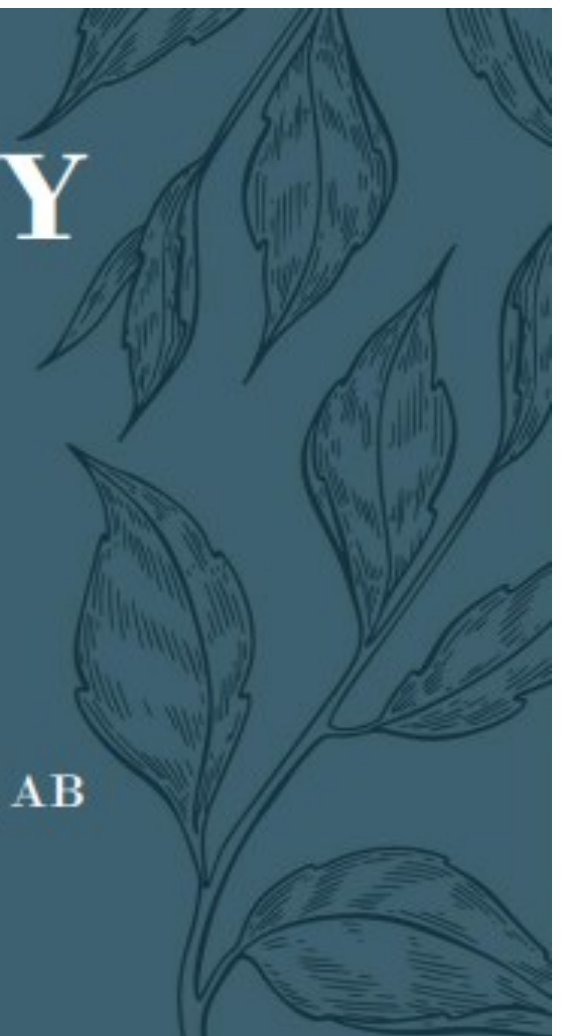
(AGE 7-17)
EVERY TUESDAY

The Canadian Native Friendship Centre.
Time: 6:00 pm to 7:30 pm
Place: 11728 – 95 street Edmonton, AB
Please email Jordan at cnfcyouth@cnfc.ca
for more information!



WELLBRIETY GROUP

Starting March 10th
(Every Monday & Thursday)
Time: 6:00 pm to 8:00 pm
Place: 11728 – 95 street Edmonton, AB
Please email Jordan at
cnfcyouth@cnfc.ca
for more information!



What's Happening Around the Centre

COMING SOON! **Joanne Swampy (Jo)** **Beading/Sewing** **Traditional Facilitator**

Jo is a powerhouse facilitator from The Maskwacis (Bear Hills) First Nation on treaty 6 territory. She specializes in programming which is aimed at empowering others. This is all presented through an Indigenous lens. Joanne, a Day School and 60s scoop survivor, found her healing in connecting and learning our traditional crafting/teachings. She finds culture to be an uplifting experience and a way to bring us back to our roots. "A sense of belonging" is what she states the learning of culture does. Openly and generously sharing her cultural teachings, Joanne spreads love and inspires confidence and healing to all. She is an exquisite native crafter creating and teaching how to make items such as beadwork, ribbon skirts and regalia, moccasins, dream catchers, tipi pole teachings/mini tipi making, rattles, moss bag, talking stick, vision boards, painting, soap/bath bombs/bath soak infused with traditional medicines like sweetgrass/cedar and so much more. Her patient and loving teaching style allows for even absolute beginners to create intricate pieces that leave them feeling so proud, accomplished, and empowered.



Virtual Indigenous Language Classes

in partnership with Edmonton Public Library

Whether you want to reconnect to your ancestral language or learn a language from the territory, this is the class for you. These classes are offered in partnership with the Canadian Native Friendship Centre and is suitable for beginners and those with previous language knowledge. These are a free registered, online class where you will also connect with community members and make new friends through shared passion for language revitalization. To receive a link and passcode to the online class via, please register with your name and email address and instructions will be sent to you on the day of the session.

Nehiyawewin Language Classes

Facilitated by Leslie Skinner

Running Tuesdays and Wednesdays 6:00pm-8:00pm.

Stoney Nakota Language Classes

Facilitated by Lyndon Aginas

Running Thursdays 6:00pm-8:00pm

Please visit epl.ca or cnfc.ca for more information.

BUILDING A GRADUATION NATION **Pathways to Education**

Pathways to Education Canada is a charitable organization that collaborates with community-based organizations across Canada to help youth in low-income communities' graduate from high school and successfully transition into college and university. The program addresses systemic barriers to education by providing leadership, expertise, and a community-based program proven to increase graduation rates.

Pathways to Education Edmonton works with the Canadian Native Friendship Centre to deliver the program in Edmonton school systems, providing after-school tutoring, mentoring and financial assistance to address the barriers that can stand in the way of education. Each student benefits from a personal relationship with their Student/Parent Support Worker - part counsellor, advocate, confidante, social worker, and mediator - who motivates and guides students and their families, brings insight that can't be found on report cards, and holds students accountable to the contract they sign in order to participate in the program.

The Canadian Native Friendship Centre has created many community partnerships from the Province of Alberta, Edmonton Public School Division, Edmonton Catholic School District, Pathways to Education Canada, City of Edmonton and many other community partners. Therefore, our Pathways to Education program benefits immensely from the numerous resources provided by the organization. The Pathways to Education Edmonton focuses on providing afterschool supports and resources for Indigenous students grade 9 to 12 students, however we are open to all. Our program has embraced the national model and is heavily based on the Medicine Wheel model with Cultural Teachings and ways of being integrated into our daily programming.

Please visit our website for Student and Volunteer applications.

CANADA COVID-19 SUPPORT APP

STATS UPDATES RESOURCES SELF-CHECK

CANADA.CA/CORONAVIRUS

ALBERTA PUBLIC HEALTH UPDATES

FOR MORE INFORMATION ON COVID-19: alberta.ca/covid19

Sun	Mon	Tue	Wed	Thu	Fri	Sat
OFFICE HOURS: Monday—Friday 8:30 AM—12:00 PM 1:00 PM—4:00 PM Closed: Saturday & Sunday		1 - Cree Class (Virtual) - Youth Hangouts at Centre 6pm— 7:30pm	2 - Cree Class (Virtual)	3 - Stoney Class (Virtual)	4	5
6	7	8 - Cree Class (Virtual) - Youth Hangouts at Centre 6pm— 7:30pm	9 - Cree Class (Virtual)	10 - Stoney Class (Virtual) - Wellbriety Group at Centre 6—8pm	11	12
13 Bingo	14 - Wellbriety Group at Centre 6—8pm	15 - Cree Class (Virtual) - Youth Hangout at Centre 6pm— 7:30pm	16 - Cree Class (Virtual)	17 - Stoney Class (Virtual) - Wellbriety Group at Centre 6—8pm	18	19
20	21 - Wellbriety Group at Centre 6—8pm	22 - Cree Class (Virtual) - Youth Hangouts at Centre 6pm— 7:30pm	23 - Cree Class (Virtual)	24 - Stoney Class (Virtual) - Wellbriety Group at Centre 6—8pm	25	26
27	28 - Wellbriety Group at Centre 6—8pm	29 - Cree Class (Virtual) - Youth Hangouts at Centre 6pm— 7:30pm	30 - Cree Class (Virtual)	31 - Stoney Class (Virtual) - Wellbriety Group at Centre 6—8pm	The Canadian Native Friendship Centre 11728—95 Street Edmonton, AB T5G 1L9	

Classes Coming Soon...
> Beading > Sewing > Drumming > Cooking
Keep an eye out for updates!