



The Rev. Tommy Beardy Memorial
WEE CHE HE WAYO-GAMIK
FAMILY TREATMENT CENTRE

NEWSLETTER



IN THIS ISSUE:

- Indigenous Mental Health First Aid Certification
- Spring Boating and Fishing
- Red Cross Grant Approved
- Treatment Centre Family Ice Fishing Derby
- Client Wood Cutting
- Clients Exploring the Winter Road
- Tourney of Hope
- How to Get Involved



Accredited by:



Canadian Accreditation Council | **Conseil d'accréditation canadien**

This newsletter provides you with the latest information on the Rev. Tommy Beardy Memorial Wee Che He Wayo-Gamik Family Treatment Centre.

We encourage and welcome all inquiries about our Family Treatment Centre and programs. If you have any questions, please call, write or e-mail.

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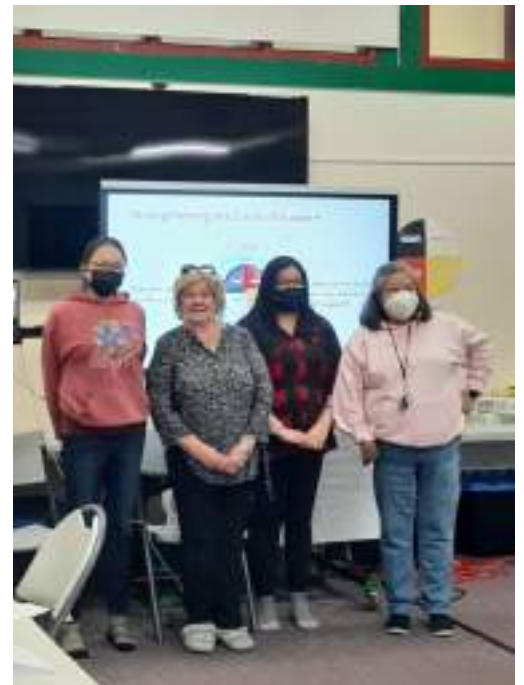
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Indigenous Mental Health First Aid Certification

In February, the Treatment Centre hosted clients, community members, and staff to take part in the SLFNHA led Indigenous Mental Health First Aid Course. The three-day course created an environment where everyone learned together how to safely respond when someone is having a mental health crisis. This valuable program helps to ensure everyone's safety and strengthens communities with knowledge and support.

Participants were given a certificate of completion and a workbook to take home for quick reference in times of need. Clients were proud of their accomplishments and grateful to take their knowledge and training back to their home communities. The ripple effect of the training completed in Muskrat Dam will reach many other First Nation communities in Northern Ontario.

Our Executive Director and our Treatment Director celebrated with all of the facilitators and class participants at the end of the three-day course with presentations, games, and laughter. It was a great way to celebrate everyone's success, as laughter is medicine as well.



Spring Boating and Fishing



As spring brought the open water back to Muskrat Dam, the clients were able to enjoy fishing, boating, and canoeing a few short weeks after the Ice Fishing Derby. During their spring intake, clients were able to participate in ice net fishing, open water net fishing, and casting their lines into the ice and open water, adding to their land-based knowledge and skills for all seasons.

The families learned how to clean and prepare the fish and shared their success with the community. They cooked fish and made fresh Bannock over an open fire to create a traditional meal. A community member came to speak with the clients about the importance of eating traditional foods as health issues surrounding diet was never a concern when First Nation communities ate their traditional foods that they harvested from their land.

Red Cross Grant Approved

The Canadian Red Cross accepted applications for the Community Services Recovery Fund. This grant is committed to supporting charities and non-profit companies to successfully recover from the financial struggles of the pandemic. Being a charitable organization, we have a wider range of opportunities to continue to promote the success of the Treatment Centre. We are excited to announce, our application to the Red Cross has been approved. We look forward to reviewing our current programs and services, rediscovering the foundation of culture and values to renew them in response to emerging needs, adapting to COVID measures, and continuing to push innovative ideas to support our community (49 NAN Communities).

Funded by the
Government of Canada's
Community Services Recovery Fund

Canada



Treatment Centre Family Ice Fishing Derby



As the ice fishing season came to an end, the Treatment Centre hosted a Family Ice Fishing Derby open to clients and community members. It was an afternoon filled with fun, food, smiles, and laughter. Treatment Centre staff fired up the grill and made sure everyone on the ice was able to enjoy some food and beverages along with treats for the youth.

Each community member brought youth with them to enjoy an afternoon with friends, family, and clients. There were participation prizes along with the derby winners. The tournament ran from 1-4pm with the winner being the person who caught the greatest number of fish. With over 50 people participating, it was a great turn out and really highlights the importance of land-based activities in the community.



Client Wood Cutting

As part of the Land based programming, clients and staff traveled out into the bush to learn how to safely work together to cut and gather firewood. After a safety lesson, the clients ventured out to find their perfect trees and work together to either learn or improve upon their wood cutting skills. Being out in the bush helped the clients reconnect with themselves and learn more about each other as they gained valuable knowledge and had a few laughs and some warm tea along the way.

Wood cutting is a valuable skill to learn for First Nation Northern Ontario community members. Wood fires are used all year long to cook traditional foods. In the winter, wood becomes invaluable as it can quickly become the primary source of heat for homes in the event of power loss. Community members also gather wood and deliver it to the Elders in their communities to support them and ensure they can continue their traditional way of living once they are no longer able to travel to the bush themselves.

This skill is important to help continue to support all community members and the clients were able to bring their new skill back home to their own communities. Clients said they will be proud to share their knowledge with the youth in their own communities to ensure that their knowledge is passed down to the next generation.



Clients Exploring the Winter Road



During the 2022/2023 winter road season, clients learned about ice and traffic safety before spending the afternoon exploring the ice roads on our land-based snowmobiles. While most people will never have the opportunity to experience such an adventure, Muskrat Dam is one of the many communities that connect the ice roads allowing the clients to enjoy a unique part of northern living.

The winter roads are an integral part of remote First Nation Northern communities, and the season is an important time for them as most of the goods they rely on year-round are transported from Thunder Bay and Sioux Lookout when the ice becomes thick enough to support transport travel. The ice roads also connect communities together that are only accessible by boat or plane during the rest of the year allowing friends and family the opportunity to spend more time together.



Tourney of Hope



A Gala Event at the Victoria Inn invited all athletes to come together to celebrate their success and meet with Career and Wellbeing professionals. Athletes walked the red carpet and posed in their Sunday best for the cameras. Keynote Speaker Bridgette Laquette of the Canadian National team came to Thunder Bay and brought a message of hope to the youth at the tournament. Age groups in Midget and Bantam levels battled it out for Tourney of Hope supremacy. Hockey and broomball players from across the region gathered for a weekend of competition, fellowship and sportsmanship. Drivetest provided an opportunity for youth to train and get their driver's license. A Career and Resource Fair provided information to youth and parents about opportunities to inform and empower youth about their options and planning their future.

HOW TO GET INVOLVED

Interested in getting involved in the work done at the Treatment Centre?

We offer great volunteer opportunities for anyone looking to volunteer to strengthen our organization

We welcome all inquiries about the Treatment Centre and will work with you to find a volunteer role that best suits your skills.



OUR SERVICES

The Centre runs a six week program which includes:

- Pre-treatment at the community level
- Orientation
- Assessment
- Understanding the disease
- Strengthening relationships
- Healing memories
- After-care and follow-up for one year



Treatment is divided into four categories:

- Toddler Learning Centre
- Student Learning Centre
- Young Adult Program
- Adult Program

Unique Components

- Return to Our Roots
- Land-based learning

HOW TO CONTRIBUTE?

The Rev. Tommy Beardy Family Treatment Centre is a registered charity and welcomes donations of any size to help better serve the community. Donations go towards improving our programs and facilities to ensure our participants achieve success through our program.

To learn about donating to the Treatment Centre contact the Centre at the address below.

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