

Vol. 12 | ZIIGWAN 2024

# BIIDAAJIMOWIN

Providing Life Journey Support Services



Photo provided by Keira Essex, Youth Council Member

## OUR VISION

A welcoming Indigenous community that nurtures healing, culture, traditions and self-determination.

## OUR MISSION

Rooted in culture, the Thunder Bay Indigenous Friendship Centre strengthens the lives of Indigenous people by providing holistic supports, services and advocacy.

## MESSAGE FROM THE EXECUTIVE DIRECTOR

Ziigwin is a time of reawakening and rejuvenation. It is a time to appreciate Mother Earth's gifts and to prepare our grounds for planting and growth.

The Friendship Centre continues to grow and expand its services in the community and we are excited about new ventures that are in the seedling phase. Read on to see what we have planned for this season!

*Charlene Baglier* 



## WELCOME TO OUR ZIIGWAN (SPRING) EDITION!



## IN THIS ISSUE:

- Children & Youth Services
- Wellness Services
- Employment & Education Services
- Justice Services
- Transitional Housing Services
- And more!

More information can be found on our website: [www.tbifc.ca](http://www.tbifc.ca)

[facebook.com/ThunderBayIndigenousFriendshipCentre](https://facebook.com/ThunderBayIndigenousFriendshipCentre)

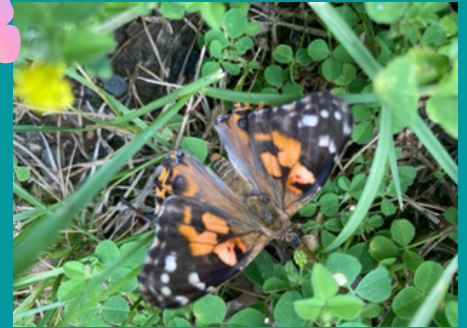
Instagram: @officialtbifc

# CHILDREN & YOUTH SERVICES

## Wabagonee EarlyON

Wabagonee EarlyON offers free indoor, outdoor, and virtual program for children ages 0-6 years and their families.

We have been raising butterflies with families virtually and in-person since 2020 and are so excited to announce that we will be offering our butterfly program again! This year we have the opportunity to watch painted lady butterflies grow. More details on how to register will be coming soon. Be sure to look for our monthly calendar of events on TBIFC's Facebook page, as well as on [www.keyon.ca](http://www.keyon.ca).



For more information please contact Jade or Kalista at [eo@tbifc.ca](mailto:eo@tbifc.ca) / 807-767-2512

## Children's Wellness Program

The Children's Wellness Program will be partnering with the Sexuality and Gender Equity Safer Spaces program to provide a two-day **Grief and Loss workshop** for youth ages 10-13.

**Dates:** Saturday April 13th and Sunday 14th

**Time:** 10:00 a.m. to 2:00 p.m.

**Registration is required and space is limited.**



For more information please contact Patricia-Lee at [cmh@tbifc.ca](mailto:cmh@tbifc.ca) / 807-345-5840 ext. 9083

## Community Support Worker Program

In partnership with the Indigenous Family Support Program and Beendigen, CSWP is offering a Pre and Post Natal Program to support expecting parents.

The program promotes healthy choices before, during and after pregnancy.

Starting April 9th  
10:00 a.m. - 2:00 p.m.  
More details to follow.  
Registration is now open



For more information contact Roxanne at [fasd@tbifc.ca](mailto:fasd@tbifc.ca) / 807-345-5840 ext.9085

# CHILDREN & YOUTH SERVICES

## Indigenous Family Support Program

The Indigenous Family Support Program will be providing mindful yoga sessions in April for parents and babies. Mindful yoga strengthens the mind and the body. More details to follow!

For more information please contact Kaitlyn at  
[ifsp@tbifc.ca](mailto:ifsp@tbifc.ca) /  
807-345-5840 ext 9051



The acronym RAIN is an easy-to-remember tool that we can use for practicing mindfulness & compassion with children.

## Wasa-Nabin Program (To Look Ahead)

In partnership with Corrine Bannon and Hammaraskjold High School, we will be providing programming from 3:30 - 4:30pm every Wednesday in the Four Directions Room. This will start March 20th and run until the end of the school year. The focus will be on hand drumming teachings and song teachings.



For more information please contact Lisa at  
[wasa@tbifc.ca](mailto:wasa@tbifc.ca) / 807-345-5840 ext. 9078

## Akwe:go Program (All of Us)

The Akwe:go program has collaborated with the Indigenous Healthy Living program to offer a bi-weekly 'Akwe:go In Motion' children's movement program.

This program aims to enhance confidence, foster peer acceptance, and develop motor skills in clients ages 7-12. The program is scheduled to run from April 16 to May 27.



For information please contact Shonie at  
[akw@tbifc.ca](mailto:akw@tbifc.ca) / 807-345-5840 ext. 9076



# CHILDREN & YOUTH SERVICES

## Youth Life Promotions Program

As we welcome the warmer months, it's a perfect time to highlight the importance of soaking in some sunlight for our overall well-being. Beyond its mood-boosting effects and the joy it brings, sunlight is a crucial source of Vitamin D, an essential nutrient often dubbed the "sunshine vitamin." Vitamin D plays a pivotal role in various bodily functions, including bone health, immune system regulation, and mood stabilization.

YLP will be providing land based activities this Ziigwan. This will include offering land and water teachings, harvesting medicines, and opportunities to soak up the sunlight.

For more  
information please  
contact Payton at  
yfp@tbifc.ca / 807-  
345-5840 ext 9093



## TBIFC Youth Council

The Youth Council members took the lead in organizing the **We Are Medicine** event, which had participation from seven high schools in Thunder Bay on March 1st at Fort William Historical Park. This initiative was made possible by the Jerri Keeash Youth Initiative Grant, established to honor Jerri's impactful contributions through the Dryden Friendship Centre. At the event, youth engaged in a series of activities, each centered on promoting mental well-being encompassing culture and all four quadrants of the medicine wheel. Chii-Miigwetch to the TBIFC Youth Council for their dedication and effort in planning and executing this event.



## Enhanced Youth Outreach Workers

### **Root Causes of Anger**

Think about root causes of anger as being in three categories.

**THOUGHTS** – The way we think about something changes how we feel. If we change our way of thinking about something, it will shift our feelings. For example, if you think your friend is ignoring you because they did not say hi when you saw them in the hallway, you might feel upset and rejected. If you stop and consider that maybe they have something on their mind and did not even process they saw you, you would probably feel understanding or sympathetic.

**EXPECTATIONS** – We often have an idea in our head about how we want something to go – this is an expectation. Expectations can help us feel safe and in control. However, when something unexpectedly changes, we may feel disappointed, anxious, scared, or angry. This can make us feel powerless, which can then begin to feed the fire of anger.

**BOUNDARIES** – Boundaries are rules or limits that we set for ourselves and for others we are in relationship with. When our boundaries are not respected, we can get frustrated and angry. When we use anger in hurtful ways, we are often disrespecting other people's or even our own boundaries.

*From "Anger Management Workbook for Teens" by Holly Forman-Patel*



For more information contact  
Kylie or Marco eyow@tbifc.ca / 807-345-5840  
ext. 9022 or ext. 9021



# WELLNESS SERVICES

## Indigenous Healthy Living Program

### **Upcoming Program: Pow Wow Fitness Classes with Gloria Ranger**

A drop-in program for all ages to learn pow wow dancing and strengthen cardiovascular health!

**Time:** 7pm-8pm

**Location:** Canada Games Complex

**Dates:** April 24th, May 29th, June 26th

For more information please contact  
Shae-Lynne at [hlp@tbifc.ca](mailto:hlp@tbifc.ca)  
/ 807-345-5840 ext. 9084

## Building Gender Diverse Communities

### **SAVE THE DATES FOR PRIDE MONTH!**

**Annual Sunrise Ceremony**

**Location:** Spirit Garden at the Marina

**Date:** Saturday June 1st

**Annual Two-Spirit Pow Wow**

**Location:** Prince Arthur's Landing at the Marina

**Date:** Wednesday June 26th

**Everyone is  
welcome!  
Stay tuned for  
more details!**



For more information please contact Logan at  
[bgdc@tbifc.ca](mailto:bgdc@tbifc.ca) / 807-345-5840 ext. 9071

## Kizhaay Anishinaabe Niin Program

### **Upcoming Program: I Am a Kind Man**

*12 week Certificate Program*

*An Indigenous Partner Assault Response  
(PAR) program for men*

**Next Session Starts:** April 11th

**Time:** 5-8pm

**Location:** 401 N Cumberland St.

The aim of this program is to encourage men to speak out, end violence toward women, and to foster healthy relationships.

For more information or to register,  
please contact Paul at [kan@tbifc.ca](mailto:kan@tbifc.ca) /  
807-345-5840 ext. 9079

## Indigenous Healing & Wellness Program

### **Upcoming Program: Anishinaabe Kwe**

*12 week Certificate Program*

*An Indigenous Partner Assault Response  
Program (PAR) for women*

**Next Session Starts:** May 21st

**Time:** 1-3pm

**Location:** 401 N Cumberland St.



**Participants will be supported in:**

- identifying abusive behaviour
- discussing the impacts of violence
- learning and practicing respectful ways to address conflict

For more information or to register,  
please contact Melissa at [hw@tbifc.ca](mailto:hw@tbifc.ca) /  
807-345-5840 ext. 9058

# WELLNESS SERVICES

## Wiisinadaa: Let's Eat! Program

Wiisinadaa: Let's Eat! Program partners with Roots Community Food Centre to cook traditional meals for Seniors and Elders to enjoy on the last Friday of every month. March 2024 will mark one year of meals!

**Time:** 11am- 12:30pm, drop in

**Location:** 450 Fort William Rd, Roots to Harvest Dining Space

Throughout the year, we have served rabbit stew, white fish chowder, moose roast, mashed potatoes and wild rice pilaf, moose sausage and homemade maple baked beans, wild rice pudding, and more!

This meal is free and open to the public! Come enjoy some good food, connection, ceremony and teachings!



For more information please contact Sheena at [wiin@tbifc.ca](mailto:wiin@tbifc.ca) / 807-345-5840 ext. 9088

## Treatment and Aftercare Program

The Treatment and Aftercare Program supports urban Indigenous people whose lives have been impacted with substance use. We offer one-on-one support, group programming and walk-in services.

### **On-Going Programming:**

**WELLBRIETY-** open to adults seeking healing and recovery in a culturally safe group space offered:

Online, every Thursday, 6-8 p.m. or

in person at Howl at the Moon, 8 S Cumberland St, every Tuesday, 6-8 p.m.

**WALK-IN SUPPORT-** open to adults seeking addictions peer counselling, treatment application support, treatment planning, etc 401 N Cumberland St, every Tuesday & Thursday, 1-4:30 p.m.

**Stay Tuned For Our New Stepping Stones Day Program**

**Starting this Spring!** 



**For more information or to register for programming, please contact**

**Janet at [tac@tbifc.ca](mailto:tac@tbifc.ca) / 807-345-5840 ext. 9064**



# WELLNESS SERVICES

## Creating Safer Spaces Project

Did you know that Creating Safer Spaces and Building Gender Diverse Communities offers free workshops? We love to present about creating safer spaces for 2SLGBTQIA+ community, safer sex, and healthy relationships. We can present on other topics, too!

In collaboration with Youth Life Promotions, we invited visiting artist Star Nahwegahbo (Ojibway/Scottish from Aundeck Omni Kaning First Nation) to lead a raw-hide earring workshop.

Follow her on Instagram @starnahwegahbo!



Star Nahwegahbo- raw-hide earring workshop



Close-up of a vision board by a community member at a drop-in session with Confederation College students at the Apiwin Lounge



Earrings by Lucille Atlookan

For more information please contact Jayal at [sage@tbifc.ca](mailto:sage@tbifc.ca) / 807-345-5840 ext. 9057

## Indigenous Mental Health & Wellness Program

Your Mental Health Matters. This Spring, Let's Plant the Seeds of Mental Health!

May is Mental Health Month! Watch for upcoming programming related to planting the seeds of good mental health! Hint: It's okay to cocoon sometimes and at other times get outside and experience the sun!

For information about Grief and Loss programming, and accessing mental health supports you can email Tara, Indigenous Mental Health and Wellness Coordinator.



For more information please contact Tara at [imhw@tbifc.ca](mailto:imhw@tbifc.ca) / 807-345-5840 ext. 9096

## Intergenerational Strength & Resiliency Program

The Intergenerational Strength and Resiliency Program was introduced by Thunder Bay Indigenous Friendship Centre to ensure that the intergenerational traumas caused by Indian Residential Schools are addressed through strengths-based approaches to achieve and maintain a good mind while promoting healthy lifestyles, improving individual and family emotional well-being, and providing access to cultural knowledge and activities that foster self-respect and identity.

### Upcoming Programs:

- Cedar Bath Ceremony with Laura Horton
- Women's Walking in Balance



For more information please contact Brandy at [isr@tbifc.ca](mailto:isr@tbifc.ca) / 807-345-5840 ext. 9089



# WELLNESS SERVICES

Life Long Care Program and Cultural Resource Coordinator Program



## SAVE THE DATE: LOVE YOURSELF EVENT



May 7, 2024  
Fort William Historical Park

The Thunder Bay Indigenous Friendship Centre, in partnership with Shopper's Drug Mart, are busy planning our 2nd annual "Love Yourself" event.

"Love Yourself" has a focus on building community, self-awareness, and mental wellness while instilling culture within our Indigenous community.

This year's event will be held on Tuesday, May 7, 2024 at Fort William Historical Park in the McGillvray's Landing. It is an opportunity for Indigenous organizations, groups and individuals to connect and build healthy communities within the city of Thunder Bay.

### Photos from our 2023 Love Yourself Event



Photos by Willow Photography

# EMPLOYMENT & EDUCATION SERVICES

## Anishinawbe Skills Development Program

### ASDP offers four core programs/services:

1. The **Anishinawbe Skills Development Program** is a Literacy and Basic Skills program, funded by the Ministry of Labour, Immigration, Training and Skills Development through Employment Ontario. Adults 19+ can develop and apply pre high school level literacy, numeracy, interpersonal and digital technology skills to achieve their goals.
2. The **Corrections Literacy Initiative** is a Literacy and Basic Skills pilot partnership with the Ministry of the Solicitor General that helps adults to develop and apply literacy and numeracy skills at the District Jail.
3. The **Corrections Literacy Initiative (Expansion)** is a Literacy and Basic Skills pilot partnership with the Ministry of the Solicitor General that helps adults to develop and apply literacy and numeracy skills at the Correctional Centre.
4. **New Directions Speakers School** is a 14 week course that runs twice a year teaching public speaking and leadership skills in an environment of peer support and within the context of education in social justice issues; guest speakers present on issues relating to disability, poverty, and unemployment.



### ELIGIBLE CLIENTS:

The Anishinawbe Skills Development Program is open to anyone who is:

- An Ontario resident
- 19+
- At or above Canadian Language Benchmark 6 for speaking and listening
- At or below level 3 of the Ontario Adult Literacy Curriculum Framework

For more information please contact  
Walter or Melissa at [asdp@tbifc.ca](mailto:asdp@tbifc.ca) /  
807-345-5840 ext. 9074 or 9073

## Apatisiwin Employment Program

Apatisiwin is a Swampy Cree word meaning "employment, training, and jobs".

The vision of the Apatisiwin Program is that Indigenous people gain education, experience, and skills to achieve and maintain employment. Apatisiwin offers employment related workshops, presentations, establishes partnerships with local employers and supports career development.



Graduation Day for one of our clients! Thank you to Jonathan Chum of First Nations Safety & Training for the picture!

## EMPLOYMENT TERMS

### OJIBWE → ENGLISH

Mazina'iganokii	→	Work Document - resume/cover letter
Nindanokii	→	I am working
Anokiiwin	→	Work, A Job
Nandawanokii	→	S/He looks for work / a job
Mikwanoki	→	S/He finds work / a job
Ondamanokii	→	S/He is busy working



For more please information contact  
Stanley at [aye@tbifc.ca](mailto:aye@tbifc.ca) /  
807-345-5840 ext. 9086



# EMPLOYMENT & EDUCATION SERVICES

## Alternative Secondary School Program: Kendomang Zhagodenamnon Lodge North and South

### Site 1- Hammarskjold High School (North)



Adventuring and enjoying the warmer weather outdoors was the focus at KZ Lodge. Eighteen students had the opportunity to experience Odaabiisimoog (Dog Sledding). Dogsledding traces its roots to Indigenous cultures, where dogs served as a vital companions for means of transportation, hunting, trapping and covering vast landscapes.



For more information please contact  
Andrea at [asspnorth@tbifc.ca](mailto:asspnorth@tbifc.ca)  
/ 807-345-5840 ext. 9092 at  
Hammerskjold High School ASSP

### Site 2- Westgate High School (South)

Students at Westgate KZ had the opportunity to make hand drums. The students participated in a birthing drum ceremony with Elder Orville Counsellor. Students learned the importance of the drum's heartbeat, the awakening of the drum and how it strengthens our connection to each other and all creations. The students are excited to use their drums in the future.



Students also had the opportunity to make and host a Mooz meatball, Wild Rice dinner at Roots Community Kitchen. This provided an opportunity to gather together and share a meal with each other.



For more information please contact  
Shannon at [asspsouth@tbifc.ca](mailto:asspsouth@tbifc.ca) /  
807-345-5840 ext. 9046 at  
Westgate Colligate High School ASSP



# JUSTICE SERVICES

## Indigenous Peoples' Court Program

The Indigenous Peoples' Court (IPC) utilizes a restorative justice approach to healing. It is a sentencing court where individuals accept responsibility for their actions which gave rise to outstanding offences.

This court is assisted by community Elders who provide guidance, support and make recommendations for the court to consider in a Healing Plan.

For more  
information please  
contact Savannah  
at [ipc@tbifc.ca](mailto:ipc@tbifc.ca) /  
cell 807-620-7602 /  
807-345-5840 ext.  
9059



## Drug Treatment Court (DTC) Program

Drug Treatment Court (DTC) is a unique substance use intervention model operating within the criminal justice system. In partnership with Anishnawbe Mushkiki Aboriginal Health Access Centre, will provide direct services and referrals to ensure eligible DTC clients receive appropriate and timely services.

The Manager of DTC will work with within a multi-disciplinary team to create and implement individualized case management plans, support interventions across the continuum of care for each participant, assist individuals with meeting aftercare goals for sober living and recovery.



For more information please contact John at  
[dtc@tbifc.ca](mailto:dtc@tbifc.ca) / cell 807-620-0725 /  
807-345-5840 ext. 9077

## Youth Justice Committee

Youth Justice Committee enables young people between the ages of 12 and 17 charged with a first time nonviolent offence to be accountable for their actions in a way that promotes community healing and growth.

Youth and victims are brought together in a safe place with volunteers from the community to come up with solutions. This process of restorative justice allows the youth to see that there is a real person at the other end of their crime and allows the victim to see that the young person is more than just a criminal. Youth Justice Committees allow for a greatly increased chance of receiving meaningful restitution or reparation, an opportunity to resolve the incident in a peaceful way and for all parties to experience a sense of closure.

We are making a positive impact within the community of Thunder Bay!



For more information please contact  
Dwayne at  
[yjc@tbifc.ca](mailto:yjc@tbifc.ca) /  
807-475-7370

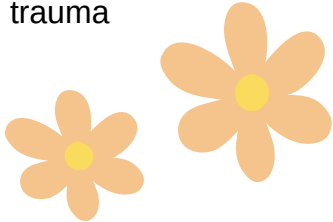
# JUSTICE SERVICES

## Victim Advocate Program

The Victim Advocate Caseworker (VAC) provides victims of crime with support, advocacy, and liaison services. VAC will attend, participate, and provide information about court and/or Restorative Justice process.

### **Benefits to this service:**

- Have your voice heard
- Actively participate in alternative processes in reaching a resolution in your case
- Access to information which will help with feelings of fear, frustration, anxiety, and sense of alienation
- Learn about the impact and long term effect of trauma



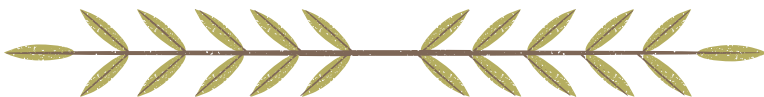
**For more information  
please contact Rory at  
[vac@tbifc.ca](mailto:vac@tbifc.ca) /  
807-345-5840 ext. 9095**

## Gladue Writer Program

### **What is the criteria for requesting a Gladue Report?**

- An Indigenous offender has plead guilty or was found guilty after a trial
- A Request Form must be completed by Defence Counsel to ensure all information is included
- Crown's position on sentence is to be known
- Indigenous offender's primary address is to be Thunder Bay
- The Indigenous offender must consent to the preparation of a Gladue Report
- Priority is given to an Indigenous offender facing 12 months of more in custody
- Preference is given to Indigenous women

To request a Gladue Report, consult your lawyer, Crown Attorney or the Judge. Gladue Reports can take up to 30 to 60 days to complete.



**For more information contact Michelle at  
[gsw@tbifc.ca](mailto:gsw@tbifc.ca) / 807-345-5840 ext.9080**

## Indigenous Community Council Program

This is a diversion program for individuals charged with less serious criminal offences, appearing in local courts and prepared to accept responsibility for their actions.

### **This program makes efforts to:**

- Addresses the root cause of what lead to involvement in the justice system
- Focuses on healing and needs of individuals
- Opportunity to make amends
- Experience a sense of closure and move forward

**For more information please contact Linda at  
[iccp@tbifc.ca](mailto:iccp@tbifc.ca) / cell 807-620-8210 /  
807-345-5840 ext. 9062**

## Gladue Aftercare Program

### **Upcoming Program:**

### **Nishin Neen**

Gladue Aftercare will be offering Nishin Neen quarterly throughout the year. The next Nishin Neen program will begin on **April 9 2024** for 7 weeks. Registration is open to everyone in the community.

Nishin Neen is a 7-week anger management program based around the Seven Grandfather Teachings. This program will educate participants in learning in identifying anger, where it comes from, and provide tools and resources in coping in a positive way. Participants are expected to attend all 7 sessions. A Certificate of Completion will be provided at the end of the program.

**For more information contact Latisha at  
[gac@tbifc.ca](mailto:gac@tbifc.ca) / 807-345-5840 ext.9082**

# JUSTICE SERVICES

## Indigenous Courtworker Programs



### **Have you heard of the Family Information Liaison Unit?**

If you are a family member of an Indigenous women or girl who is missing or has been murdered, the Family Information Liaison Unit (FILU) can help. This also includes murdered or missing men, boys, and 2SLGBTBQI+ people.

They can help you to:

- Gather information about police investigations, court proceedings and coroner's reports
- Coordinate with similar units in other provinces and territories in seeking information
- Connect you and your family with Indigenous Elders, Knowledge Keepers, Healers and other trauma-informed and counselling supports

Toll free number: 1-844-888-8610  
Offices Located in:  
Toronto, Sioux Lookout, Sudbury &  
Thunder Bay.

**For more information please contact:**

**Courthouse Office: 807 475-7371 or 807 475-7370**

**Terrence: [crimcourt@tbifc.ca](mailto:crimcourt@tbifc.ca) /  
807-620-7178**

**Claudia: [combcourt@tbifc.ca](mailto:combcourt@tbifc.ca) /  
807-620-7357**

**Danielle: [famcourt@tbifc.ca](mailto:famcourt@tbifc.ca) /  
807-620-6953**

## Indigenous Community Reintegration and Indigenous Peer Support Programs

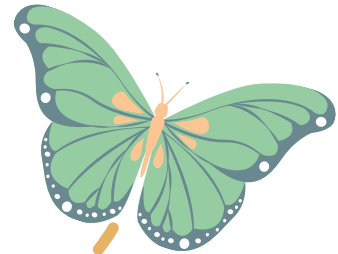
These programs provide reintegration services and recovery support to Indigenous individuals who are exiting incarceration.

### **What is Reintegration?**

A process of returning in the community with support and services that assist in healing and living the good life.

### **How can this Program Help?**

- Assist in following through with Community Supervision Orders
- Create connections to cultural supports, family, programs, professional services, housing, etc.
- Develop step-by-step healing plans.
- Liaise and advocate with First Nation Communities
- Assist with Basic Needs.

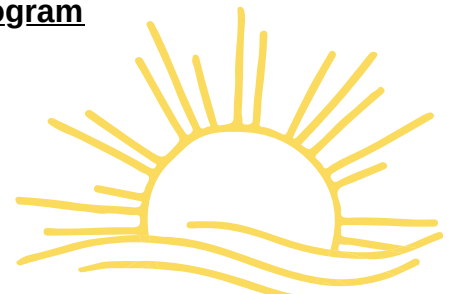


**For more information contact James at  
[crp@tbifc.ca](mailto:crp@tbifc.ca) or 807-345-5840 ext. 9035 or Nadia  
at [ipsp@tbifc.ca](mailto:ipsp@tbifc.ca) or 807-345-5850 ext. 9032**

## Indigenous Bail Verification Supervision Program

The Indigenous Bail Program provides access to culturally appropriate programming for Indigenous accused that require supervision to be released from custody. Bail workers will encourage the development and implementation of individualized Healing Plans that is unique to the individual.

The focus is to support Indigenous individuals to become successful while reintegrating into the community. Application for Bail is accepted by Defence Counsel or Duty Counsel.



**For more information contact  
Kayla or Anna at  
[bail@tbifc.ca](mailto:bail@tbifc.ca) or 807 345-5840  
Ext. 9065 / Ext. 9064**



# YOUTH TRANSITIONAL HOUSING SERVICES

## Do You Need Help With Housing?

Our Youth Outreach Workers support urban Indigenous community members experiencing homelessness or at risk of homelessness.

We offer street and community outreach, coordinated case management, and life skills programming.

### We Can Support With:

Emergency Housing Referrals

Housing Support & Applications

Income & Food Security Referrals

Life Skills & Advocacy

Mental Health & Addiction Support

& More!

During the ziigwan (spring) months, we are available for the Brodie library from 1:30pm - 4:30pm on Tuesdays!



**During the biboon (winter) months, we partnered with Métis Nation of Ontario and NorWest Community Health Centre to provide support services on the Care Bus! We provided life skills programming at Brodie library, Kwae Kii Win Managed Alcohol Program, and PACE!**



Photo: "Tied Together Program" clients of TBIFC's Outreach team made tie blankets at PACE

**Contact our team  
at [yow@tbifc.ca](mailto:yow@tbifc.ca)**

Olivia at 807-345-5840 ext. 9036  
Nimkee at 807-345-5840 ext. 9048  
Joe at 807-345-5840 ext. 9049

# HONOURING XAVIER MICHON DAY

## XAVIER MICHON MEMORIAL AWARDS 2024

Each year in March TBIFC remembers the Grandfather of the Friendship Centre, Xavier Michon, and we award two youth with the Xavier Michon Memorial Award.

Xavier Michon envisioned a gathering place where Indigenous people could gather in a safe, nurturing environment. He set about to create what became not only the Thunder Bay Indigenous Friendship Centre, but the Friendship Centre Movement across Canada.

Xavier Michon tirelessly campaigned for government funding for the Friendship Centre and managed to have the present-day centre built by 1969. Sixty years later, the Friendship Centre now houses over 40 programs with over 60 employees, helping to meet the needs of Indigenous people of Thunder Bay, all with the help of volunteers and community partners.



Each year we proudly recognize and honour tenth grade students that personify the spirit of the Friendship Centre Movement and Xavier Michon, with a focus on demonstrated leadership, academic achievement, and local community involvement.

**The Recipients of the 2024 Thunder Bay Indigenous Friendship Centre Xavier Michon Memorial Award are:**

- **Celia Elizabeth Gladu (St. Patrick High School, nominated by Oliver Rusnak)**
- **Daniel Wassaykeesic (Hammarskjold High School, nominated by Rebecca Boban)**


Additionally, in Xavier Michon's memory, we honour the Youth, Elders, and Volunteers who have made invaluable contributions to TBIFC as part of our Volunteer Appreciation activities.



**CHI- MIIGWETCH TO OUR VOLUNTEERS!**



# GENERAL UPDATES



Please note Thunder Bay Indigenous  
Friendship Centre offices will be closed  
Friday March 29th and Monday April 1st

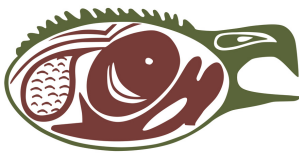
## MEMBERSHIP & RENEWAL

TBIFC membership applications are available  
for the 2024 calendar year!

The application is available on our website:

<https://tbifc.ca/get-involved/>

Annual cost for membership is \$1.00



TBIFC community members who self identify  
as Indigenous and are 18 years of age or over  
can apply for a full membership.

For more information contact Esther at  
[info@tbifc.ca](mailto:info@tbifc.ca) / 807-345-5840

## UPCOMING FOOD BANKS

April 23

May 14

June 18

Registration is required.  
Please visit [tbifc.ca](https://tbifc.ca) or our  
Facebook page for  
updates and details.



*TBIFC is dedicated to  
providing a healthy and  
safe environment for  
everyone;  
scented and fragrant  
products are not to be  
worn or used at TBIFC  
sites.*



We are taking the Polar Bear PLUNGE! on April 6th 2024  
Our team is called Water is Medicine: Thunder Bay Indigenous  
Friendship Centre

All funds raised will be distributed to Thunder Bay Special  
Olympics, CNIB, Pro Kids and Roots Community Food Centre!

Contact us to get more information on how to make a pledge!





# ACKNOWLEDGEMENTS: Chi-Miigwetch!

Chi-Miigwetch to the following organizations and businesses for their contributions to our centre:

**Grant Thornton Foundation**

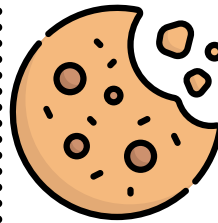
**IUPAT District Council 46 & IUPAT Local 1671**

Thank  
you!



IUPAT District Council 46 & IUPAT Local 1671 L to R: Robert Kutcheran, Sarah Squier, Andre Pellerin, Bruno Mandic

Chi Miigwetch to all community members who supported our fundraiser in support of the Transitional Housing Program by purchasing chili, bannock, bannock dogs, and baking!



Miigwetch TBIFC staff for preparing the cookies, pies, tarts and many other delicious baked goods!

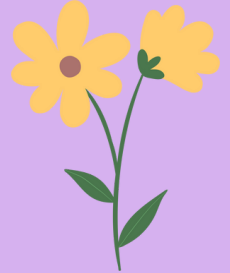
Interested in making a donation?  
Please visit our donation page at:

<https://tbifc.ca/aboutus/donate/>

**DONATE**

***Miigwetch to all of our funders, partners, and contributors!***

***Your support ensures essential services and programming within our community.***



**Superior Shores Gaming Association** supports over 80 charities throughout Thunder Bay. Every time you play, eat or drink at Superior Shores, you're helping charitable organizations do great work in our community! We would like to acknowledge the support Superior Shores Gaming Association provides. Funds are used for TBIFC utility costs.

When You Play,  
Everyone Wins



435 Memorial Ave.  
(807) 345-4946

[www.superiorshoresgaming.com](http://www.superiorshoresgaming.com)



# OUR TEAM



## **Core**

- Charlene Baglien, Executive Director
- Serena Essex, Director of Operations
- Sarah Squier, Director of Finance
- Katie Bortolin, Director of Housing
- Esther Chung, Secretary / Receptionist
- Vacant, IT / Communications Administrator
- Nicole Donylyk, Finance Administrator
- Annika Gregg, Indigenous Homelessness Community Administrator
- Jayvee Arriola, Custodial Worker

## **Child & Family Services**

- Rhonda Turbide, Child & Family Services Program Manager (RECE)
- Jade Christian, Registered Early Childhood Educator (EarlyON)
- Kalista Reid, Registered Early Childhood Educator (EarlyON)
- Kaitlyn Renzi, Indigenous Family Support Worker
- Shonie Felix, Akwe:go Services Worker
- Lisa Lester, Wasa Nabin Services Worker
- Patricia-Lee Dunnigan, Children's Wellness Worker
- Roxanne Lewis, A/Community Support Worker
- Payton Day, Youth Life Promotions Worker
- Kylie Marion, Enhanced Youth Outreach Worker
- Marco Pasinelli, Enhanced Youth Outreach Worker

## **Education & Employment Services**

- Walter Prettie, Anishinawbe Skills Development Program Coordinator
- Melissa Bonneville, Literacy Support Worker
- Anita Fisher, Literacy Support Worker
- Vacant, Apatisiwin Employment Counsellor
- Stanley Legarde, Apatisiwin Youth Employment Counsellor
- Andrea Donio, Alternative Secondary School Program Coordinator
- Shannon Sportak, Alternative Secondary School Program Acting Coordinator
- Chayan Dehghan, A/Alternative Secondary School Support Worker
- Maryjane Lyon, Alternative Secondary School Support Worker

## **Wellness Services**

- Brandy Morris, Wellness Services Program Manager
- Genevieve Desmoulin, Cultural Resource Coordinator
- Melissa McCool, Indigenous Healing and Wellness Coordinator
- Paul Cloutier, Kizhaay Anishinaabe Niin Worker
- John Slipperjack, Indigenous Languages Revitalization Coordinator
- Vacant, Intergenerational Strength & Resiliency Coordinator
- Tara Hahkala, Indigenous Mental Health & Wellness Worker
- Janet McQuaid, Treatment & Aftercare Coordinator
- Kathy Spence, Life Long Care Coordinator
- Vacant, Life Long Care Support Worker
- Logan McIvor, Indigenous Two-Spirit & LGBTQ+ Mentor
- Jayal Chung, Sexuality and Gender Equity Liaison Worker
- Shae-Lynne Willianen, Healthy Living Worker
- Sheena Campbell, Wiisinadaa Nutrition Support Worker

## **Justice Services**

- Roseanna Hudson, Justice Services Program Manager
- John Dulude, Manager of Drug Treatment Court Services
- Linda McGuire, Indigenous Community Council Program Caseworker
- Rachel Peterson, Indigenous Community Council Program Caseworker
- Rory Bellin, Victim Advocate Caseworker
- Michelle Marie, A/Gladue Services Worker
- Latisha Hardy, Gladue Aftercare Worker
- Savannah Upton, Indigenous Peoples Court Caseworker
- Terrence Franck, Indigenous Criminal Court Worker
- Danielle King, Indigenous Family Court Worker
- Claudia Legarde, Indigenous Combined Court Worker
- Kayla Knapp, Indigenous Bail Program Worker
- Anna Netemegesic, Indigenous Bail Program Worker
- Dwayne Elliott, Youth Justice Committee Coordinator
- Kristy Farrow, Indigenous Human Rights Program Coordinator
- James Henderson, Indigenous Community Reintegration Caseworker
- Nadia Zywina, Indigenous Peer Support Coordinator

## **Transitional Housing Services**

- Olivia Gray, Youth Outreach Worker
- Nimkee Magiskan, Youth Outreach Worker
- Joe Everett, Youth Outreach Worker
- Lichelle Hillman, Youth Outreach Worker
- Serena Simpson, Youth Outreach Worker

