



Aionkwatakari:teke

(A-YOU-GWA-DA-GA-RI-DE-GEH)

"For us to be healthy"

Vol. 21, No. 5

Kahnawake's Only Health and Wellness Newsletter

Seskéha / August 2016



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Aionkwatakari:teke

Aionkwatakari:teke is a newsletter published six times a year by Communications Services of Kahnawà:ke Shakotia'takehnhas Community Services (KSCS). Our purpose is to provide information on health and wellness issues that affect Kahnawa'kehró:non. All community members are welcomed and encouraged to submit articles provided that they are comprehensive to the general public, informative and educational. Slanderous material will not be accepted. Views expressed in the articles may not necessarily reflect those of KSCS. We reserve the right to edit all articles. All questions concerning this newsletter should be directed to:

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This newsletter is intended to complement, not replace, the advice of your health care provider. Before starting any new health regimen, please see your doctor.

Editor's Notebook



I hope you are enjoying your summer. I can't believe this is already the August/September issue! It feels like the summer's gone by so fast. This issue has a few important articles. In no particular order, we have an article on bullying prevention in the home...teaching children about life, in general, usually begins at home with the parents. So, it's an important first step towards preventing bullying.

Then, we also have an article on an effort here at KSCS to find and obtain more Kahnawakehró:non who are interested in becoming foster parents. It's an important step in keeping the community's children in the community when placement becomes necessary. We also have an article on opioid addiction and an article on area services for victims of crime, not to mention an article that serves as a reminder to care for the caregivers. We also have an article on suicide awareness and a reminder about year-round sun protection.

To lighten things up a bit, we've got a colouring page for kids!

We hope your summer has been enjoyable thus far and that it gets even better as we enjoy the dog days of summer.

Sken:nen,

Marie

Cover image: Photograph and design by Marie David.





Opioid Addiction

BY NANCY WORTH, ADDICTIONS RESPONSE SERVICES

Prescription opioids are medications used primarily to treat acute and chronic pain.

They are commonly referred to as pain killers or narcotics. We also know them as oxycodone, morphine, codeine and fentanyl just to name a few that are available in Canada. Then there are the illegal opioids such as heroin and opium.

Opioids can reduce pain caused by accidents, injury or disease, they can improve functions and can produce a sense of general well-being. Used over an extended period of time and at higher doses however, opioids can be harmful to an individual's health.

The use and misuse of opioids (both prescription and illegal) can, in fact, result in addiction, withdrawal symptoms, injury and death. In the United-States, more than 14 thousand people die each year from prescription opioid overdose and millions have become addicted.

Opioids are also having devastating effects on some Indigenous communities across Canada. In more isolated rural communities prescription opioid dependency has had devastating effects on people's lives and the lives of their families and it is placing a significant burden on healthcare systems, social services and public safety systems as well.

In Kahnawà:ke, it's a problem we can no longer afford to ignore. Opioid

abuse and dependency is a real concern, affecting teens, young adults and mature adults alike.

Opioid addiction often starts when an individual is prescribed a drug for pain and they are overcome by the feelings (sensation) induced by the drug. Sometimes just a single dose or an incident of bad judgement by a person succumbing to peer pressure or the stresses of life can cause a person to abuse drugs for the first time. Opioid addiction does not discriminate. It can happen to anyone.

In order to solve the current prescription drug problem we first have to remove the stigma that is often attached to it. We cannot look at the addicted person as bad or as someone who has intentionally chosen the path of addiction. We have to understand that without specialized care, a person who is addicted to opioids cannot stop using without experiencing severe physical and/or psychological withdrawal symptoms. These symptoms make recovery from addiction very challenging.

Treatment of opioid addiction is complex and often requires the involvement of many players from the healthcare system such as doctors, nurses, addiction specialists, social workers and pharmacists.

Certain medications such as methadone and Suboxone (Buprenorphine) can also assist in the treatment of opioid

addiction. The medication assisted treatments can help in stabilizing a person's situation and help them return to a healthy level of functioning. Scientific research over the years has established that medication assisted treatment of opioid addiction is associated with decreases in the number of overdoses, infectious disease transmission, drug use and criminal activity.

In order to solve the prescription drug problem we also need to have a better understanding of chronic pain and have access to more effective methods of treatment. We also need to screen for risk of substance abuse before prescribing medications that can potentially cause further complications. We have to offer more comprehensive treatment that includes not only medication assisted treatment but behavioral interventions, support, screening and treatment of co-morbid mental health problems and overdose protection.

Finally, we need to have prevention interventions targeted towards children, teens, young adults as well as older adults, interventions that promote health and wellness while monitoring those who are more at risk of substance abuse and addiction.



Foster Care — Foster Caring

BY TYSON PHILLIPS, COMMUNICATIONS

Have you ever thought of becoming a temporary caregiver to a child in need? Did you know that there is a need for short-term homes in Kahnawà:ke for children who cannot be with their biological parents?

The KSCS Tsi Ionteksa'tanonhnha Program is attempting to find homes in Kahnawà:ke for our children so that they can stay in the community and not be sent to a foster home outside of the community.

Joan Montour is the Tsi Ionteksa'tanonhnha Foster Care/ Extended Family team leader and Lisa Fazio is the resource worker for the program. "It is so important that our children stay in Kahnawà:ke. We want the child to be as comfortable as possible and not to create any more stress," Joan explained.

Tsi Ionteksa'tanonhnha translates to "Where we mind the children." The program wants to get away from the phrase 'Foster home' because of the negative stigma attached to it. Using the term "minding the child" usually represents a temporary situation, as the goal is to always return a child back to their parents.

"When it is determined by youth protection workers that a child is in an unsafe environment," Joan explained, "they will remove the child and place them with extended family. If there is no extended family home, the workers will come to us for placement."

As of June 2016, 26 children are in Tsi ionteksa'tanonhnha care. There are 14 homes where children are with their extended family (extended family resources), and five homes that are considered "foster homes" (regular resources).

Kanien'keha:ka history shows that it is imbedded in our culture to take care of children in need, even if they are not family. "It is our way to take responsibility and care for other children. A long time ago the clan would care for the children," said Joan.

In our community today, people are hesitant to become foster parents due to living in a small town. Some people are afraid that the biological parents would harass them. Joan has been working in the program since 2005 and in all those years, the biological parents have been predominantly respectful to the foster parents.

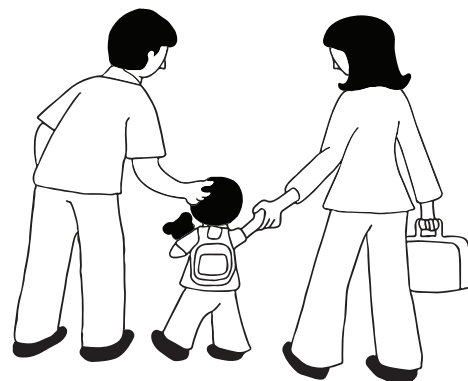
"People are also uncertain to take in children thinking they might get a child or teen who has extreme behaviours beyond their capabilities [to care for them]," Lisa said. "We address this by allowing caregivers to choose which age group and capabilities they are most comfortable with."

If there is a child or teen with behavioural problems, they would be placed in a home where the parents can deal with the child's behaviours. The foster parents inform Joan and Lisa their compatibility of what they are able to handle. "This is all done when people apply [to be foster parents/

extended family]. I'm also here to provide front-line support to the foster parents," explained Lisa.

Joan went on to explain "It's very traumatic when a child is taken out of their home and separated from their parents. It is even more stressful if the child has to go to a foster home outside of the community," she said. "This is why it is so important that we get more homes within Kahnawà:ke for these children in need."

If you are interested and would like more information about the Tsi Ionteksa'tanonhnha Foster Care/ Extended Family program, please contact Joan Montour or Lisa Fazio at KSCS, 450-632-6880.





Bullying Prevention Begins at Home

BY MEGAN WHYTE, PREVENTION

Bullying in children is a common form of lateral violence that occurs within the schools, extracurricular programs and social media websites where children socialize. As a natural process, the peer interactions within these spaces teach children how to cope with the normal challenge of self-development, nurturing self-esteem and regulating their own emotions.

The ways in which children learn to cope impact their ability to build healthy relationships and develop social problem-solving abilities.

However, learning to be you and to be you with others can be a hard lesson for children to learn, especially if they do not have the emotional tools to handle social conflicts. More often than not, bullying tends to stem from a child's difficulty to manage their emotions, solve problems or build self-esteem.

All children can learn these skills to develop healthy relationships by being in relationships with trusting adults, which will build the tools children need to interact with their peers in a positive way.

Parents and caregivers can thus become responsible to advocate and create safe physical, emotional and cultural environments that promote a child's ability to create and maintain healthy relationships.

Here are four actions parents can take with their children:

Model healthy relationships by doing activities with your children that allows them to feel included: cook together, create a garden, or play a game for example. Doing so will give them the opportunity to share responsibility, work together to resolve conflicts for a common goal, and feel important from inclusion.

Build self-esteem by creating activities that allow celebrating and honoring your child's strengths: whether that be natural leadership, creativity, or empathy, provide space for your child to explore healthy forms of expression and don't be afraid to praise them for their efforts. Allow natural leaders to delegate tasks to ensure a family art project can be completed or provide creative children with a choice of art media to

finish their artwork with you; celebrate your experience together!

Model how to repair relationships through the relationship you already have with your children every day: actively listen when they are talking, allow them to finish their thoughts (even if it takes a few tries for them to express themselves) and always validate their feelings. This teaches them that all feelings are ok and supported, which will later allow them to better manage their feelings when on their own.

Model self-care and self-awareness: breathing, meditating, smudging, taking a moment to calm down, talking with kindness, making art or however else you manage balance with conflict. Help them to create an awareness of their bodies and help them identify when they become emotional. Label feelings and provide the first example of how to manage them.

Remember that children can learn how to navigate their emotions by first being in relationship with you.

Resources:

Second Step (2012). Bullying Prevention in Schools Starts with Social-Emotional Learning. Cfchildren.org

The Bully Project (2012). Ten Actions ALL Parents can Take to Help Eliminate Bullying. www.education.com/bullying

Purple Ribbon Campaign

BY TYSON PHILLIPS, COMMUNICATIONS

It is a sad fact that cancer has affected so many lives. As there are different forms of cancer, treatments and medications are not all the same to battle the illness. This past spring, an individual battling cancer informed friends on Facebook that the medication needed was not covered by Health Canada. The individual does not have the money to purchase the expensive medication.

This is when a grassroots movement group “Tetewati’akehnhas” got together with the idea of helping community members in this type of situation. Lisa Skye is one of the founding members of the group who started “getting together one evening and discussing how we can help out.” Other group members include Tricia Leborgne, Gail Leborgne, Helen Montour, Trudy Thomas, Anna Mae Rice, and Kathy Skye. Eleanor Paul and June Stacey sit on a sub-committee. Candida Rice sits as a liaison for Kahnawà:ke Cancer Support Group.

The group’s Facebook page is called “Tetewati’akehnhas” which means “We help each other.” Lisa explains the idea behind the group “We are a fundraising group established for individuals to provide financial assistances for Kahnawa’kehró:non who are directly impacted by cancer. When battling cancer there are many unforeseen and unmet needs,” she said.

Lisa outlined a couple scenarios to highlight how the group can help individuals going through chemotherapy. For instance, they can provide hot meals for families whose parent is undergoing treatment and is too weak to cook for their family, or they can provide a wig for someone undergoing treatment but can’t afford the extra expense of buying a wig. “There could be parents whose child is in the hospital battling cancer,” she said. “The parents want to be there each day but the cost for parking is \$35.00 dollars per visit, therefore, another area where we could assist is to



help with the parking expense. There are so many different circumstances and scenarios to mention, but those are a few.”

Along with the fundraising, the members also want to offer emotional support. “There are community members battling cancer who do not have a good support system or extended family,” Lisa explained. “Within our group, we have members who have been directly impacted with cancer, either as a cancer survivor or a caregiver. We are here to give them hope and [to let them know] that they are not alone.”

Since May, the group has been fundraising by selling Mini Lotto tickets, half and half raffles, and hockey tickets. On Saturday, August 13, 2016, Tetewati’akehnhas will be hosting the Purple Ribbon walk at the Karonhianonhnha School. It will start at 6 PM and end at midnight.

It is similar to the ‘Relay for Life’ walk. “We’re hoping the walkers can come with a minimum of \$50.00 worth of pledges,” Lisa said. “Throughout June and July, the participants sold luminaire stickers for \$5.00 each. If there is a team of four people and they all sell ten labels each, to be placed on the luminaires (white bags), that is \$200.00 dollars raised.”

The Kahnawà:ke Cancer Support Group will also be honoured that night as they are in their 25th year. As the Tetewati’akehnhas group is new, Lisa hopes to have two big events this year. “We are just starting, so in time I see us growing into having more fundraising events. I see us making a big impact on the lives of many community members fighting cancer.”



World Suicide Awareness Day

BY CHRISTINE TAYLOR, PREVENTION

Every year World Suicide Awareness Day is held on September 10th. It's a time for everyone to reflect and learn more about suicide it's also a chance to promote awareness about suicide, about mental illnesses associated with suicide, as well as suicide prevention.

This year there has been an increase in the media attention to suicide especially with the crisis experienced by Indigenous communities across the country where communities like Attawapiskat and others are experiencing high rates (higher than the usual six times national average), some say it's an epidemic of suicide.

In Kahnawà:ke, suicide attempts, ideation and behaviours are always an issue. I believe that it's important to learn the signs and symptoms of suicide; to be open, honest and willing to talk about suicide in order to destigmatize it so that people can come forward for help; and to be able to help a person who is experiencing thoughts of suicide, where to go and who to turn to for help in the event that you or a loved one is having thoughts of suicide.

The reasons for suicide are as varied and individual as are those that experience it. Pain and loss seem to be at the core. Sometimes life's challenges become too much for a person to handle, whether it's a loss of a loved one through death or separation, loss of mobility, loss of children, loss of identity or culture, loss of a job or stability, even a loss of a pet, it all depends on how the loss affects that person.

We all experience loss, from childhood to our elder years and we learn to cope but sometimes, for some people, it can become so overwhelming that suicide begins to feel like a real option, not necessarily to die, but to end the pain. It can be, and is a very common thought. We all want the pain to end.

It's usually just a fleeting thought for some but for others it becomes more of a real option and...if there is nobody there to help? This is where suicide ideation and a possible attempt can become likely. If the person dies by suicide or even if they survive, there is damage, and that too needs to be helped. What does the family, friends, and loved ones feel?

HOW CAN I HELP?

- Support suicide prevention initiatives like Applied Suicide Intervention Skills Training (ASIST)*, World Suicide Awareness Day, and information booths etc.
- Make an effort to learn about – and understand – suicide.
- Learn to recognize signs and symptoms and familiarize yourself with resources in your area.
- Help de-stigmatize suicide. Talk about suicide amongst family and friends.
- Offer help and hope to those who are having thoughts of suicide.

If you need more information contact KSCS at 450-632-6880, Suicide Prevention Hotline 514-723-4000, in a crisis, call KSCS 24-hour on-call services at the Peacekeepers at 450-632-6505 or check your local “blue” pages in the phone book for further resources. There's help, there's hope.

* KSCS holds ASIST and Mental Health First Aid trainings throughout the year. Check our website for more information: www.kscs.ca.



Food is Your Fuel

BY JOËLLE EMOND, KMHC

Imagine you're a car. After a long night of sleep, your gas tank is empty and breakfast is what gets you going. Studies show eating breakfast gives you more energy and helps you reach or maintain a healthier weight. Since it also allows you to stay more focused at work or school, why skip?

Pump premium gas!

Any breakfast is better than no breakfast at all, but it is best to choose foods which will keep you fuller for longer and provide you what you really need to stay healthy. To build a well-balanced meal, try including foods from at least three of the four food groups:

- **Fruits and vegetables:** Berries, banana, grapes, tomato slices, avocado, etc.
- **Whole grains:** Oatmeal, whole wheat bread, high fiber cereals, small bran muffin, etc.
- **Dairy and alternatives:** Milk, yogurt, light cheese, fortified soy or almond beverages, etc.
- **Meat and alternatives:** Peanut butter, nuts and seeds, eggs, smoked salmon, ham, etc.

Rushed? Take it to go

Find healthy ideas such as the following three to help you skip the drive-through by searching lifestyle magazines, the web or apps such as Pinterest:

- **The Bistro Box:** Small homemade oatmeal muffin, string cheese, hardboiled egg and an apple.
- **Banana Rocket:** Whole wheat tortilla with crunchy peanut butter wrapped around a banana.
- **Strawberry Fields Smoothie (serves 2):** 1 ½ cup frozen berries, 1 banana, 1 cup plain Greek yogurt, ½-1 cup milk, 2 tablespoons old fashioned oats, 1 tablespoon maple syrup.
- **Hawaiian Dream Frappe (serves 2):** 1 cup fresh or frozen pineapple, 2 bananas, 1 cup plain Greek yogurt and 300g coconut flavored tofu dessert (2 packages).

Pineapple Carrot Muffins

1 ¼ cup	Oats
1 ¼ cup	All-purpose flour
1/3 cup	Lightly-packed brown sugar
¾ tsp	Ground ginger
¼ tsp	Ground All-Spice
4 tsp	Baking Powder
½ tsp	Baking Soda
2	Eggs
¼ cup	Vegetable Oil
¼ cup	Shredded Carrot (about 1 large carrot)
1 can (14 fl oz)	Crushed Pineapple

Directions

1. In a medium sized bowl, mix together dry ingredients (oats, flour, sugar, spices, baking powder, baking soda).
 2. In a separate small bowl, mix together wet ingredients (eggs, oil, pineapple, carrot).
 3. Add wet ingredients to dry, mix just enough to moisten.
 4. Portion batter into 12 non-stick or paper lined muffin cups.
- Bake in 400° F oven for 20 minutes or until tops spring back when lightly touched.



Joëlle Emond is a dietitian with the Kateri Memorial Hospital Centre.
Photo: FreeImages.com/Csaba Moldovan.



Caring for Caregivers

BY NOREEN MONTOUR, HCCS

Have you ever heard the saying that it takes a whole community to raise a child? The same can be said about our elders, as it takes a whole community to care for them too. This article is about creating an awareness of an important population who often go unnoticed and unacknowledged: the caregiver.

A caregiver is one who takes on the responsibility of caring for a loved one in order to help keep them healthy and safe as long as possible in their own natural environments. Caregiver responsibilities can range from checking in on a loved one to providing care 24/7.

Caregiving is not only limited to the elderly. Some family members require care throughout their entire lives due to medical, psychological, psychiatric, cognitive or developmental reasons.

Caregivers are mothers, fathers, grandparents, sons, daughters, siblings, close relatives and friends. Most of the time, caregivers are not paid, they do not get breaks, and they do not get vacations. The ongoing demands and stressors in caring for someone can at times lead to caregiver burnout or to an even more serious condition called compassionate fatigue.

Compassionate fatigue bears some of the same symptoms as burnout

such as depression, hopelessness and extreme exhaustion. Compassionate fatigue can be more serious because it can manifest itself through abusive behavior towards the patient and/or lack of care or indifference to the patient. Compassionate fatigue does not just happen overnight, it tends to build up over time (Bursak, C., 2016).

How do you avoid compassionate fatigue? The answer is simple, caregivers need support and they need to take care of themselves.

In theory, it's easy to say that caregivers need to take care of themselves so that they are healthy in mind, body and spirit; however, in practice, sometimes it is not always that simple.

Caregivers do not take care of themselves for many reasons. One of the biggest reasons is that they do not have the time, nor are they able to because of the constant demands put upon them by being a caregiver. Ideally, the responsibility should be shared by all family members, but we all know that this does not always happen and often times, the responsibility falls to one person.

So how can we help our caregivers? Ask them what they need. Sit with them and listen to them, give them a break, cook a meal, go for a coffee, bring them coffee. Support can mean

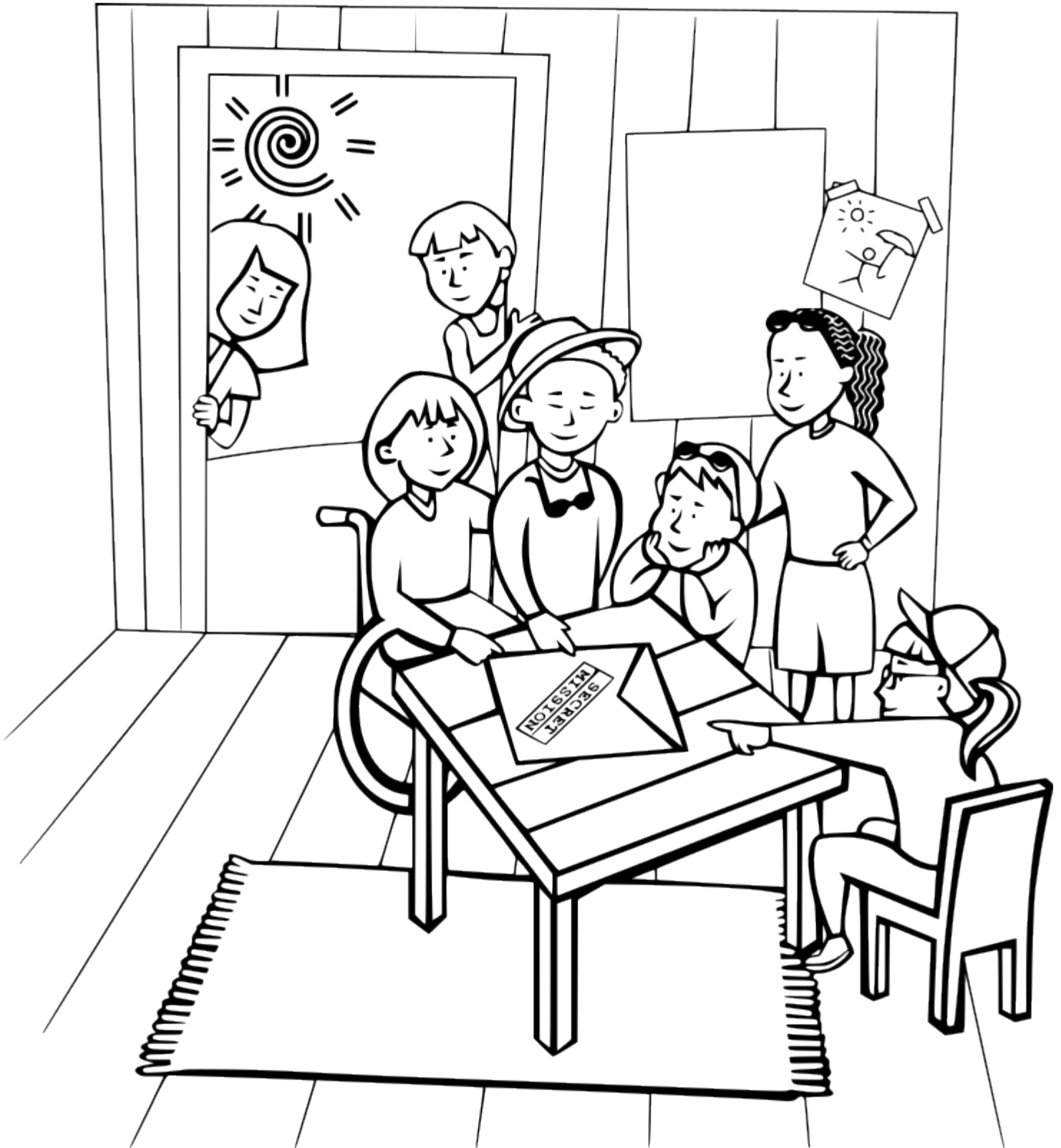
many things, and sometimes even the little things count.

We all have to work together as a community in order to give the care that is needed for our elderly and this includes taking care of the ones who are taking care of others.

Source

Bursak, C. B. Compassion Fatigue: When Caregivers Go beyond Burnout. N.p.: n.p., 2016.

Kids Colouring Page



Four Seasons of Sun Safety

BY CHRISTINE TAYLOR, PREVENTION

In the summer, most of us are conscious of our exposure to UV rays in direct sunlight. Outdoor activities like swimming, boating, games like soccer, volleyball, baseball, have us spending more time out of doors and at risk for sun damage. Sunblock and sunscreen is – or should be -- applied and therefore the damage caused by UV rays is minimized although not eradicated.

We have daylight 365 days of the year. People tend to think of sun protection mainly in the summertime but even though the risk of burning is not as apparent as during the summertime, you are still exposed to UVA/UVB radiation and therefore still a need to protect yourself and those you love, especially the young.

Many products like skin moisturizers, makeup, and lip balm now have an element of protection and it's always good to protect yourself when outside at any time of year.

In the fall, spring, and winter months we also need to bear in mind that we are being exposed to UVA/UVB rays as well, and to continue to take the necessary precautions. Clothing is a good sunblock barrier, as are hats and eyewear. But don't forget the appropriate sunscreen when spending time outside during a beautiful fall or spring day maybe apple/pumpkin picking, gardening, or going for walks or spending time on or near water.

Winter sports or activities like skiing, sledding, snowmobiling mean spending time outside and that's great. But in the winter, the sun's UVA/UVB rays are reflected off of the snow and ice and that means any exposed skin (and your eyes) are exposed to those harmful rays. Winter clothing adds some protection, but exposure still occurs, sunscreen and eyewear that filters UV rays is a good idea even in the winter.

Another risk is travelling to sunny destinations in the fall, winter and spring. On the beach, by the pool, hiking or standing in line at a theme park all the usual rules still apply. Limiting your time exposed to the sun, sunscreen and sunblock (remember ears, neck, hands and feet) and not using "oil" to tan.

Remember, sun damage is accumulative and even one sunburn is not good. It's especially important for the young as the effects of the damaging rays will probably not be noticed until later in life. A tan is really just your skin trying to repair itself, whether it's from a tanning bed or tanning on the beach. Protect your skin 365 days a year, you'll be grateful later.

Photograph: FreeImages.com/Alexander Redmon.

Continued from page 12

CAVAC's team is made up of professionals in social intervention. Our aims is to give you the tools to help you regain a healthy life as quickly as possible. The services are free and confidential.

For the past three years, the CAVAC Montérégie has had a service point in Châteauguay to provide access to services for everyone of the region, including Kahnawà:ke. If you require the services of CAVAC Montérégie, at the Châteauguay service point, you can call 450-698-3881.

Annie Bélanger is a psycho-judicial intervener with CAVAC.

The Back Page....

"I have a dream that one day my four little children will one day live in a world where they will not be judged by the colour of their skin but by the content of their character."

~ Martin Luther King Jr.

Help for Victims of Crime

BY ANNIE BÉLANGER, CAVAC

"I was victim of an assault."

"Someone broke into my house."

"A member of my family was defrauded."

"My friend was sexually assaulted."

"I was victim of extortion."

"I witnessed a robbery."

These are all situations you can experience at some point in your life. And in that moment, it is possible that everything collapses around you. Your everyday life and your beliefs could be shaken. You could feel powerless or angry, sad or alone, and a lot of other consequences that can influence you and your family's way of life.

If you are a victim, if you know a victim or if you're a witness of a crime, don't hesitate to ask for help.

Who can help me? Who could understand what I feel? Who can tell me about my rights? Who can give me information about the judicial process? If you're asking yourself any of these questions, it means you need help or support. CAVAC Montérégie, through its four intervention aspects, can offer you adapted services.

First, each CAVAC professional is trained to intervene in post-traumatic stress. S/he can offer you the support you need and help you during the process.

Second, we provide information concerning legal proceedings. At any moment, whether it's before or after the complaint, an intervener can explain to you the judicial process. S/he can inform you about the detention of the accused, about their release or the sentence issued by the judge.

Third, we provide technical assistance. The CAVAC intervener can help, assist in filling out or explain a form (either from IVAC, CSST or SAAQ), the victim impact statement on the consequences of the crime, the lease termination on domestic violence, etc.

Finally, CAVAC provides support during court proceedings. During a day of hearing, you may be accompanied and advised by an intervener of the organization. The latter can simply inform you of the proceedings or accompany you throughout the hearing day. In each court, a room is available for the victims, witnesses and relatives so that they have a place where a counselor can answer any of their questions.

Continued on page 11

Seskéha/August

- 1-7 World Breastfeeding Week
- 12 International Youth Day
- 19 World Humanitarian Day

Seskehkó:wa/September

- Breakfast for Learning Month
- Childhood Cancer Awareness Month
- Men's Cancer Health Awareness Month
- Ovarian Cancer Awareness Month
- Prostate Cancer Awareness Month
- Blood Cancer Awareness Month
- 5 Labour Day (KSCS closed)**
- 9 FASD Awareness Day
- 10 World Suicide Prevention Day
- 18 Terry Fox Run
- 29 World Heart Day

Do you have questions or suggestions? Is there a topic you would like to see covered in a future issue of the newsletter? Contact us and let us know.

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