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Summer 2013 Volume 1, Issue 3

Welcome Summer :)

OASIS ENJOYING A VERY BUSY SUMMER

Tansi :) Hello Everyone :)

Happy Summer everyone :) it was a beautiful summer! Welcome to the third issue of the newsletter. We had our 21st annual general meeting in June and there is a copy of the annual report along with the financials on the Oasis website www.nipawinoasis.com.

This issue is lengthy because it includes the programs and activities that were held over the summer months — carpentry was very successful with several projects completed, continued lunch and learns, made sandwiches for the Cumberland House evacuation, mental health provincial camp, employee and reporting training, began a garden at the Oasis, Girl Power, several field and camping trips including a Teepee sleepover, family arts and crafts, youth golfing, computer skills, employment, mental health and youth and family support programs, along with the businesses—Taxi, Mail Run and Green Team employment program. We are honoured to have Harriet Lathlin teaching Pow-Wow dancing and singing for the year along with Joseph Naytowhow providing cultural leadership support and guidance. We also are thankful for and appreciative of the assistance from the summer students Jesse Tite, Claudia Whitecap, Natasha and Kim Pelly. :)

Newly approved grants are the SaskCulture grant—Aboriginal Arts and Culture Leadership grant, Status of Women— Women exploring trades program, Aboriginal Initiative—Residential and Renovation Construction Program and Sask Culture Days funding for Sept. 27 & 28 for the Cree Language and Culture Celebration at the Oasis.

We just purchased a mini van to assist with the increasing transportation needs, and continued to rent the building for meeting space. If you are interested in placing an ad in the newsletter, on the website or renting the building. Please contact us :) We continually look for volunteers or if you have a skill or knowledge you would like to share or assist with the Culture Days celebration please contact us :)

Thankyou for your support and interest :)

Joy Hanson— Board President

Cree Language and Culture Celebration Sept. 27 & 28 at the Oasis see website and Facebook for more details coming soon :)



OASIS GREEN TEAM

YARD WORK

- Mowing
- Raking
- Hedge Trimming
- Trash Removal

HOUSE WORK

- Window Washing
- Interior Cleaning
- Fence Repairs
- Painting

FREE ESTIMATES — 306-862-5551

Reliable, Courteous Staff

Nipawin Taxi

Call or Text 306-862-8559

Extended hours days, evenings and weekends

Helping Build Community



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SIGNIFICANT EVENTS SINCE SPRING



Treaty Awareness Lunch and Learn —with Senator Sol Sanderson, Senator Philip Head and Elder Norman Head.
Violence Lunch and Learn—Pat Devon—Cumberland College Policing Instructor
Literacy Evaluation training—Saskatoon
Salvation Army Poverty Meetings—attending
Northeast Intersectoral Meetings—attending
High Five Training—Youth Program and Evaluation 2 day training
RRAC—Application submitted and approved for Aboriginal Initiative—Oasis
Residential, Renovation and Construction Program
AGM—Oasis 21st Annual General Meeting with Guest Speaker Brenda Ives
Air Cadet—SaskCadet Camp—chaperoned and provided transportation for 12 youth to attend 3 day camping trip
Try a Tool Kit—developed and presented the Oasis ‘Try a Tool’ kit sponsored by SaskPower to over 200 students in surrounding Cree Nation communities
Funders—met with funders from the Inspirit Foundation, Ministry of Social Services, Service Canada and the Ministry of the Economy.

Food for All Coalition Meetings—attending

Stew Maryotte—Construction Careers presentation

Bannock Buns for LP—baked 12 dozen bannock buns for LP Miller

Garden at Oasis—planted a garden and flowers at the Oasis

Pat Fayant—1st Aboriginal woman in Canada to complete the carpentry program arrives for the month of June to work at the Oasis

Carpentry Program begins at the Oasis—built 4 bookshelves, 2—8x12 sheds, play area for toddlers, 3 picnic tables and deliver the Try a tool kit.

National Aboriginal Day—week long celebration

Girl Power program—for the months of July and August

Golf Program—partnership with Rolling Pines golf course with mentors Charlene and Richmond Head

Teepee Sleepover and Culture program at Wanuskewin—Wagner girls sleepover

Red Earth Culture Camp—attend Red Earth Culture camp

Tobin Lake Camping trips

Strategic Planning—Oasis Board and staff begin developing a strategic plan for the Oasis—annual plan and 5 year plan

Wounded Warrior Weekend—youth in Air Cadets served for the Gala Saturday evening.

Culture Days Celebration Planning—planning Culture Days celebration Sept. 27 & 28 at the Oasis



Coming Events

Sept. 9 FASD Awareness Day

Diabetes Lunch & Learns
TBA

Sept. 27 & 28 Culture Days
Celebration at the Oasis



2013—2014 OASIS PROGRAMS

TAXI TRANSPORTATION LOCALLY OWNED AND OPERATED

Taxi number is 862-8559
Taxi Driver is
James Allardice

Extended Hours days,
evenings and weekends

By supporting the
Oasis Taxi you
support the
community

Mental Health Support Program - Cope
Child Development and Nutrition Program
Youth and Family Support Program
Family Literacy Programs
Workforce Development & Employment Opportunities Program
Oasis Women Building Group
Oskayak (Youth) Girls & Women Exploring Trades Program
Healing/Sharing Circle
Women and Girls Beadwork Program
Cree Culture, Language and Literacy Program
Summer programs—Girl Power and Golf program
Bridging Cultures Program
Weekly PowWow dancing and singing
Weekly Computer Skills program
Monthly Lunch and Learns



CHILD NUTRITION DEVELOPMENT PROGRAM & OSKAYAK CULTURE PROGRAM—TARA NORDMARKEN

This program teaches good nutrition practices for children, youth and families, and helps develop independent living skills for children and their families including new ways to prepare food, budgeting, shopping, safe food handling and preserving, Cree culture, literacy and outdoor activities. The youth are picked up at school and driven home after the program. The Oasis also provides support and transportation for the youth to attend the Nipawin Air Cadet program.

Recent activities have included Family Literacy week, hiking at Regional park identifying plants and animals in Cree, Tara's farm playing outside with animals, scavenger hunt with Cree words, Nipawin Regional Park and Hawaii theme party, camping at Tobin Lake and Culture camp at Red Earth. One of the



highlights for the summer was a girl's TeePee sleepover at Wanuskewin, train tour of Saskatoon forestry farm and identifying the different types of animals and species. We went and got our nails done at a salon which the girls enjoyed very much!! Then we made our way to Wanuskewin for our private guided tour called a walk in time. We also took part in traditional tipi raising as well as learnt and played traditional Indian games. After a long day we made it to the fire for a bannock bake and hot chocolate! Our

experience in sleeping in traditional tepee's was definately one to remember, all of the girls had a blast and are already planning our next adventure!

Also attended the Prince Albert water park and theatre, Canada Day cleanup at Nipawin, Tobin Lake July 1st activities— volleyball tournament, made cupcakes and cleanup, bottle drive, Tobin Lake beach activities,



This program is led by Tara

Nordmarken with support from Noreen Moore, Teresa Whitecap, Samantha Chippeway, summer students Claudia Whitecap, Kimberly Pelly, Natasha Pelly and volunteers and is funded by the Sask. Ministry of Education—CNDP, Community Initiatives Fund, TIP community grant, Royal Bank of Canada, community donations of food, and fundraising.



CHILD NUTRITION DEVELOPMENT PROGRAM
& OSKAYAK CULTURE PROGRAM— MORE SUMMER PHOTOS



YOUTH SERVE FOR WOUNDED WARRIORS



Aug. 03, 10 youth that the Oasis bridges to Air Cadets participated in the gala by serving the meal as well as be a part of the blessing. This was a fun event for the youth and enjoyed meeting many of the guests.



YOUTH GOLFING PROGRAM —ROLLING PINES GOLF

We were very fortunate that Debbie Arnst invited the youth for some golfing lesson clinics with golf pro Derrick Tallon and to enjoy some golfing on this beautiful course. Rolling Pines Golf and Country Resort is the Bronze winner of the 2012 GolfWest Magazine Reader's Choice awards for favourite Saskatchewan Golf Course. Assisting with the program is Charlene and Richmond Head golfers from Red Earth Cree Nation. The goal is to have some of the youth compete in the Indigenous Summer Games in 2 years time, learn the game of golf and have some fun! The youth are very excited about this program and with the donation of the golf lessons, equipment, use of the course as well as lunch Rolling Pines has made this program possible with the assistance of the Golf Sask. MAP grant. Thanks to Rolling Pines for this opportunity. Thanks also to the Community Initiatives Fund and to Charlene and Richmond for mentoring the youth :).



YOUTH ATTEND RED EARTH CULTURE CAMP



The Oasis was honoured to be asked to attend the Red Earth Cree Nation Culture camp again this year. This year the request was for the youth that the Oasis bridges to the Nipawin Air Cadets to come to the camp in their uniforms to encourage leadership opportunities and participation for the youth in

available programming. They met with Chief Ian McKay as well as the Elders. Activities that they participated in this year were hay cutting, games, children's activities, traditional foods, and visiting various camp settings.



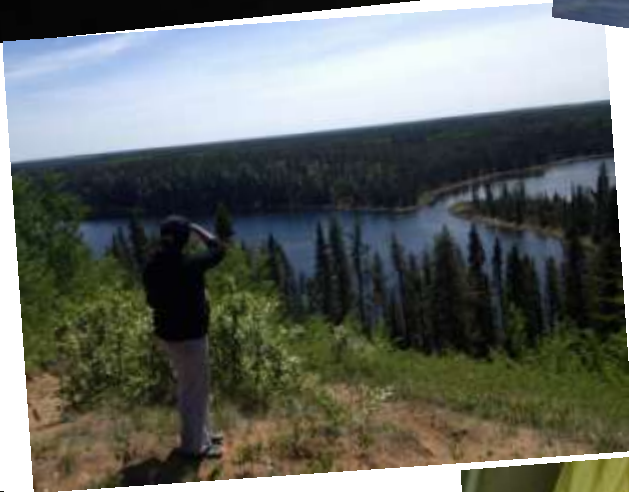
GIRL POWER PROGRAM—JESS TITE

Jess Tite summer student from Bella Bella First Nation community was here for 6 weeks to assist and lead some of the youth and family Oasis Literacy programming. She is enrolled in the Bachelor of Education program in British Columbia and taking Criminology in the fall. She did a six week Girl Power program with youth focusing on confidence and self esteem building along with discussions on sexual health, taking care of yourself, and dating. There was 15 youth registered in the six week program. This program was developed by Jess and the youth really enjoyed the program.



AIR CADET SUMMER SURVIVAL CAMP

Twelve youth from the Oasis that we bridge to Air Cadets attended the summer SaskCadet camp at Lower Fishing Lake for 3 days. The Oasis provided transportation, supervision and helped with nutrition. It was a lot of fun we learned about wilderness survival, canoeing, compass training, shelter, setting up tents, rations, swimming and games. We were fortunate that Jared Settee was able to come along with the Oasis crew to the Air Cadet camp. He drummed and sang for the youth and did a special birthday song for Captain Haveron which was very enjoyable. Jared is 14 years old and is a self taught drummer. He will also be participating in the Oasis Culture Days Sept. 27 & 28.



OASIS MAKES OVER 1800 SANDWICHES FOR CUMBERLAND HOUSE EVACUEES



OASIS LUNCH AND LEARNS



Treaty Awareness Lunch and Learns were held with Senator Sol Sanderson, Senator Philip Head and Elder Norman Head. Violence Lunch and Learn was held with Law enforcement instructor Pat Devon and Cumberland college law enforcement students.

Sapphiya Stewart and Joy Hanson were invited to speak and attend the Cumberland College graduation. Sapphiya's artwork was the Law Enforcement's class was selected as their class encouragement artwork. The students have helped out over the year with volunteer work in many areas and will be very missed.



POWWOW DANCING —HARRIET LATHLIN

We have received requests from the youth and family participants to further increase the aboriginal cultural activities and opportunities at the Nipawin Oasis and in the community. The requests have included to learn drumming, music, jigging, Powwow dancing, singing, storytelling, trapping, skinning, hunting, traditional foods, medicines, plants and First Nation spirituality. As a result of this request the Oasis was successful in receiving the SaskCulture Aboriginal Arts and Culture Leadership grant for the 2013–2014 year. Harriet Lathlin and Joseph Naytowhow will be the Cultural leaders for the year. Harriet is leading the Powwow dancing and singing at the Oasis and it is offered 4 days a week. She also is teaching computer skills once a week. We are also in the process of planning Cultural Days Celebration Sept. 28 & 29 at the Oasis and Joseph Naytowhow and Alana Ross will be leading several cultural activities and teachings.



BEADWORK PROGRAM—BELINDA DUSSION



Activities to date have included key chains, necklaces, earrings, bracelets, headdresses, beaded bankcard cases, lighter cases, lanyard keychain holders, dream catchers with an average attendance of 10-15 a week. We have also had women come to teach and explain how to make regalia dresses. Harriet Lathlin is showing how to make regalia and ribbon skirts. We are also starting to make moccasins and planning for Culture Days Sept. 27 & 28th at the Oasis.

HEALING/SHARING CIRCLE—DOUG WITHEROW & NOREEN MOORE

Spoken in Cree and English, translated when needed, held once a week, and is facilitated with the Elders from James Smith Cree Nation and the Marguerite Riel Centre along with local Elders and Cultural Advisors from Nipawin and surrounding communities. The healing circle is a First Nations healing model with the intention of specifically addressing or healing an individual or individuals with traumas and addictions from effects such as the Residential Schools.



Culture Days Sept. 27 & 28 at the Oasis see website and Facebook for more details coming soon :)

YOUTH AND FAMILY SUPPORT PROGRAM—SAMANTHA CHIPPEWAY

The program coordinates and provides support, information and referrals to individuals and families to improve their quality of life in an urban environment including cultural programs, education and training, health programs, children and youth programs, and parent support and information programs. It is facilitated and coordinated by Samantha Chippeway who has her social work diploma and is from Bella Bella First Nation community. The program aims to promote, maintain and enhance the integrity of the family. Funding is from the Ministry of Social Services

Family Arts and Crafts was offered at the Oasis Community Centre during the summer. Families had the opportunity to work together to do some fun arts and crafts and enjoy some light snacks. Children explored different crafts themes such as animals, insects, sea creatures etc. This program was offered every Tuesday beginning July 2nd.



A Family Literacy Program was also offered during the summer. This program provided families with an opportunity to explore literacy through fun and engaging activities. Families explored different nursery rhymes during every session, did crafts relating to nursery rhyme and parents read books to their children. This program was offered every Friday beginning July 5th and ending August 23rd. The average number of participants was between 7 – 14 people and ending August 19th. The average number of participants was between 6 – 15 people.

The Oasis Community Centre hired two post secondary summer students and one secondary summer student to provide support for summer programming. All students did a remarkable job with



providing support to the Oasis staff mem-

bers. One summer student is enrolled in the Bachelor of Education program in British Columbia. She did a six week Girl Power program with youth focusing on confidence and self esteem building. There was 15 youth registered in the six week program.



Our other post secondary student completed the Correctional Studies Year 1 program at Cumberland College in Nipawin and is moving onto complete Year 2 of the program in Prince Al-

bert. She provided support in all the youth and family programming throughout the summer.

The secondary student provided support in the youth and family programs as well. She helped prepare for the programs and helped supervise and entertain the children and youth that attended the programs.

UPCOMING PROGRAMS:

FAMILY KITCHENS: Please call or visit Samantha Chippeway to sign up. This program will run from September to June 2014. Families with sign up for a 6 period to cook various meals, participate in a discussion group that relates to child nutrition & health, share parenting tips etc.

FAMILY LITERACY: Please call or visit Samantha Chippeway to sign up. This program will begin in October and January for 6 weeks.

MENTAL HEALTH SUPPORT—DOUG LOWE

Funded by the Kelsey Trail Health Region – the COPE program supports people diagnosed with schizophrenia, depression, bi-polar disorder and other chronic mental health problems.

Twice each week the group meets with the Oasis Outreach Worker, Volunteers and the Mental Health Nurse to carry out the various social and recreation activities. Some of the activities are games, travel videos, boating, drawing, dancing, ice fishing, and fundraising in the community.

In addition, the program provides vocational work opportunities, home support, birthday recognition and advocacy work.

In June 10 of our participants traveled to Christopher Lake with myself and mental health nurse Christina Reimer for a five day camp. Camp was held at the Baptist Bible camp called “Quest”.

The camp is a combination of clients from KTHR and Prince Albert Health. We had an average of 63 participants and 12 staff. Camp supplied 3 fabulous meals each day and the health regions supplied a snack each evening for around the campfire or while watching a movie. Activities at camp included climbing walls, archery, pontoon boat rides and fishing, bingo, movies in the lodge, exercise session, nature walking trails, dance competition with DJ, soccer and floor hockey inside the large quonset.

Also grateful to Glen Gieni that donated lunch for a Cope group as well as Tim Horton’s for donuts.

The program is very dependent on volunteers and the Oasis is fortunate to have such dedicated volunteers that contribute their time, compassion, encouragement and support to the program.



WORKFORCE DEVELOPMENT AND EMPLOYMENT PROGRAM — DOUG WITHEROW & DOUG LOWE

This program’s objective is to improve skills training and employability outcomes with the key deliverables being to address barriers to employment, action plan for employment linkage, preparation for work and mentoring, and job coaching. The Oasis accomplishes this through the green team, janitorial services and employment through the Oasis programs. This is a year round program that began in the beginning of May and is funded by the Ministry of the Economy.

May & June 2013:

33 assessments completed (total May and June)

2 participants working in the community

26 participants employed in the community and at the Oasis

Oasis employed 32 people during May and June each month

Residential Renovation & Construction Program:

We submitted a proposal to the Saskatchewan Apprenticeship and Trade Certification Commission (SATCC) for the Residential Renovation & Construction Program that has been conditionally approved. This is a partnership with Saskatchewan Indian Institute of Technology (SIIT). We hope to

increase the number of Aboriginal participants entering apprenticeship training, to consider trades as a career option and to increase employment opportunities. This will also bring awareness to the community and to employers of possible employees or apprentices.



CREE CULTURE, LANGUAGE AND LITERACY PROGRAM—TERESA WHITECAP

The funding for this program is from the Ministry of Education—Literacy Office to develop a community literacy plan that is sustainable with 4 key deliverables. The key deliverables are to deliver culturally relevant family literacy programs, professional development, prepare First Nation & Métis women and girls for trades careers and to include Cree culture and language in programming, activities and events. We also received funding from PAGC for a family literacy program that is called Mamowi-ayamichikatan—Let's Read Together. Also received funding from Raise a Reader and Nipawin Rotary.

Cree Culture Language program—Nayow-piksikawin

There is still a lot of work to be done in this area as the Oasis Centre is starting from scratch. I am in the process of developing kits for future use and will add on materials throughout the coming months.

In the past few months, I have been introducing Cree words and hands on activities for the students to use. The Cree words that have been introduced so far are: Some wild animals, domestic animals, inanimate colours, animate colours, time, numbers 1-10, action verbs.

I am pleased with the students interest in the activities, especially the Central Park and Wagner students. I am also pleased to report that one student wanted to borrow an activity they did on actions verb for “Show and Tell” in his classroom. The Central Park girls enjoyed working with Cree numbers and they continued practicing in the van when we took them home.

Literacy Program—A-vamichikawin

The Oasis centre has set up a small library that will be used for youth programming and families that come to the Oasis for other programming.

The literacy program focus's on family literacy/family kitchens on Fridays. During this time I engage the toddlers with books and toys. The students that come to the Oasis from Monday to Thursday are encouraged to read at least one book, and once a student completes a book he/she will be required to enter information with a students name, the title, author and date they read the book. Currently we have created a stream and this information is being put on cut outs of fish and displayed on the wall at the Oasis.

We also have been doing some workshops on family literacy with First Nation's families that live in Nipawin as well as at Red Earth and Shoal Lake Cree Nations.



OASIS OSKAYAK EXPLORING TRADES - CHIANNE BEAR

Program is to identify and provide opportunities to prepare First Nation and Metis girls, youth and women from Nipawin and surrounding First Nation communities for technology and trades careers.



This program is funded by Ministry of Education—Literacy Office—SaskSmart Innovation Fund, Sask. Status of Women Office and sponsored by SaskPower.

We were fortunate in being able to have Pat Fayant (1st aboriginal woman in Canada to complete the carpentry program) with us for the month of June with program coordination by Chianne Bear. Activities during the month included:

“Oasis Try a Tool” project to students (209) from K-3 in the Cree Nation communities of Shoal Lake (61), Cumberland House (64), James Smith (69) and the Oasis central park students (15). The “Oasis Try a Tool” project includes 23 hands on activities for students that was adapted from the SaskWITT ‘Kindergarten Tool Kit’ and the Oasis youth developed the

additional activities such as drywalling, drilling, sawing, hammering, plumbing, measuring, Cree words matching tools, filing, use of basic hand tools, literacy and safety equipment with assistance from the women in the Oasis Building Women program. An average of over 80%

of the students want to be carpenters when they finish school. Quote from Pat: “One grade one student pointed at me and he said “When I grow up I want to be one of you’s” I’ll forever treasure that comment and how he looked and pointed at me.”

With the use of Handiwork’s shop, Garry Schenstead and Pat Fayant the girls in the Oasis carpentry program built 4 bookshelves for the literacy program at the Oasis centre.

Two 8x12 sheds were built, one by the girls in the Oasis carpentry program to store the “Try a Tool” kits, Air cadet uniforms, gowns for performances, and youth programming supplies and equipment. The other shed was built by the women in the Oasis Building Women program with assistance from the women in the Residential Renovation and Construction program at Red Earth and the level 1 carpentry program at the Cumberland College which

will be the shed for the new Habitat for Humanity home. They spent 3 days working on the project with Pat Fayant at Tobin Lake which provided an opportune time for getting to know and learn from each other.

The Oasis Women’s Building group also built panels for a play are for toddlers at the Oasis and also 3 picnic tables were built with the youth’s help for use at the centre.



SOME MORE PHOTOS FROM THE PROJECT



SUMMER STUDENTS—CLAUDIA WHITECAP & KIM PELLY

Hi my name is Claudia Whitecap a single mother of one son six years of age. I have been a single mom for six years now, but it's going great and with life too. I am currently taking Correctional Studies and I'm finished my first year here in Nipawin and I'll be taking my second year in Prince Albert on September 3rd 2013.

My experience here working at the Oasis Center has been great, love working with the employees here and the youth that I worked with. I never thought that I would enjoy working here but it's a lot of fun especially taking the youth taking them to places like to Saskatoon at Wanuskewin. We went there to camp and we took the Wagner girls but we went to the zoo first and then to the Wanuskewin Park. It was a lot of fun sleeping in teepees but it was sure cold a little bit and we got rain too. But it was worth it. We even took the youth to Melfort for swimming at the wave pool. We even took them to Red earth for the Cultures camp and they loved it, meeting a lot of people there, playing games and all. They didn't even want to leave, that's how much they enjoyed it there. We have also been taking them to the Regional park and some golfing. I enjoy working with Tara, Noreen, Samantha and Jess.

So with that I am very grateful that I have had the chance to work with the Oasis and the youth. It's been an awesome experience working here.



Hello fellow people, my name is Kimberly Pelly, I'm in grade eleven and 16 years old. My interests are writing, painting and playing badminton. I like to write stories about my past, and learn from it, I like to be the best that I could be, working hard as I go. I have worked at the Oasis for a summer job which means summer student, it was interesting and fun. I have learned a lot, learned about responsibility and being a great role model. I've worked with the groups, for example Wagner girls and boys, and family literacy. I helped the kids learn respect and well-taught manners, helped the little children in family literacy how to make crafts and did some activities. Made some crafts using nursery rhymes activities for example: Mary had a little lamb, itsy bitsy spider etc. Help teach the girls to cook supper, once they finished having their fun either at the swimming pool or at the regional park. It was a great experience and quite amazing, when you're at the Oasis you know it's a place where you belong, and where people can feel welcomed. It's a place where you know it's right, a place where people discover themselves. It's the Nipawin Oasis! :)

What is Self Harm?

Self harm can be a way of coping with problems. It may help you express feelings you can't put into words, distract you from life, or release emotional pain. Afterward you'd probably feel better, at least awhile. But then the painful feelings return, you feel the urge to hurt yourself again. It's a way of expressing and dealing with deep distress and emotional pain, injuring yourself is the only way you know how to cope with feelings like sadness, emptiness, guilt and rage. Maybe you feel ashamed or maybe you just think nobody understands what you're going through. It can even make you feel lonely, worthless and trapped.

What is Cutting?

Cutting means when a person is harming their body, using a sharp object like a knife or a scissors to draw blood. (the arms, legs, or somewhere hidden) Cutting can be a distraction emotional pain, or releasing all the negative emotions. Most people who cuts themselves are usually going through a difficult time in their lives. The scars that result from cutting last a lifetime, although they may appear just to be on the surface, in actual fact, they're on the inside too; where it hurts the most.

Signs and Symptoms may include:

Scars, such as from burns or cuts

fresh cuts, scratches, bruises or other wounds

broken bones

keeping sharp objects on hand

wearing long sleeves and pants even in hot weather

spending a great deal of time alone

statements of helplessness, hopelessness or worthlessness

asking questions about personal identify like “who am I?” or “what am I doing here?”

Because self-injury is often an impulsive act, becoming upset can trigger an urge to self-injure. Many people self-injure only a few times and then stop. However, for others, self-injury can become a long-term, repetitive behavior.

When to see a Doctor, is an appropriate way to get treatment and to learn healthier ways to cope.

Reach out for help, If you're injuring yourself, even in a minor way, or if you have thoughts of harming yourself, reach out for help. Any form of self-injury is a sign of bigger issues that need to be addressed. Talk to someone you trust — such as a friend, loved one, health care provider, religious leader or a school official — who can help you take the first steps to successful treatment. While you may feel ashamed and embarrassed about your behavior, you can find supportive, caring and nonjudgmental help.

If you have a friend or loved one who is self-injuring, you may be shocked and scared. Take all talk of self-injury seriously. Although you might feel that you'd be betraying a confidence, self-injury is too big a problem to ignore or to deal with alone. Suggest that your friend talk to parents, a teacher, a school counselor or another trusted adult. Gently encourage the person to seek medical and psychological treatment.

EMPLOYEES

Samantha Chippeway – Youth and Family Support Program Coordinator
Teresa Whitecap – Culture, Language and Literacy Coordinator (part time)
Doug Lowe – Mental Health, Wellness and Employment Coordinator
Douglas Witherow – Workforce Development, Employment Coordinator and Métis Elder (part time)
Stacie Simon – Accounts and Records Controller (part time)
Tara Nordmarken – Kitchen and Youth Program Coordinator (part time)
Noreen Moore – support worker (part time)
Lindsay Britain—youth worker (part time)
Belinda Dussion – Beadwork Coordinator (part time)
Harriet Lathlin—Traditional Culture Coordinator (part time)
Chianne Bear—Carpentry program Coordinator (part time)
Phyllis Snider – Historian and Janitorial Worker (part time)
James Allardice – Nipawin Oasis Taxi Coordinator
Summer Students— Claudia Whitecap, Jess Tite, Kimberly Pelly, Natasha Pelly
Support Staff – Cultural Advisors, Youth workers, Odd jobs, building maintenance

Board of Directors and Advisory Committee

President – Joy Hanson
Past President—Garry Schenstead
Vice President—Karen Hathaway
Treasurer— Chelsea Smits
Secretary—Diane Berge
Directors:
Myrtie Rempel
Arnold Schellenberg
Charlie McKay
Robert Whitecap
Ron Saretzky
Sharon LaFlamme—Meyer

Current Advisory Committee:
Senator Philip Head (Red Earth and PAGC)
Ina Whitehead—Vice—Chief Red Earth
Carlton Bear—Vice Chief Shoal Lake
Jan Boughen—Kids First
Cliff Rose—Nipawin Rotary
Ron Nickel—Social Services
Terry Farden—Town of Nipawin
Lorna King—United Church



THANKYOU :) FUNDERS, PARTNERS AND DONORS 2013-2014



2013—2014 Funders and Donors
since April 1, 2013 (in addition to
above)

United Church Women
Knights of Columbus
Bi-Nett Plumbing
Apostolic Church
Aylsham Memorial Church
Eleanor and Vernon Rourke
Debbie Grassing
Helen Remple
Joyce Christianson
Lorraine Holmen
Doreen Revell



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Nipawin

asis

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www.nipawinoasis.com

Our Mission

We are a community resource co-operative centre that provides cultural, prevention, educational, and intervention programming, services, support and employment opportunities to the community of Nipawin and area in Northeast Saskatchewan.

Our Vision

Our Centre will be a place where people care, belong and get involved. Our Vision is to be one of the leaders in building an inclusive, supportive, safe and healthy community.

Caring, supportive, non-judgemental and respectful, using a

Holistic approach that promotes wellness and that provides

Opportunities and uses as its guides

Integrity which is accountability, transparency and responsible while valuing a

Community that works together and that is

Effective in meeting the needs of the community and provides

Security within a safe, respectful, and supportive environment

Our programming focus is on CRAFTS which also serves as a strong foundation for the cultural, personal and leadership development of the youth, individuals and families

C Caring and Culture

R Relationships

A Action

F Food and Fun

T Teamwork and Time

S Safety and Security



*Providing Opportunities
for
Positive Choices*

